

## **Understanding John 3: The Body of Christ**

### **Ready:**

“Then Jesus and his disciples left Jerusalem and went into the Judean countryside. Jesus spent some time with them there, baptizing people. At this time John the Baptist was baptizing at Aenon, near Salim, because there was plenty of water there; and people kept coming to him for baptism. (This was before John was thrown into prison). A debate broke out between John’s disciples and a certain Jew over ceremonial cleansing. So John’s disciples came to him and said, ‘Rabbi, the man you met on the other side of the Jordan River, the one you identified as the Messiah, is also baptizing people. And everybody is going to him instead of coming to us.’” John 3:22-26

### **Set**

John 3:22-26 really resonates with me about being connected to the Body of Christ. Since 2008, I have made it my mission to use sports and public schools to share Jesus Christ with others through my words and actions. And it has been amazing! This last year, I accepted a job as an Assistant Basketball coach at Calvary University, and I’ve realized the validity of constantly being connected to the Body. We see this in the passage.

When Jesus spent time baptizing people, He showed His disciples what a great leader looks like. Jesus took charge, sought out those in need, and helped them for the better. He formulated a connection with them so that His people could have an everlasting connection with the Father. When John’s disciples argued about the “right way” to baptize someone, we see how we can make the purest things into a competition. The correct response would have been to give the glory to God and to make the mission about Jesus, not about the self. When we put Jesus first in our sports, competition, and even personal lives, we become closer and connected to Him.

It’s like jumping in a pool of cold, refreshing water on a hot summer day; when we are connected to the Body of Christ, we are refreshed and renewed through Him! In having this connection, I am refilled and refueled every day, which allows me to feel as such with my team and other coaches. My competitors in Christ make me better!

### **Go**

1. What are you doing in your life to be connected to the Body of Christ?
2. How can you use your role as a competitor or coach to be an influence to others?
3. Have you been baptized? If not, what is holding you back?

### **Workout**

1 Corinthians 12:12-31; Romans 12:4-5

## **Overtime**

“Heavenly Father, I’m so grateful for Jesus and what He did for me on the cross. I pray that You would continue to use me in sports to influence others to want to know You more! Keep us safe and bless our day! I pray these things in Jesus’ Name, Amen.”

## **Bible Reference:**

John 3:22-26

1 Corinthians 12:12-31

Romans 12:4-5



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/understanding-john-3-body-christ>