

## **Every Day**

### **Ready:**

*“For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand.” – Ephesians 6:13*

### **Set**

Think about the drills you do in your daily practices. Which are most effective in developing players’ skills, physical conditioning, and mindset? How do you prioritize time and energy to get them done? Which of those exercises seems to be a waste of time? What would it be like to have a similar set of daily exercises designed to build your life in Christ and to share that experience with those you influence?

How would you arrange your daily schedule to see this through? The Apostle Paul wrote his friends in Ephesus about three such daily drills in Ephesians 6:13-17:

1. Put on every piece of God’s armor.
2. Resist the enemy.
3. Stand firmly.

These three daily drills were the foundation of Paul’s life and can be the same for ours.

### **Go**

1. What are the various elements of God’s armor listed in verses 14-17 that we are challenged to put on daily?
2. Who is the enemy of our souls? What would it look like to resist him?
3. How will you stand firm in God’s armor, resisting your enemy? Upon what truths will you take your stand?

### **Workout**

Joshua 1:9

1 Corinthians 16:13

James 4:7

### **Overtime**

“Father, thank You for providing strong and effective armor for my soul. Thank You for empowering me to resist our enemy. Please strengthen me to stand firmly as I represent You

among my teammates, family, and community. I pray in Jesus's wise and powerful name, Amen."



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