

## **Every Day Principle**

### **Ready:**

“Very early in the morning, while it was still dark, He got up, went out, and made His way to a deserted place; and He was praying there.” -- Mark 1:35

### **Set**

As an athlete, I always looked forward to the offseason. During the offseason, I could customize my training to improve my skills and make the most of the opportunities God presented to me as an athlete, elevating my game to the next level.

Every competitor would like to experience similar growth in the offseason, but for some, the discipline, focus and desire are lacking. As a result, they get out of shape when their season is over. To excel in sports, athletes and coaches understand the “Every Day Principle.” Every day, I need to discipline myself in every area (spiritually, mentally and physically) to compete at my best.

The Christian life can be viewed similarly. To experience all that is promised in God’s Word, we must realize the importance of being in prayer and strengthening our understanding of God’s Word and character every day. As an athlete, you cannot see change or growth in your skills overnight and the same goes for your spiritual life.

To see growth in your faith, you have to intentionally carve out time every day to allow God’s Spirit to transform your life. Jesus modeled this daily, as He would continually withdraw to be in God’s presence. Make it a priority every day to discipline yourself and engage with God!

### **Go**

- How can you apply the “Every Day Principle” to your training and your sport?
- Do you have a time and a place set aside for daily fellowship with God?

### **Workout**

[Philippians 1:5-7](#)

[Revelation 3:20](#)

### **Overtime**

“Lord, thank You for the power of prayer. Give me the desire and discipline to fellowship with You daily. Amen.”



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/every-day-principle>