

## It's Training Time

### **Ready:**

"But have nothing to do with pointless and silly myths. Rather, train yourself in godliness. For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come."-- 1 Timothy 4:7b-8

### **Set**

After Ringo Borlain won the 2006 Mr. Universe Body Building Competition, he found an even bigger joy—training his children, Samantha, Tara and Franchezka, in triathlon.

Ringo knew not only which drills increase his children's speed and correct their errors, but also which regimen builds their stamina and strengthens their character. As their father, he walked with them the fine line of balancing school and sports.

Some days the children would crash on their beds, exhausted after having been pushed beyond their limits. But each morning, they'd greet Ringo with "What's our training today, Dad?" Excited to get better, they trusted that their father will stretch them to be the best they could be.

Your loving Father in heaven has designed you for His greatness. He understands which circumstances increases your strength. He knows which of your prayers build your faith. He knows which people could journey with you. He knows which victory or loss shapes your character. He recognizes which discipline makes you wiser. He is invested in your whole-life training: body, heart, mind and spirit.

God dreams for you an "abundant life" in your sport and beyond. Trust that He redeems even the pain of defeat or hard training to stretch you for His glorious purposes for you.

Oh, that we would greet Him every morning with “What’s our training today, Dad?”

## Go

1. Do I trust God to train me for righteousness?
2. In what form has God been training me lately?
3. How do I prepare my heart to receive the Lord’s instruction?

## Workout

Hebrews 12:11

Psalm 144:1

2 Timothy 3:16–17

## Overtime

Lord, you are my true Coach and biggest fan. I welcome your instruction and loving discipline in my life and in my sport. Please help me persevere in your training as an athlete and a person. Amen.



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