

## Through It All

### **Ready:**

“In him we have boldness and confident access through faith in him. So, then, I ask you not to be discouraged over my afflictions on your behalf, for they are your glory.” – Ephesians 3:12-13

### **Set**

How can afflictions bring glory? How can a torn ACL bring blessings? Could losing your starting spot end up bringing joy? All these situations seem to be at odds with one another.

It's hard to imagine a world where a torn ACL could be a blessing. Most of the time, we see it as a devastating injury, which, at the moment, is just that. Looking further, we might see the hope of goodness after all.

Paul wrote the book of Ephesians in prison. In chapter 3, He wrote to the church in Ephesus to not give up hope because of the troubles that He was going through. Paul encouraged them that he had complete confidence that what He was going through would be used to advance God's Kingdom. Paul didn't know that the letters He wrote in prison (Ephesians, Colossians, Philippians, and Philemon) would become books of our Holy Bible. He did know that God would use His imprisonment in Rome to advance the Gospel; He didn't know how.

Do you have that level of confidence in God's plans? Can you see past the afflictions of your current circumstances and believe that what you are going through right now will be used for God's Kingdom?

Having this hope doesn't mean that things won't be difficult, but knowing this truth in your heart will help you keep fighting through the difficulties, knowing there is already victory in Christ.

### **Go**

- What is your affliction right now? Or what was an affliction in the past?
- How does Paul's story give you hope?
- How can you serve God's Kingdom even when things are not going great?

### **Workout**

Romans 8:35-39

2 Corinthians 6:3-10

### **Overtime**

“Lord God, we come before You knowing that we are part of a larger plan than our current reality. Give us that perspective to see past today’s hardships and be assured that we can still serve You in the midst of the difficult. 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/through-it-all>