

## **You Don't Have to Do It Alone**

### **Ready:**

“Therefore encourage one another and build each other up as you are already doing.” – 1 Thessalonians 5:11

### **Set**

As a swimmer, I always viewed my sport as very independent. After all, most of my time was spent with my head under the water while the noise of the world remained above. However, one of the perks of swimming the breaststroke was hearing my teammates cheer me on as I raced up and down the pool, their voices breaking through the muffled sound of the crowd when my ears broke the surface with each stroke.

Not surprisingly, my times rapidly improved when my teammates cheered me on. Their encouragement not only made the race more fun, it also made me better.

In a world that often celebrates independence and self-sufficiency, it's easy to forget that we were never meant to go through life on our own. Contrary to societal pressures, we don't have to carry every burden by ourselves. We were built for community, accountability and mutual support.

Paul, the author of Thessalonians, knew the power of encouragement. He emphasizes that our ability to encourage and build each other up stems from the truth of our salvation and the transformative effects of that salvation. We were not just saved in isolation; we are called to help fellow believers experience glorious transformation and embrace a victorious future.

### **Children of the Light**

Paul underscores the significance of recognizing our identity in Christ. Believers are children of the light, called to live in the knowledge that we have been redeemed and are now bearers of God's truth and grace.

### **Armor of Faith, Love and Salvation**

Paul encourages believers to equip themselves with the armor of faith, love and salvation. These spiritual armaments provide protection and strength, allowing us to navigate the challenges of life with resilience and encourage our fellow believers to do the same.

### **The Role of Community**

Paul's message is clear: We are not alone in this journey. We need each other for mutual encouragement and accountability. Just as iron sharpens iron, we can help one another grow,

mature and stand firm in our faith.

Let us embrace the power of encouragement, recognizing that we don't have to go through life alone, and that our true strength lies in Christ with the support of a community of believers. They make life more fun, and they make us better.

## Go

- Who are the people in your community? How do they help you grow in your faith?
- How can you go deeper in your relationships? How can you shine the light of Jesus in their lives?
- If you don't have those people around you yet, pray that God would bring the right people you could invite to meet with on a regular basis. We are better together.

## Workout

Hebrews 10:24-25

Galatians 6:2

1 John 1:7

## Overtime

"Lord, thank You that You did not create us to be alone. Thank You that You give us examples of how to live with others in Your Word, and that we can look to Jesus' life as an example. Bring the right people into my life in this season, to bring me closer to You and to encourage them. In Jesus' name. 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/you-dont-have-do-it-alone>