

## **Wake Up, Sleepers**

### **Ready:**

“For you are all children of light, children of the day. We do not belong to the night or the darkness. So then, let us not sleep, like the rest, but let us stay awake and be self-controlled.”  
– 1 Thessalonians 5:5-6

### **Set**

Coaches love an early morning practice. Athletes don't have the same level of fondness. Having to wake up in the dark to work out or condition is one of the many sacrifices athletes make to continue improving their sport.

There are plenty of days when it is insanely hard to wake up, and you would much rather stay asleep and not have to deal with the coming reality. But you get up, get ready and go. Why do we push through? Because we have a goal and staying asleep pushes our goals further away.

In Scripture, to be “asleep” is usually a metaphor for someone lazy and unwilling to participate in life actively. To be spiritually asleep is not to be aware of God's movements or ready to defend against attacks from the world.

As Christians, we are challenged to be prepared to share our faith, ready for Christ's return, and ready to hear the moves of the Spirit in our lives. If we choose to be asleep, then we will not be prepared. If we are not prepared, we leave ourselves open to slipping into the desires and comforts of this world instead of pushing toward our spiritual goals. We will stop growing in faith and knowledge, backslide into sinful patterns, and open ourselves to spiritual attacks.

Jesus reminds us that with Him, we are Christians of the Light. He challenges us to wake up and live like true children of light.

You choose to wake up and go to practice. Make that same choice today to do that for your faith.

### **Go**

- What are some of your faith goals?
- Are there spots in your life where you are asleep?
- What would it look like to wake up in your faith?

### **Workout**

[Matthew 26:40-41](#)

2 Timothy 4:5

Revelation 3:2

### **Overtime**

“Father, wake us up. Breathe new life into our tired souls and help us each day to shed the darkness and live in the light. Help us see the areas of our faith that are asleep and open to attack. Convict us to live in the light You promised us. Remove any temptation we might face to cling to the world’s darkness. 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/wake-sleepers>