

FAITH RXD

**SPIRITUAL
WORKOUT**
S E R I E S

FAITH WOD



Welcome to
Faith RXD
**FAITH
WOD**

This devotional experience is built for CrossFit® gym owners, coaches, and athletes who want to follow Jesus with the same intensity, discipline, and community that drives their training.

In CrossFit®, the WOD (Workout of the Day) is sacred. The box exposes weakness, tests strength, and forges transformation. The training demands standards, not just sweat. What if your faith life had the same intensity, intention, and community as your training?

This devotional is built to train mentally, spiritually, and experientially.

It's for those who want to follow Jesus with the same grit, fire, and discipline they bring to every lift, sprint, or climb.



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WHAT DOES RXD MEAN?

- Rx'd stands for "as prescribed." It means you did the WOD exactly how it was written – prescribed weight, prescribed movements, and prescribed reps.
- No scaling.
- No shortcuts.
- No modifications.

Honoring the standard matters more than being the strongest.

WHAT DOES FAITH RXD MEAN?

- Living your faith "as prescribed" by the Word of God.
- Not watered down.
- Not culturally adjusted.
- Not performance based.

Just full-on obedience to Jesus. Discipleship at full weight. Truth lived out every rep, every day, in every role you play.

We don't scale the Gospel to fit our comfort. We rise to the standard Jesus set.

IT'S TIME TO TRAIN YOUR SOUL – FAITH RXD-STYLE.

Let this devotional challenge you to:

- Follow Jesus fully.
- Practice the disciplines faithfully.
- Build spiritual strength daily.



FAITH WOD

DEVOTIONAL THEMES

This devotional will challenge you to bring the same purpose, passion, and grit to your soul that you bring to the bar.

1. BENCHMARK WODS: *Build the foundation of your faith.*

Core Gospel truths like identity, grace, freedom, and life in Christ. Like “Fran” or “Annie” in CrossFit®, these WODs are meant to be revisited. Master the basics. Build the foundation.

2. HERO WODS: *Live for something that lasts.*

Inspired by biblical heroes who fought well, finished strong, and lived by faith – like Esther, Joseph, David, Ruth, and Gideon. Like Murph or DT, these WODs are gritty, honoring, and rooted in legacy.

3. AMRAP WODS: *Build endurance to go the distance.*

Spiritual disciplines for as many reps as possible – prayer, fasting, worship, God’s Word, solitude, journaling, and more. These WODs sharpen your daily walk.

4. CHIPPER WODS: *Forge victorious faith.*

The tough inner battles – anger, envy, pride, forgiveness, lust. These are the long hauls for breaking spiritual strongholds. Growth takes time and toughness. You chip away day by day.

Remember: You’re here to train for more than muscle – you’re training for eternity.

THE WORKOUT PLAN

This devotional will challenge you to train your soul like you train your body, with purpose and passion.

Each devotional is called a Practice Plan and includes:

WARM-UP

Prepare your heart to engage with God's truth by reflecting on the theme of the day.

WORKOUT

Biblical truth to encourage you in your walk.

METCON

Reflection questions to help you put your faith in action.

COOL DOWN

A short prayer to take you into your day.

READY?

These devotionals will call you higher.

They'll train your heart to go further, fight harder, and finish stronger in the gym, in life, and in your walk with Christ. Now grab your Bible and your journal.

Chalk up and dig deep.

**Let's go
Faith RXD.**

BENCHMARK HERO AMRAP CHIPPER



**SPIRITUAL
WORKOUT**
S E R I E S

12 Workouts

WORKOUT

#1

WHO YOU ARE > WHAT YOU WIN

WARM-UP

You train for functional fitness – strength, endurance, agility. You measure progress in PRs. But if your identity rises and falls with your performance, you're building on shifting sand. You'll never find peace because you'll always be only as good as your last workout.

CrossFit® tests your mind and body, but life tests your soul.

Before you ever lift the first weight, God wants to remind you that who you are is greater than what you do. When you place your faith in Jesus, He gives you a name and identity that will never change: Son. Daughter. Beloved. Redeemed.

He knew you before He formed you. And He has wonderful plans for your life already mapped out for you to discover.

**You're not defined by your PR;
you're defined by your Redeemer.**

*Your value is found
in who He says you are.
Not in the lift.*

BENCHMARK

“For you died, and your life is now hidden with Christ in God.”

Colossians 3:3

The world says you are what you produce. **Jesus says you are who He rescued.** Tie your identity to your output and a missed rep, a failure, or a broken season will wreck you. But when your life is hidden in Christ, your security isn't found on the leaderboard, it's found in the Lamb's Book of Life.

You don't have to prove yourself. Jesus already gave the ultimate performance on the cross and then broke out of the grave. He purchased your peace for eternity and set you free from all condemnation. Your value is found in who He says you are. Not in the lift. Not on the board. In Him.

Now go train, compete, and live from a place of peace, security, and victory. Who He says you are is way more important than what you do.



Today's Faith WOD:

Where have you been trying to earn your worth? What false identity have you carried: athlete, performer, winner, or failure?

Now, take action:

notes

1. Write down a false identity you've picked up (e.g., "I'm only as valuable as my performance.")
2. Replace it with a couple biblical truths about who God says you are. (e.g., "I'm loved," "I'm chosen," "I'm redeemed.")
3. Say them out loud before your next workout or write them on your water bottle, journal, or gym whiteboard.

COOL DOWN

“Father, thank You that my worth isn't measured in reps or results; it's measured in Your love. Help me train with that freedom and compete from it. Amen.”

WORKOUT

#2

PREPARE FOR THE STORM

WARM-UP

Every minute of training is really all about preparation. Being physically, mentally, and spiritually prepared for whatever life throws at you matters, because storms are coming. They are a sure thing.

Imagine training for a competition no one believes in. Imagine building a boat on dry land with no storm in sight. That's Noah. God told him to build an ark, so he did. By biblical account, it took Noah over 100 years to complete the project – the boat that would rescue humanity and give us all a fresh start.

Noah's obedience almost certainly didn't make sense, but it saved his family. Progress must have been painfully slow, but plank by plank, the work was finished.

Faith is forged in the quiet grind when the room is empty and the crowd is gone.

WORKOUT

“Noah did everything just as
God commanded him.”

Genesis 6:22

God is after **faithful followers**, not flashy faith.

Noah didn't argue. He didn't delay. He just built. Every nail, every plank, every rep of obedience was worship.

When our culture mocks your discipline and conviction, will you still obey? When others scoff, will you still build?

Training your body is good, but training your spirit is eternal. While this body is a temporary home, our spirit and everything we do for the Kingdom of Christ lives on forever.

Faith isn't proven in the big moments. It's forged in the quiet grind when the room is empty and the crowd is gone.

Prepare for the rain.

Today's Faith WOD:

What is God asking you to build – spiritually, relationally, or personally – that doesn't yet make sense? Are you training for the applause of others or the approval of God?

Now, take action:

notes

1. Identify one area where God is calling you to build spiritual strength and get ready for life's storms.
2. Add that spiritual discipline to your daily routine.
3. Ask yourself: "Am I training for recognition of others or obedience to God?"

COOL DOWN

“Lord, help me build faithfully, even when no one sees and nothing makes sense. Strengthen my heart to obey You plank by plank, day by day, until the work is done. Amen.”

WORKOUT

#3

PUSH THROUGH IN PRAYER

WARM-UP

Proper breathing is essential in every workout and competition. Getting enough oxygen to your brain and body during intense training could be the difference between success and collapse. At the end of many challenging workouts, it's not unusual to see a slew of bodies on the mat gasping for air.

Prayer is the spiritual oxygen that fuels your faith. But too often, we treat prayer like an afterthought instead of the main event. Many of us pray before meals or say a quick word of thanks to end the day. It's also common to pray when we find ourselves in a difficult spot or "need a favor" from God.

But could God's design for prayer be much more important and powerful than that?

You don't need
perfect words –
just persistence.

AMRAP

“Devote yourselves to prayer,
being watchful and thankful.”

Colossians 4:2

Most of us understand what it means to be devoted – it’s an intentional and intense commitment to someone or something we love. The idea of being devoted to prayer may be a new concept and frankly, a bit intimidating. But that is what God calls us to.

Prayer is connection with your Creator. Skip the box-checking. This is the main meal, not the seasoning. Through prayer, you clear your conscience, call out for help, and ask for wisdom and direction. You worship God and give thanks for His goodness. Your heart syncs with His. And you gain access to the power of the Holy Spirit.

You don’t need perfect words. You need persistence. Don’t wait for a crisis to build your prayer life. Pray like your soul depends on it – because it does.

In CrossFit®, when things get hard, you don’t stop. You lean in. Prayer is your spiritual conditioning.

Breathe deep. Push through. Stay in it.



Today's Faith WOD:

How strong is your prayer conditioning? Do you pray only when you need something or as a daily discipline?

Now, take action:

1. Set a timer and pray for 10 uninterrupted minutes.
2. Choose one person or situation and commit to pray for them daily this week.
3. Ask God to deepen your desire for His presence.

notes

COOL DOWN

“ Lord, teach me to breathe deeply through prayer. Help me build endurance in Your presence and depend on You for every breath, every competition, and every moment. Amen. ”

WORKOUT

#4

JUST SHOW UP

WARM-UP

On some days, getting to the gym is the hardest part. Success starts with showing up. Discipline starts with showing up when you don't feel like it.

You can have the best training plan, the best partners, and the best intentions, but if you don't show up, nothing changes. The same is true in your walk with God. Laziness neglects what matters most and hides behind excuses:

"I'm tired."

"I'll do it later."

"I don't feel like it today."

Laziness whispers comfort while stealing growth. It robs you of the progress that only comes through consistent effort. Your spiritual growth will never outpace your willingness to show up for God. Every missed moment is a missed opportunity to grow stronger in faith.

Keep showing up for God. He's already there waiting for you.

When you do, you'll find that half the battle is won just by being present.

Every act of service becomes worship when it's done for Him.

WORKOUT

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”

Colossians 3:23

God calls you to wholehearted devotion. This is about aligning your effort with your purpose. Not checking boxes. Not burning out. You are training for the Kingdom, and the One you serve deserves your best.

When you see Bible study, prayer, or service to others as “unto the Lord,” even the smallest acts take on eternal value.

Laziness loses its grip when you remember who you’re really working for and who you’re really serving. The secret is to get up and show up. Get off the couch and get to the gym. Go get your Bible and dig in. **Showing up is half the battle.**

Today's Faith WOD:

Where have you grown lazy or inconsistent in your walk with God? What disciplines or commitments have you been putting off? What would change if you treated your spiritual growth like your CrossFit® training – non-negotiable, every day?

Now, take action:

notes

1. Identify one area of life where you've been complacent or slacking off.
2. Choose one spiritual discipline you've been avoiding and commit to practicing it daily for the next week.
3. Set your alarm 15 minutes earlier for prayer or Bible reading and ask a trusted partner or friend to keep you accountable.

COOL DOWN

“Lord, thank You for never giving up on me. Give me the discipline to show up when I don't feel like it and the strength to give You my best in everything I do. Amen.”

WORKOUT

#5

TRAIN HARD. LIVE FREE.

WARM-UP

Both physical and spiritual progress require discipline. But don't mistake the Christian life for religious rule-following. You don't earn God's acceptance and pleasure through spiritual performance. You enjoy it because you've been set free. When Christ lives in you, your training ground becomes holy ground. Every breath, rep, and moment becomes worship.

In the gym, you train with intentionality – every warm-up, every lift, every sprint has purpose. You don't push yourself to earn the title of athlete because you already are one.

Spiritually, same truth. You don't train for God's approval. You train from it. His unconditional love is the foundation you start from every single day, not a reward at the end of your efforts.

When you understand that truth, the grind shifts. Time in the Word becomes a "get to," not a "have to." Prayer becomes connection, not a chore. All of it becomes part of the WOD – part of the way you glorify God in everything you do.

*Don't let your performance
determine your identity.*

BENCHMARK

“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God.”

Galatians 2:20

Jesus didn't die to make you better. He died to set you free. Life in Christ is about surrendering so He can live His life through you, not trying harder to be a good person.

When you train from freedom instead of for approval, your joy is no longer tied to the result. Even when you fall short or fail under pressure, your value remains secure. This is what it means to train hard and live free: you give your absolute best in effort, but you don't let your performance determine your identity. Your victory is already secured.



Today's Faith WOD:

Are you training for God's approval or from His acceptance? How can your daily training – on and off the floor – become worship?

Now, take action:

notes

1. Ask yourself honestly: Are you training for approval or from acceptance?
2. Invite Christ into every part of your daily rhythm today from your warm-up to your toughest moment.
3. Speak this declaration out loud: **"Christ in me is greater than anything against me."**

COOL DOWN

“Lord, thank You for setting me free.
Help me train hard not to earn Your love,
but because I already have it. Let everything
I do bring glory to You. Amen.” ”

WORKOUT

#6

CHOOSE BETTER OVER GOOD

WARM-UP

In training, you know the power of focus. When you lock in, block out distractions, and give full attention to the work in front of you, you make progress with far less risk of injury.

Mary and Martha were both hosting Jesus in their home. Martha was distracted and busy with all the “good” things you might do if you had friends over. Mary sat at Jesus’ feet and listened to His stories. What Martha did was good, but what Mary did was better. Martha wasn’t doing anything wrong; she was just missing out on what was most valuable in that moment: time with Jesus.

Every day brings new purpose and endless distractions. The question you need to answer is: **Am I letting the busyness of the day drown out the voice of the One who gave me this day?**

Remind yourself that the most important thing isn’t the work for Jesus, but time with Him.

WORKOUT

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed – or indeed only one. Mary has chosen what is better.”

Luke 10:41–42

Jesus didn't scold Martha for working hard. He simply redirected her focus. He reminded her that the most important thing wasn't the work for Him, but time with Him. How often do you rush straight into the tasks of the day without first sitting at the feet of Jesus?

Spiritually, we can be just like Martha – constantly in motion, checking spiritual boxes, doing good works – and still miss the one thing that fuels all the rest: time with Jesus. Without it, our work becomes a burden; with it, our work becomes a blessing.

Your life will always have more tasks than time, but if you don't guard time with Jesus, everything else you do will run on fumes.

Choose better over good.

Today's Faith WOD:

Are you chasing what's good or choosing what's better? How often do you start your day with Jesus before you start the grind?

Now, take action:

notes

1. Block 10 minutes today to sit quietly with Jesus – no phone, no tasks – and ask Him to refocus your heart.
2. Identify one good thing that's been distracting you from the better thing and lay it down for a season.
3. Enter tomorrow's training – and your life's mission – with a heart that's been fueled in His presence.

COOL DOWN

“Lord, help me slow down long enough to hear Your voice. Show me what's truly important and give me the courage to choose it every time.

Amen.”



EAT THE WORD

WARM-UP

Every athlete knows that food is fuel. When you give your body the right kind of fuel, you perform at your best. Show up to the gym underfed and you'll crash halfway through.

Your soul runs on the same fuel system. Feed it motivational snippets or surface-level teaching and it will be undernourished. The Bible is your daily meal. Treat it like one.

Just like an AMRAP requires repeating the same movement until the clock runs out, feeding on God's Word requires daily, consistent intake. You don't get spiritually strong by bingeing once in a while; you grow through steady, repeated reps – reading, meditating, and applying His truth.

You don't get spiritually strong by bingeing once in a while; you grow through steady, repeated reps.

AMRAP

“Man shall not live on bread alone, but on every word that comes from the mouth of God.”

Matthew 4:4

When Jesus faced temptation, He didn't respond with emotion. He answered with Scripture. That's what it means to **eat the Word**: to internalize God's truth so deeply that it becomes your natural response in every situation.

The Word of God is alive and active. It strengthens, corrects, and sustains you. God's voice builds faith, shapes wisdom, and trains you for battle. Turn up the volume.

If you only feed on the Word once a week, your spirit will grow weak. But when you make it a daily rhythm – feeding, studying, memorizing, applying – you'll find your heart and mind staying strong under pressure. Strong faith needs strong fuel. Don't snack on Scripture, feed on it daily.

Feed your faith, not your feelings.



Today's Faith WOD:

What's been feeding your thoughts lately – truth or noise? How consistent is your spiritual nutrition plan?

Now, take action:

notes

1. Pick one book of the Bible and read a chapter a day this week (maybe start with Proverbs).
2. Write down one verse and revisit it three times daily.
3. Pray for God to make His Word as necessary to you as daily food.

COOL DOWN

“Father, thank You for giving me Your Word as my daily bread. Teach me to crave it more than comfort, to chew on it until it becomes part of me, and to find my strength in Your truth. Amen.”

WORKOUT

#8

CONTROL THE FIRE

WARM-UP

Fire can warm a room or burn it down – it's all about control. The most devastating fires start with a simple spark. In training, adrenaline can help you push harder, but lose control and it can wreck your form, waste your energy, or injure you.

Anger is a lot like fire. It isn't always destructive, but uncontrolled anger damages your relationships, your witness, and your health. It can be a signal that something's wrong. Left unchecked, it burns relationships, peace, and witness.

On the positive side, anger is meant to alert you to injustice. There are plenty of things we should be angry about. Righteous anger is rare.

The goal is to harness the fire, not kill it.

The Spirit can turn your anger into fuel for prayer, action, and change.

WORKOUT

“Everyone should be quick to listen, slow to speak, and slow to become angry, because human anger does not produce the righteousness that God desires.”

James 1:19–20

If we're honest, we often abuse the emotion of anger and use it as an excuse to lose emotional control and lash out at others. Most of our anger is selfish. We get defensive when challenged and feel the need to respond. We may get angry when things don't go our way. But this kind of anger doesn't please God.

God calls us to control our emotions like anger and to use them sparingly and wisely. Pause, listen, pray, and respond with grace. The Spirit can turn your anger into fuel for prayer, action, and change instead of destruction. Anger doesn't have to master you. In Christ, you can turn heat into healing.

Control the fire.

Today's Faith WOD:

What lights your fuse the fastest? Anger, frustration, or pride?
What would it look like to let the Holy Spirit turn your heat into holy fire?

Now, take action:

1. Identify one area where anger has been simmering.
2. When anger flares, take a deep breath, pause for 60 seconds, then respond.
3. Choose one person you've been short with and make peace today.

notes

COOL DOWN

“Lord, help me control the fire inside me. When anger rises, remind me to pause, listen, and pray. Use my energy for healing, not harm, and let my strength bring You glory. Amen.”

WORKOUT

#9

RAISE THE BAR. REFLECT CHRIST.

WARM-UP

In competition, standards matter – depth in squats, lockout in lifts. You don't just go through the motions, you hit the mark. But what standard are you living by outside the gym? God is after your righteousness, not your rep count. The bar tests your body. Life tests your character. Both matter.

In competition, every movement is measured against the standard. If you miss depth, it's a no rep no matter how much effort you put in. **The standard doesn't change to fit your performance.** You adjust to meet the standard.

God's standard is not subjective or situational. He calls His people to holiness – to live set apart in heart, mind, and action. In public and in private. Especially when it costs you something.

*Holiness means being
set apart, not being perfect.*

BENCHMARK

“But just as He who called you is holy,
so be holy in all you do.”

1 Peter 1:15

You've been called to a different standard – God's. Holiness means being set apart, not being perfect. It's refusing to settle for good enough when God has called you higher. It's living with integrity when no one's watching or choosing obedience when compromise would be easier. It's also about repenting when you get it wrong and receiving His forgiveness and grace along the way.

Jesus called His followers to live differently, not just outwardly but inwardly. He wants us to reflect His heart in everything we do. Holiness is about imitation, not image. It's about becoming more like Christ in attitude, words, and action.

The standard you train to will determine the results you see. Train to God's standard and your life becomes a living testimony – your actions reflecting the King you represent. **Don't just chase reps. Chase righteousness.**



Today's Faith WOD:

What standard are you really living by: God's or the world's? What would your life look like if holiness became your measure of success?

Now, take action:

notes

1. Examine your true standard.
Is it God's or the world's?
2. Pick one area to raise the bar today – spiritually, mentally, physically, or relationally.
3. Remind yourself: **Jesus isn't just my Savior. He's my standard.**

COOL DOWN

“Lord, help me live to Your standard, not mine. Make my life a reflection of Your holiness and my actions a testimony of Your grace. Raise my vision, sharpen my character, and help me honor You in everything I do. Amen.”

WORKOUT

#10

THE TIME IS NOW!

WARM-UP

Courage means choosing to act in spite of fear. Fear doesn't have to leave before you move. In CrossFit®, you know the moment – the point in the WOD when the weight feels too heavy or the lungs are on fire and you have to decide whether to push or stop. It takes courage and grit to push through.

Esther is the picture of courage. She was a young Jewish woman living in Persia who had been chosen as queen. A royal decree had been issued to destroy the Jews, and speaking up for them could cost her everything. The law said that anyone who entered the king's court without being summoned could be executed, even the queen. Esther hadn't been called to the king in thirty days. If she stayed silent, her people would perish. If she spoke up, she might be next.

She didn't feel ready to risk her life before the king, but she did it anyway. **She didn't know the outcome, but she knew the time was now.**

If you wait for a time when it's risk-free to obey God, you'll be waiting forever.

WORKOUT

“And who knows but that you have come to your royal position for such a time as this?”

Esther 4:14

Mordecai's words cut through every excuse: This is your moment. Esther wasn't queen by accident. God had placed her exactly where she was for this exact situation.

You're not where you are by accident. God positions His people with intentionality. Sometimes that position is about influence, sometimes service, and sometimes about speaking truth when it's costly.

Like Esther, you might not feel ready. The enemy whispers, "Stay quiet. Play it safe." But God calls you to step into moments that will stretch you because those moments are part of His plan for you and others. If you wait for a time when it's risk-free to obey God, you'll be waiting forever. **When the moment comes, courage gets revealed.** The time is now.

Today's Faith WOD:

What has fear or hesitation kept you from doing? Where might God be positioning you for a bold act of obedience?

Now, take action:

notes

1. Identify one place God might be calling you to stand, speak, or act boldly.
2. Commit to one bold step of obedience this week.
3. Pray: **"Lord, give me courage for the calling."**

COOL DOWN

“Father, thank You for putting me where I am for a purpose. When fear rises, remind me that You are with me. Give me the courage to obey and the faith to act right here, right now. Amen.”

WORKOUT

#11

STRENGTH IN SOLITUDE

WARM-UP

Solitude is one of the most underrated spiritual disciplines and one of the most needed. We live in a world that celebrates noise, speed, and constant connectivity. Our calendars are packed, our phones buzz endlessly, and the idea of sitting quietly before God can feel strange or even wasteful.

But solitude takes wisdom and courage. You step back to refocus, not to escape. Solitude is where God does His deepest work on your soul. The noise fades, the distractions die down, and suddenly His voice becomes clear again. Many avoid solitude because silence feels uncomfortable and stillness feels unproductive. But that's exactly why it's powerful.

When we strip away the distractions, we find that God has been speaking all along. We just needed space to hear. Some of your clearest thinking and deepest healing can happen in times of solitude.

Stillness is strength under control.

You can't pour out
what you haven't filled.

“Very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a solitary place, where He prayed.”

Mark 1:35

Even Jesus – God in the flesh – made solitude a non-negotiable part of His routine. He pulled away from the crowd, not because He was tired of people, but because He needed to connect with the Father. Solitude wasn't withdrawal, it was preparation. He didn't lead from depletion; He led from overflow.

You can't pour out what you haven't filled. Time alone with God is essential – non-negotiable. That's where your soul gets refueled, your mind gets recalibrated, and your spirit gets realigned with truth.

Solitude is intentional connection with God and it strengthens you for what's ahead. In solitude, we remember who we are not because of what we've done, but because of Whose we are. There is strength in solitude.



Today's Faith WOD:

When was the last time you slowed down long enough to truly hear God's voice? What would happen if quiet time became your secret weapon instead of your last resort?

Now, take action:

notes

1. Schedule 20 minutes alone today – no phone, no music, no distractions.
2. Read **Psalm 46** and meditate on:
"Be still, and know that I am God."
3. Ask God: **"What are You saying that I've been too busy to hear?"**

COOL DOWN

“Lord, help me slow down. Quiet the noise in my mind so I can hear Your voice. Fill me with strength that comes from stillness and remind me that my worth isn't in my work – it's in You. Amen.”

WORKOUT

#12

SLAY THE GIANT

WARM-UP

In the gym, pride can push you to load more weight than you can handle or to keep going when your form is breaking down. You risk injury just to look good. Pride is easy to see. Just take a look at who spends the most time in front of the mirrors!

Spiritually, pride runs the same play. It makes you care more about how you look on the outside than the inside. It lures you in to promote your outward reputation and neglect your inward reality. Pride makes you pose in public to appear better than you are. It's not always loud and boastful; sometimes pride is subtle. It's in refusing help, hiding struggles, or pretending you're fine when you're not.

It's also the belief that you can do life on your own strength, your own wisdom, your own terms. Pride blinds you to your weakness and deafens you to God's voice. Just like ignoring a coach's correction can cost you a lift, ignoring God's correction can cost you far more.

Pride is the giant standing between you and your next level of growth. **It's time to slay it.**

Humility invites God's power to do what your own effort never could.

WORKOUT

“God opposes the proud but shows favor to the humble.”

James 4:6

Pride is the original rebellion, the sin that shifted trust from God to self and puts you in direct opposition to the One who gives strength.

Humility is alignment with God, not weakness before men. It's thinking of yourself less, not thinking less of yourself. It's living so focused on God's glory that there's no room for ego. When pride leads, grace leaves. But when humility takes over, favor flows.

The cure for pride is dependence – acknowledging your need for God in every area, not just when you're in crisis. That kind of humility invites His power to do what your own effort never could. Slay the giant.

Pride blinds you to your weakness. It doesn't make you strong.

Where might pride be hiding? In your independence, competitiveness, or need for control? What would humility look like in your next workout or decision?

notes

1. Ask God to reveal one area of your life where pride is hiding.
2. Confess it and replace it with a habit of humility – serve someone without being noticed, accept correction, or give someone else credit.
3. Pray daily this week: **“Lord, keep me humble, hungry, and dependent on You.”**

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. At the bottom center, there is a simple, stylized illustration of a mountain range. The mountains are depicted in shades of light grey and blue, with some peaks being more prominent than others. The overall appearance is that of a clean, unused page from a notebook or a template for a document.

“God, search my heart and expose any pride in me. Teach me to depend on You for every victory. Keep me grounded, grateful, and guided by Your grace. Amen.”

[illegible][illegible]

Handwriting practice lines (ruler markings) spanning the page.





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WHY SPORTSLIFE

To build sports communities **FOR KINGDOM IMPACT**

WHAT IS OUR MISSION

To infuse **LIFE** into **SPORTS** leaders around the world

*"Jesus said, 'I am the way and the truth and the LIFE,
and no one comes to the Father except through me.'"*

John 14:6

WHO WE IMPACT

Coaches, Athletes, Sports Leaders

WHERE WE GO

Locally & Globally

*"You will be my witnesses in Jerusalem,
and in all of Judea and Samaria, and to the ends of the earth."*

Acts 1:8

HOW WE DO IT

TRAINING

In Relationship

3D Coaching
Certifications
Leadership Development
Leadership Discipleship
Leadership Coaching
LifeGroups
Spiritual Formation

RESOURCES

In Hand

Bible Reading Plans
Devotionals
Podcasts
Spiritual Formation Books
Sports Bibles
Study Videos

EVENTS

In Person

Camps
Challenges
Clinics
Competitions
Conferences
Masterminds
Outreaches
Retreats
Tournaments



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Faith RXD



This devotional is a SportsLife Leadership Resource.



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