



PURSUING GODLINESS

5 DAY
DEVOTIONALS

Day 2: The Athlete's Analogy

Scripture: *1 Timothy 4:8* – “For bodily training is just slightly beneficial, but godliness is beneficial for all things.”

Devotional:

Paul compared godliness to athletic training. Athletes know if their bodies fail, they're sidelined. In the same way, spiritual training keeps believers ready. Praying, fasting, studying Scripture, and worshiping are workouts for our souls.

Reflection:

What disciplines are you using to “train” your soul this week?