



## Daily Devotion

### *May 1 - 1 Corinthians 9:25 - Strict Training*

Hello and thanks for joining in on today's daily devotion. Today is Sunday, May 1st. The 1st day of the Hebraic week.

Our verse today, like yesterday, is 1 Corinthians 9:25.

25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

Yesterday, we talked about all that can be accomplished in the physical. Reflecting on those who compete in the Olympics alone can show what one can do in the physical if they dedicate themselves to it. How they accomplish such tasks when they put themselves under strict training.

This is why I love that last few words of our verse. "But we do it to get a crown that will last forever." I believe these words are just glazed over all too easily. Not really thinking about what they mean. Let's read the verse one more time and see if it sinks in yet.

25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

"But we do it to get a crown that will last forever." Do what? Strict training. Not just training. Strict training. So my question for you is "Are you putting yourself under strict training?" When you reflect on your daily life, does "strict training" come to mind? If it doesn't, can we really say that we are striving for the crown that will last forever? Or are we settling for the crowns that will fade.

Let this be a focus in your time of meditation throughout the day. Until tomorrow, shalom!