



Daily Devotion

1 Corinthians 9:25 - Strict Training

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1 Corinthians 9:25 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.

When reflecting on those who compete in the Olympics alone, we can see what one can do in the physical if they dedicate themselves to it. We see how they accomplish such tasks when they put themselves under strict training.

This is why I love the 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 quickly. Not really thinking about what they mean.

“But we do it to get a crown that will last forever.” Do what? 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 next time, Shalom.