



# ENDURANCE

HEBREWS 10:36

## Day 9: Training to Endure

### Scripture Readings:

Hebrews 10:36 (ESV)

Romans 5:3-4 (ESV)

### Observation:

In the last few devotions, I shared about obstacles that could come your way regarding enduring for Christ. In the next few devotions, I will discuss a training you can do to increase your endurance.

Any good athlete or worker knows that to be the best, they must train hard! One of the keys to being a good firefighter was to keep my training up so that I would be ready for whatever a fire threw at me. I will never forget the night shift when I faced a large commercial building on fire. Recently, I had trained on high-rise fires, so when I responded I knew exactly what to do.

Paul speaks to the Romans about rejoicing in sufferings because sufferings produce endurance. Paul knew better than most about the sufferings of being a follower of Christ.

### Application:

- Describe a time when you trained for something in your life?
- Have you ever started a training program only to give up? Explain why you gave up.
- How can rejoicing in your sufferings produce endurance in your life?
- What can you take away from Paul's thoughts in Romans?

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