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[Home](#) > Heart of an Athlete: Jessica Beard

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## Heart of an Athlete: Jessica Beard

**Selected struggle:** Patience

**Dictionary definition:** “Quiet, steady perseverance; even-tempered care; diligence.”

**My definition:** “An ability to endure trials or wait for blessings in God's time. Waiting for God's will and purpose to be fulfilled in your life.”

**Bible Reference:**

Isaiah 40



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