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## Heart of an Athlete: Thomas Wood

*"...the peace of God, which surpasses every thought, will guard your hearts and your minds in Christ Jesus."* – Philippians 4:7

North Carolina junior attackman Thomas Wood developed a love for both lacrosse and the FCA ministry at an early age. Looking back over his life so far, he is able to see how the avenues of sports and faith have always been connected. In fact, according to Wood, his spiritual journey with Christ has made a direct and tangible impact on his lacrosse career, shaping him both as a player on the field and a leader off of it.

### **Bible Reference:**

Philippians 4



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