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Finding Strength in the Lord

Ready:

"He gives strength to the weary and strengthens the powerless… those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not grow weary; they will walk and not faint." – Isaiah 40:29-31

Set

I began playing soccer in kindergarten and quickly discovered that I loved it, especially the feeling of scoring a goal. My parents had started me in the sport to help me learn good people skills. Little did I know that the sport I loved and the skills I learned would later play a role in my relationship with God.

I grew up going to church with my grandmother every Sunday. Through her, I learned that faith was important. When I was twelve years old, my life took a turn that would change me forever. My sister died and I was faced with questions about why things happen and what role God played in it all. For a number of years, I struggled and put distance between God and me. But He was faithful and patient and provided gradual healing and strength.

In college, I joined a team Bible study. God's Word brought me peace and a desire for a relationship with Him. I found that questioning Him and searching for answers through Scripture helped me grow and gave me direction. Now my faith in Christ is what gives me confidence for the future. I know that through both good times and bad, He is faithful and will watch over me.

Today, I pray for strength to walk the road before me. I play to the best of my abilities and am thankful for the many opportunities and amazing success He has given me. Through it all, I want to do right, not make mistakes, and live a life that is pleasing to Him.

God provides strength, even when circumstances seem impossible. In Genesis, God promised Abraham that he would be the father of many generations, but for years his wife, Sarah, was unable to bear children. Even as he approached one hundred years old, Abraham "did not waver in unbelief at God's promise but was strengthened in his faith and gave glory to God" (Romans 4:20). Abraham's faith was rewarded when God honored His promise and Sarah, at age ninety, gave birth to their son, Isaac.

Go

- What promises of God do you struggle to believe while you compete in your sport?
- When you face adversity in your season, how do you respond to God?

- What else or who else besides God do you rely on to give you strength?
- Take some time to read through the passages below and refer to them often in your challenges.

Workout

- Genesis 15-21
- Matthew 6:33-34
- Ephesians 6:10
- Philippians 4:13

Bible Reference:
Isaiah 40:29-31
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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
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