

Keep your head up!

Ready:

1 Kings 20:22 Afterward they had defeated their attackers, the prophet came to the king of Israel and said, "Strengthen your position and see what must be done, because next spring the king of Aram will attack you again."

Set

Hockey Chat: The Sabers and Fylers had been battling in a 2-2 tie in overtime. RJ Umberger (Philly) had been taking some hits from heavy man Brian Campbell (Buffalo). RJ had shrugged off getting roughed up before and didn't think much as he grabbed the puck headed up ice with 8 minutes left. But just as he got to the blue line, with thoughts of skating up ice and scoring on his mind, Campbell met him hard in what RJ thought was open ice, and laid him out. Always, always keep your head up when skating up. You can watch the video here [HEADS UP](#).

Go

Life Lesson: In this passage, the Israel army had just thwarted an attack and punished the opponents. They had won the battle but the prophet told them they still had a war upon them even though it seemed to be easy times now. Satan is always trying to knock us out. He'll take his shots and we get back in the game. There are times he even seems to back off a little to give us the impression that we have open ice and can let our guard down and then WHAM! He attacks again in the same way as before, except it can be worse when you don't expect it. Keep your head in the Bible and eyes on Jesus. You're still going to get hit, but you'll be able to shrug it off and stay in the game.



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
[Comments or Questions, fca@fca.org](mailto:fca@fca.org)
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)
