

## **Change is Good**

### **Ready:**

"God, You have taught me from my youth, and I still proclaim Your wonderful works. Even when I am old and gray, God, do not abandon me. Then I will proclaim Your power to another generation, Your strength to all who are to come."

-Psalm 71:17-18

### **Set**

I dialed a number and got the following message: "I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes."

As funny as this voicemail sounds, I do thank God for changes. Life is full of change. Some things will change today, tomorrow, next week or in the future. We will be faced with change for the rest of our lives as we experience life and discover our purpose. And we should be excited about what lies ahead for us. God gives us memories from the past, challenges for the present and promises for the future. In Psalm 71:9, David asked God for help as he experienced change. "Don't discard me in my old age: as my strength fails, do not abandon me."

Since 1954, FCA has been helping to facilitate change in more than six generations. One of the main ways that happens is through FCA Camp where athletes and coaches make changes in how they choose to live their lives by choosing to start a personal relationship with Jesus Christ. We need to pray for these athletes and coaches to remain strong in the choices they make to change.

God has blessed FCA to proclaim His power and strength to athletes and coaches whose lives have been changed for eternity. . .but our job is not done, yet. There are more generations to come. What a great challenge lies ahead! As we begin 2007, I challenge you to pray not only that God would change the athletic community for Christ through FCA, but also that He would change you to be more like His Son.

### **Go**

1. How do you handle change in your life?
2. What changes do you need to make right now?
3. What has God taught you through changes you have experienced?

### **Workout**

Psalm 66:10

Romans 12:2

2 Corinthians 3:18

Colossians 3:5-10

### **Bible Reference:**

Colossians 3



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