

## **Pray About Everything**

### **Ready:**

“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.” Philippians 4:6

### **Set**

Hours before senior and team captain Tyler Makosy was about to take the mat for his final tournament at the 2020 NCAA Division II Wrestling Championships, he received a message from his coach that the tournament was canceled. Like so many others, Tyler was heartbroken. In the midst of this current crisis, “heartbroken” seems to be overused and falling short as an adjective to describe this feeling.

Tyler had trained his whole life for this moment. Through many hours, he had finally sucked down his weight for his class; he had practiced his moves relentlessly over countless of hours; he had lifted weights beyond what he had ever thought possible. He gave it his all, but because of COVID-19, his season was over.

The question his closest friends, family, and FCA Huddle teammates were asking was what they could do for Tyler. The question Tyler might have asked himself is what he could do.

The answer: *Pray, and pray about anything and everything.*

For some, praying might seem trivial during a time where things are getting worse not better. At this time, prayer might seem like offering a thirsty marathon runner half a cup of water at the end of a race. Because Tyler has a deep faith and personal relationship with God, prayer is like a huge glass of cold water to a runner.

As Christians, God calls us to rely on Him and pray to Him when we face personal troubles. Like Tyler, and many coaches and athletes around the world, we have all experienced heartbreak, but we should practice praying for others at this time. It’s by God’s grace that we can experience Him and His comfort and peace for us. We all need to remember to turn our focus on God, and thank Him for all He has done and will do for us.

### **Go**

1. What are the things you fear and need to pray about?
2. Make a list of 10 or more things that you are thankful for right now. How does this change your perspective?

### **Workout**

1 Thessalonians 5:16-18; Jeremiah 33:3

### **Overtime**

“Lord, I confess I need to move things from my worry list to my prayer list and give them to You. Help me to remember to pray with You during this time of worry. Amen.”

### **Bible Reference:**

Philippians 4:6

1 Thessalonians 5:16-18

Jeremiah 33:3



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