



## HCYA HURRICANES TRAINING NOTES – JANUARY 26, 2017



*“Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ...” Philippians 1:27*

### **Ants, holes and crooked lines!**

Date: Wednesday January 25 • Teams: HCYA Varsity Girls and Boys • Location: YES Prep • Conditions: Windy. Uneven playing surface. Ant piles. Crooked field markings • Lesson: Real joy comes from Christ living in us!

As we approach our final week of training, we come to a portion of Scripture which is easy to read but often difficult to implement. “Rejoice in the Lord always. I will say it again: Rejoice!” (Philippians 4:4). Imprisoned for his faith, Paul puts a whole new spin on what it means to live out the Christian faith...

The dictionary defines joy as: “The emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires.” Did you get that? Joy is available to those who have achieved or are in the process of achieving a desired goal; it is a result of favorable circumstances. Well known Pastor, teacher and author, John MacArthur offers an alternative definition: “Joy is the experience of well-being that springs from the deep-down confidence that God is in perfect control of everything, for my good and His glory”.



God holds the reins of every life. Our “prison cell” situation may be the very channel through which His love is most clearly seen and His light most brightly shone. Joy is NOT reserved for the select few who live in a world of ease and luxury. It is available to everyone who has a love relationship with God through His Son, Jesus Christ. Turmoil, grief or uncertainty cannot steal the joy of a believer any more than health and wealth can provide it. There is the confidence that God is still on His throne – that He knows what He’s doing and that He has a perfect plan and purpose for every life. So whether our “playing field” is even or uneven, neatly cut or overgrown, well lined or unlined, ant free or ant ridden, let us rejoice with a heart of gratitude that He is able, He is in control, He is the Potter and we are in His hands!

*“Joy is the experience of well-being that springs from the deep-down confidence that God is in perfect control of everything, for my good and His glory” (John MacArthur)*

**Postscript:** While the YES Prep field needed work, their hospitality was awesome. It was a JOY to visit their school

### **This week’s challenges**

Are you struggling to find joy in your life? If so, it might be worth taking a self-assessment:

- ❖ Are you secure in your relationship with Christ? Have you given your life to Him? Is He your Lord and Savior?
- ❖ Are you comparing your life and lot with others? Does God seem distant because he’s not “blessing” you with the things you desire? God is a GOOD – GOOD Father...always!
- ❖ Are you filling your mind with the Truth of the Gospel or the trivia of the world?
- ❖ Are you in fellowship with God through prayer? Are you taking your burdens to Him or carrying the load yourself? Pray more – Worry Less

See you next week!

Jim Spence - Head Coach - HCYA Hurricanes  
Founder - Sports Quest