



“Discipline yourself for the purpose of Godliness”- 1 Timothy 4:7 (NASB)

### HCYA HURRICANES SOCCER – WEEK 3

As we felt the first real chill of the season, this was a big week for HCYA Hurricanes. Uniforms were handed out, captains were selected (to be announced on Tuesday), player profiles were completed, and there was a genuine excitement in the air as High School teams gear up for their first games in just a few days. Much work has already gone into preparing the players for what lies ahead, but experience shows that both individuals and teams will encounter various struggles, many highs and lows, nagging “what if’s” and “if only’s”, perhaps even disappointment, fear and failure. But, regardless of the mood or situation, there’s always something to learn and certainly room for growth. And therein lies the beauty of HCYA Hurricanes. While the program expects excellence in attitude and application, it does not demand perfection. We are all a work in progress, and it’s critical that we look at the “big picture” when assessing success or progress. Are we playing with character, class and commitment? Do we compete with integrity and Christ-likeness? Do our opponents, their coaches and parents remember us for the right reasons? These are lofty goals, but the bar has been set high by players gone before us. So...Let’s make this a banner season for HCHY Hurricanes – playing for His glory, serving as His ambassadors, giving our all – just as He did for us! Goooo Hurricanes!!!!



### SPIRITUAL DISCIPLINE: PRAYER – FOR THE PURPOSE OF GODLINESS

Of all the Spiritual Disciplines, prayer is second only to the intake of God’s Word in importance. Prayer can be described in many ways, but at the most basic level, it is simply conversation with a Person whom we know well and who knows us. It is the desire, opportunity and privilege of talking with God and, according to James Montgomery, “is the Christian’s vital breath; the Christian’s native air.” And yet, many feel intimidated at the thought of either personal or corporate prayer, questioning. “Where do I start? What do I say? How long should my prayer be?” The good news is that your prayers won’t be graded or compared with anyone else’s. You don’t have to sound “spiritual” or quote Bible verses back to God. You can just speak to Him as if talking to a friend. The Bible itself is a great resource for learning how to pray. The entire book of Psalms is comprised of all types of prayers – prayers of praise, petition, and lamentation. You can even read the prayers of Jesus himself in the Gospel of John. And, while there is no exact formula for prayer, many have found the acrostic “ACTS” to be helpful in remembering the elements of prayer: **A = Adoration** (Praising God). **C = Confession** (Agreeing with God about the sin we have committed) **T = Thanksgiving** (expressing gratitude towards God) **S = Supplication** (asking requests of God). Hope this helps in developing a consistent and intentional prayer life!

Looking forward to seeing you next week!

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### MEMORY VERSE

*“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7)*