

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

HCYA HURRICANES SOCCER – WEEK 10

Having completed 17 training sessions and 60 games, we are now faced with the reality that only 2 practices remain in this DECADE! That's right. 2020 will soon be here, and with that comes a whole new set of goals, dreams and aspirations. Yet Scripture is very clear about our grasp on life, "you do not know what tomorrow will bring – what your life will be! For you are like vapor that appears for a little while and then vanishes" (James 4:14). Therefore, as the saying goes, let us not count our

days, but instead, make our days count! Carpe Diem – Seize the day – is a great motto for life; a determination to make the most of every opportunity, every challenge, every success and every setback that God sends our way. As coaches, we are constantly reminding players to embrace their time as a Hurricane (since it passes very quickly) and to appreciate the uniqueness of the program – one which offers a counter cultural perspective on the nature of competition. Make no mistake - we strive to win as many games as possible and expect to work tirelessly in the process. But we understand too that mistakes will be made – that our words and actions will not always be "seasoned with salt". We'll fail and we'll fall. Perhaps we'll take 2 steps forward and 3 steps back. But isn't that the human condition for all of us? Romans 3:23 tells us that, "All have



sinned and fall short of the glory of God" Ouch! ALL includes EVERYONE! No one is blameless and without fault – we all have areas of weakness. And here's where the rubber meets the road: because of the GRACE and FORGIVENESS extended to every true follower of Christ, we in turn MUST offer that same GRACE and FORGIVENESS to others in their time of need. We dare not point a self-righteous finger at the "sinner" because that's exactly who we are! Only by "His wounds we are healed" (Isaiah 53:5), and to walk in a manner worthy of the Lord, is to be, "kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:32). Grace – God's amazing, lavished, unfathomable grace – will always be an integral and intentional feature of the HCYA Hurricanes program. Praise God for His undeserved favor!

SPIRITUAL DISCIPLINE: JOURNALING – FOR THE PURPOSE OF GODLINESS

Seriously, who has time to sit and write down their thoughts about what the Lord is teaching them? We have emails to

compose, texts to answer, places to go, people to meet, work to do and fun to pursue. And isn't journaling a thing of the past, reserved only for those spiritual giants whose lives we can never begin to emulate? The truth is, the Bible doesn't speak about the "requirement" of journaling for the purpose of godliness. Nor does it say that Jesus died for sinners to turn us into journal keepers! And yet there is much to be gained from "tracking" consistently in written form with God.



For one, we tend to <u>feel</u> most deeply about those things we <u>think</u> most deeply about. By slowing us down and prompting us to think more deeply about the things of God, journaling helps us feel more deeply about Him. When insights from our quiet time are clearly fixed in our mind through journaling, we tend to find them ready to use later in conversation, counseling, encouraging and witnessing. And secondly, journaling is a way of noting significant events in life, as well as our reactions to them. This in turn allows us to examine ourselves in light of Scripture more thoroughly...all for the purpose of Godliness.

Journaling may not be everyone's "cup of tea", but if we'll take time to drink in God's Word and record our responses, perhaps we'll find a heightened sense of God's presence and His working in our lives.

See you next week, and may we all "taste and see that the Lord is good" (Psalm 34:8)

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"Sharing biblical truth to reach, teach & encourage next generation leaders through soccer"

"The discipline of journaling is not a burden from God to document our entire life; rather it is meant to bless us and be a means to joy and godliness"