

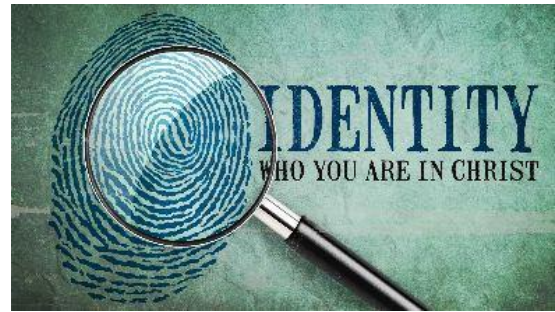


“The Lord is my strength and my shield” (Psalm 28:7)

PRE-SEASON TRAINING – WEEK 2

A hot and steamy day on Tuesday was followed by a cooler work-out on Thursday as we enjoyed another week of getting in shape, dusting off the cobwebs, improving technical skills and engaging in competitive, game like situations. Half way through pre-season –Time is flying already. Is it any wonder that we encourage players at every session to “seize the day”, knowing that THIS TIME will never return. In fact, before we know it, THIS SEASON will be a mere memory! So with every drill, sprint or game, be your best, do your best and bring out the best in others. As always, we concluded each day’s practice with a challenge aimed at equipping the Hurricanes to live out their faith with purpose, passion and intentionality.

CHALLENGE 1 – UNDERSTAND YOUR IDENTITY! Too many times, we play the comparison game. “If only I could run faster, jump higher, be more outgoing, be prettier, more handsome, stronger. If only I was as good as...Or as popular as...Or as funny as...or as clever as...THEN I would be happy and content. Instead, I’m sad and frustrated with my life. I’ll never amount to much. I’m no good. What’s the point?” Maybe you haven’t said these exact words, but perhaps your thought process has been along the same lines. The result can be depression and a deep seated feeling of insecurity. Our challenge: DON’T GO THERE! This is a lie from the enemy of our souls! Our true identity comes from who we are IN CHRIST. Believers, allow these Scriptures to speak truth into your life each and every day:



- God loves you and gave His Son for you (1 John 4:10)
- You are a child of God (John 1:12)
- Christ calls you His friend (John 15:15)
- God’s Spirit lives in you (1 Corinthians 3:16; 6:19)
- You are brand new in Christ (2 Corinthians 5:17)
- God has made you righteous in Christ (Ephesians 4:24)
- You are God’s workmanship (Ephesians 2:10)
- He is preparing a heavenly home for you (John 14:2)
- He will come back so that you may spend eternity with Him (John 14:3)
- He provides the Spirit of truth, a Counselor – the Holy Spirit – to indwell you forever (John 14:15-17)
- He will bring peace and courage you (John 14:27)
- You are set free from the bondage of sin and the law (Galatians 5:1)
- You are marked with a seal, the promised Holy Spirit (Ephesians 1:13)
- You can approach God with total freedom and confidence (Ephesians 3:12)
- You are made alive in Christ (Ephesians 2:4-7)
- You are able to live for Christ because of his salvation, not for his salvation (Ephesians 2:8-10).

WOW!! Now THAT’S THE TRUTH about who you are – Straight from the Word of God. So...Be encouraged today and always!

CHALLENGE 2 – FIND THAT FRIEND! Life can be tough – we all know that. Christians are not exempt from pain and suffering. Covid, Harvey, 911, Hurricane Laura, Tropical Storm Beta visits the faithful and the faithless. Jesus is the answer – we know that. But as it’s been said, “sometimes we need God with skin on!” A close, intimate and transparent friendship is such a blessing. We aren’t talking about casual acquaintances. Just one (or two) close friends who you can “do life” with. Those who get to see the “real” you; those who have your back and best interests at heart; those who will tell you the truth when others might shy away; those who love you unconditionally, and who you love the same in return.



If you have THAT friend, thank God for His provision. If you don’t, pray that the Lord would bring someone into your life who you know will always be in your corner. The rewards are immeasurable!

Looking forward to seeing you soon!

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“I can do all things through Christ who strengthens me” (Philippians 4:13)