



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

PRE-SEASON TRAINING – WEEK 4

And there it was...Gone! With pre-season flying by at break-neck speed, our focus now shifts to team training, starting next week at the Almeyda Soccer Complex. Perfect playing surface. Goals to shoot on. Assigned Team Coaches. Awake at the crack of dawn. It’s gonna be AWESOME! We concluded our time at North Oaks Baptist Church with two more challenges...

CHALLENGE 1 – BE AN ENCOURAGER! “Sticks and stones may break my bones, but words will never hurt me.” This familiar jibe assumes that only physical “weapons” can inflict pain on another person. That words are insignificant and totally ineffective in causing harm. Sadly, if ever a statement was untrue and way off base, this is it! In fact, Scripture tells us that “The tongue has the power of life and death, and those who love it will eat its fruit.” (Proverbs 18:21). Consider the cut downs received in your short career as a soccer player. Did it help your confidence and improve your game? Did the mean, reckless, unnecessary words from your teammate help or hinder? Most likely, they made you feel small, belittled, mistrusted...maybe even valueless. Instead of being the “Put-Down King/Queen” why not become an encourager? Just as dynamite comes in small packages but can do great damage, so too the tongue can pack a monumental, life changing (possibly even life ending) punch. An untamed tongue can sink a marriage, a church, a relationship, a job, a reputation, a teammate and a team. So, don’t be a loose cannon with your words. Whether you’re on the bench or dominating on the field, build up and don’t cut down. Think before you speak. Hold your tongue. Count to ten. Whatever it takes! Be a team player who will be remembered for all the right reasons and for all their choice words!



CHALLENGE 2 – MAKE YOUR MARK! As Christians, we are called not to leave scars, but rather, marks in this world. To be different and make a difference in our team, our neighborhood, our school, church and even our world. Here are just a few of the imprints we should strive to leave in our quest to positively impact our culture for Christ:

- We are to be the salt of the earth and the light of the world (Matthew 5:13-14)
- Whatever we do, we are to do it in the name of the Lord Jesus, giving thanks to God the Father through him (Colossians 3:17)
- We are to rejoice always, pray without ceasing and give thanks in all circumstances (1 Thessalonians 5:16-18)
- We are to love one another as Christ loved us (John 13:34)
- We are to forgive others as Christ forgave us (Ephesians 4:32)
- We are to do everything for the glory of God (1 Corinthians 10:31)
- We are to boast only about the cross of Christ and what He has done for us (Galatians 6:14)
- We are always to give ourselves fully to the work of the Lord (1 Corinthians 15:58)
- We are to preach the word, correct, rebuke and encourage – with great patience and careful instruction (2 Timothy 4:2)



So, how are you doing? Do you need to step up your game? Are there things in your life that need removing in order to look more like Jesus? Do you need to take up your cross on a daily basis rather than just carrying it “religiously” to church on a weekend? The good news is that it’s never too late to start again if you’ve been wavering in your faith, gotten into a bad habit or forgotten the grace which Christ first poured out on you at salvation. Today, make a decision to die to self (Galatians 2:20), walk by faith and lead the charge to leave a positive mark for those following your footsteps!

See you on Tuesday!

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SPORTS QUEST

**“Sharing Biblical truth to reach, teach & encourage
next generation leaders through soccer”**

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