



THE  
**Huddle**  
*for women*  
*Already Proven - 40 Day Devotional for Female Athletes*

2025

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## Introduction

### Dear Ladies,

Do you constantly feel like you're trying to prove yourself? Prove to your coaches that you're good enough to be in the starting lineup? Prove to your friends or family that you're worth the time and investment? Performing for others is a common struggle that athletes face throughout their careers.

As followers of Christ, how can we move from constantly striving to prove our worth to being proven in Him?

The same God who gave you the gifts to compete in your sport is the God who can move mountains. Those mountains may not always look like championships, but through both trials and triumphs, the pursuit of being proven in Him is far better than being proven in the world.

As a collegiate athlete, I was instantly shell-shocked during my first two years of college. Coming from a small town and being a star athlete, transitioning to the pace and intensity of college play had me constantly searching for approval. It wasn't until my junior year that I was able to slow down, step back, and grow in my relationship with Christ. I truly discovered that my identity is not found in my performance or my accomplishments, but in Jesus Christ.

Throughout this book, you'll read devotions written by athletes from all over the country. I encourage you to put your faith into action as you read. In John 15, Jesus tells us to abide in Him. Abiding is a daily choice—even a choice we must make within our sport—in order to compete with the freedom He intended us to have.

Not only must we abide, but we must also prepare, just as we would for a game or match—studying God's Word as we would study film. And just as we take rep after rep in practice, we must strive to become more like Christ, day after day.

As you study and reflect on different athletes' perspectives, keep Jesus' sacrifice at the forefront of your mind. Why do we feel the need to prove ourselves, when Jesus lived a perfect life and took on the weight of our sin? Because He chose us, we have the freedom to fail over and over again in the pursuit of perfection.

You are not defined by your stats, accolades, or achievements—you are defined by the Lord. One day, you will hang up the cleats. When that day comes, will you be lost and searching for fulfillment? Or will you be proven, knowing that every day, you chose Him—just as He chose you?

Your Sister in Christ,

*Emily Kirby*

*Professional Softball Athlete, Florida Vibe,  
and Liberty Softball Assistant Coach*

The background is a solid dark blue. It is decorated with several large, irregular, organic shapes in a vibrant red color. These shapes are outlined with thin white lines, giving them a hand-drawn or liquid-like appearance. The shapes are scattered across the frame, with some being more prominent than others. The word "Identity" is centered in the middle of the image in a white, elegant, cursive script font.

*Identity*

## Beyond The Mirror

Meg Dorrill

### Ready:

“For now we see only a reflection as in a mirror, but then face to face. Now I know in part, but then I will know fully, as I am fully known.”

*- 1 Corinthians 13:12*

### Set:

When you walk by a mirror, what's the first thing you do? If you're anything like me, you look at yourself — and 90% of the time, you tear yourself apart: “I need to stop eating; I am getting fat.” “Look at those gross pimples.” “Run more to get rid of that extra flab.” “If only I looked like...”

Today, there are mirrors with 5x, 10x, or even 15x magnification designed to show every flaw in detail. These mirrors claim to reveal the truth, but often, they only magnify insecurity and lies.

The constant comparisons to other athletes and my internal criticisms eventually led me down a dark path of anorexia and body dysmorphia as a college athlete. It felt like I could never measure up.

I realized that the more I listened to those voices in my head — whether from mirrors, culture, or comparison — the more I lost

sight of who I truly was and the more dissatisfied and broken I became. The problem wasn't just my body; it was the mirror I was using to define my worth. Mirrors magnify imperfections, but they don't show the full picture. I had to learn that the only mirror that tells the truth about who I am is found in God's Word — not in my reflection.

As athletes, we constantly chase improvement — stronger, faster, leaner. But if we're only looking into physical mirrors or comparing ourselves to others, we'll never see clearly.

1 Corinthians 13:12 reminds us that right now, we don't see the whole truth about ourselves and our worth. But God does. He sees the full picture. He fully knows you and fully loves you. And one day, you'll see yourself as He sees you.

Until then, train not just your body, but your mind and spirit, to believe what He says is true: your identity isn't in what the mirror reflects, but in how God defines you. When you train your heart to see yourself through God's truth — not a mirror or another person — you begin to play and live with confidence, freedom and purpose.

### Go:

- How does viewing your identity through God's truth change the way you approach training, competition or failure?
- What are some lies you've believed about your body or worth, and what truths from Scripture can you replace them with?

- Genesis 1:27
- Psalm 139:13-14
- 2 Corinthians 3:18

“God, You see me fully, even when I struggle to see myself clearly. Where I see flaws, You see beauty. Where I feel lacking, You call me loved. Help me to trust that I am made in Your image — on purpose and with care. Let me rest in the truth that I am fully known and loved. Teach me to see my body as a gift, not a burden, and to wait with hope for the day I’ll see You face to face and finally see myself as You always have. In Jesus’ precious name I pray, amen.”

Your identity and worth are proven in how God sees you — fully known, fully loved, and beautifully made.

[illegible]

## *Destruction or Honor*

Sarah Bostic

### **Ready:**

“Don’t you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. So glorify God with your body.”

*– 1 Corinthians 6:19-20*

### **Set:**

Growing up, I played fast-pitch softball. During the games, I’d use the bat I had in my ball bag, but I always struck out because the bat was too short and light. I didn’t realize you had to get a specific length of bat based on your height. One game, my teammate, Kelly, offered me her bat. I walked up to the plate and slammed the ball. It turns out I was decent at hitting, I was just using the wrong bat.

It meant so much to me that she allowed me to use it, but also that she trusted me to hit with it. So, I would take great care of Kelly’s bat because it didn’t belong to me. In a similar way, our bodies are not our own – they belong to God.

Considering that truth, how are you taking care of and treating your body? Are you thankful for it? Do you value it as

something that was given to you by God? If this is something you struggle to believe, ask the Lord to speak to you as you read passages like Psalm 139 and 1 Corinthians 6:19-20.

God has bought our bodies at the price of His Son, Jesus, for holiness, to be free from the sin that ravages us from the inside, and to have a new life. How can we fellowship with God if we are misusing what He’s paid such a high price to give us? Misusing something always brings destruction.

So, what do we do with this knowledge? We glorify God with our bodies. We remember we are not our own. Whether we eat, drink, love, or pursue our purpose – whatever we partake in – may it all be for the glory of the Lord. If our bodies now belong to Jesus we have no right to be wasteful or destructive with what belongs to Him. With the Holy Spirit living within us, we have power over the sin that tries to entangle us and the power to live the life God has called us to.

### **Go:**

- Do you believe you are fearfully and wonderfully made? (See Psalm 139:14)
- What changes might you need to make in your life today to live out this truth?
- Are you presenting your body to the Lord as a living sacrifice, or are you withholding it to misuse on your own fleshly desires?

### Workout:

- Romans 12:1-2
- 2 Corinthians 4:16
- 2 Peter 1:3-8

**Overtime:**

"Dear Lord, Help me to see my body the way You see it. Help me to take care of it because it is Yours, not mine. Please open my eyes to the ways I have been misusing it or abusing it instead of allowing You to get full use of me in every way. Lord, help me not to hold back even an inch of my body or soul from You. I am Yours, for Your glory alone. Please forgive me for the ways I have polluted Your temple by what I've allowed through my eyes and ears. I want to live out of Your divine power, not my own strength. Have Your way with all of me. In Jesus' name, amen."

### Takeaway Truth:

Your body has been bought with a price by God so honor Him by honoring your body.

## Notes

[illegible]

## A Proven Ranking

Haylee Hopman

### Ready:

“Whatever you do, do it from the heart, as something done for the Lord and not for people.”

- *Colossians 3:23*

### Set:

For the past three years, I've had the blessing of playing collegiate beach volleyball at the University of Tampa. What a journey it's been — filled with victories, challenges, friendships, and life-changing lessons. One of the greatest joys was forming deep friendships with teammates as we all shared a passion for the game. But alongside that joy came a quieter struggle — comparison. In beach volleyball, every player is ranked. Some programs post those rankings publicly; others keep them unspoken, turning it into a mental game of “Where do I stand?” The competitive nature of sports naturally invites comparison, but if left unchecked, it can steal our joy and cloud our identity.

Theodore Roosevelt once said, “Comparison is the thief of joy.” I've never felt the weight of that truth more deeply than during these years. I often found myself comparing my abilities to others — forgetting that many had years more experience than I did. Instead of celebrating my growth, I focused on my shortcomings.

But God, in His mercy, shifted my perspective. It wasn't until my final season that I truly found my confidence — not in my skill or ranking, but in Christ alone. Colossians 3:23 became a life verse for me: “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.” (NIV)

That verse changed everything. I realized my effort wasn't about impressing coaches or teammates — it was about honoring God. Suddenly, the pressure lifted. My worth wasn't tied to rankings but to being faithful with what He gave me. I still competed — but now, I competed to glorify Him. Every practice, every workout, every game became an offering.

And in that surrender, something beautiful happened. God used my position on the team for His purpose. Conversations turned into ministry. Teammates' hearts softened. Some even came to know the Lord — all because God used me right where I was.

If you're struggling with comparison today, remember this: God doesn't make mistakes. He has placed you exactly where you are for a reason. Fix your eyes on Him. Let your sport become your sanctuary. Compete with passion — but not for applause. Compete to bring Him glory. And watch how He moves in ways you never imagined.

### Go:

- In what areas of your life do you find yourself most tempted to compare yourself to others, and how can focusing on Colossians 3:23 help shift your perspective?

- How can we practically use our talents – whether in sports, academics or relationships – to glorify God and shine His light to those around us?
- Have you ever seen God use a difficult or unexpected position (like being lower in a team ranking or not meeting your personal goals) for a greater purpose? What did you learn from that experience?

### Workout:

- Galatians 1:10
- James 3:16
- Psalm 139:14

### Overtime:

“Heavenly Father, I confess that I’ve often fallen into the trap of comparison. I’ve looked to others to define my worth instead of keeping my eyes on You. Help me to remember that my value is not in my ranking or performance, but in being Your beloved child. Remind me that I am already enough in You. Help me work wholeheartedly, not for the approval of people, but as an offering of worship to You. Use me on and off the court to reflect Your light and love. Let my words, actions, and attitude point others to You. I trust that You have a plan and a purpose and I choose to follow wherever You lead. In Jesus’ name, amen.”

### Takeaway Truth:

Your identity is proven through Christ who gives freedom, purpose and peace.

## Notes

[illegible]

# Guarding Your Heart

Jena James

## Ready:

“Let each person examine his own work, and then he can take pride in himself alone, and not compare himself with someone else. For each person will have to carry his own load.”

- *Galatians 6:4-5*

## Set:

As female athletes, it's easy to fall into the trap of comparison — who's faster, stronger, more popular, or shining more in time. But God's Word gives us a better way. Paul challenges us to stop measuring ourselves against others and instead examine our own work, through the power of the Holy Spirit. In Galatians 6, Paul reminds the believers in Galatia that each person is responsible for their own spiritual growth and actions. Let's look at this Scripture closely.

- **“Examine your own work”** means to deeply assess your attitude, effort and heart — not someone else's.
- **“Then he can take pride in himself alone”** isn't about sinful bragging but about taking joy in how God is working through you personally.
- **“Not compare himself with someone else”** because comparison blinds us to our own progress and can plant seeds of jealousy, pride or discouragement.

- **“Each person will have to carry his own load”** means we each have a God-given race to run and are accountable for how we steward it.

Simply put, God cares more about your obedience than your success. He measures your heart, your effort and your faithfulness: “Was this effective? Was this meaningful? Was this helpful? Did I reflect Christ in this?”

Your lane is yours for a reason. Comparison steals your joy, clouds your focus and poisons your confidence. Stay in your lane, fix your eyes on Jesus (Hebrews 12:1-2) and run your race with endurance. Your worth isn't based on someone else's stats; it's proven in Christ. When we stop comparing, we get to enjoy what we see God accomplishing through us with humility.

## Go:

- Self-Check before and after competition/practice. Ask yourself: Did I give my best? Did I reflect Christ in this?
- Practice a gratitude reset: Write down three ways you see God working in and through you.
- The quickest way to kill comparison is to celebrate someone else. Text, tell or write a word of encouragement to another athlete you admire.

**Workout:**

- Hebrews 12:1-2
- Jeremiah 1:5
- 2 Timothy 2:15

**Overtime:**

“Lord, help me keep my eyes on my lane. Remind me that my worth comes from You, not the scoreboard, not my stats and not others’ opinions. Teach me to examine my heart, give my best, and celebrate what You’re doing through me. Give me joy in my own race and grace to cheer for others in theirs. In Jesus’ name, amen.”

**Takeaway Truth:**

God calls us to focus on our own spiritual growth and obedience, not on comparing ourselves to others.

*Notes*

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## Look to Jesus

Anna Ostlie

### Ready:

“Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the pioneer and perfecter of our faith.”

*- Hebrews 12:1-2*

### Set:

As athletes, we live with a lot to prove. During my college basketball career, I constantly felt the need to prove myself to my coaches, teammates, parents, friends, and even to myself. And the pressure only increased because my worth was tied to how I performed. When I played well, I received validation and felt on top of the world. But when I didn't, the criticism came, and I felt discouraged.

Do you ever feel like you're on that roller coaster? What if there were a better way? A way that frees you from identifying with your performance. A way that lets you run your race without being weighed down by the opinions of others. We each have a race set before us by God. But we won't run well if we're constantly looking to the right and left, comparing ourselves and chasing approval. No performance will make God love you more or less. No performance can change how God wants to use you for His Kingdom. And no performance is more important than how you love God and love others.

When you build your life on the Word of God and place your identity in Him, you'll see that His faithfulness isn't based on how many games you win or anything you do. This truth should lift the weight off your shoulders and free you to sprint in your calling. You are on your team for a reason, and it's not just because of your athletic ability.

My encouragement to you is to look to Jesus. He's not waiting at the finish line for you to earn your worth; He's at the starting line, and He runs with you every step of the way. If you can truly grasp your identity in Christ, you'll save yourself heartache and wasted energy. Because before competition, before you even step on the court, field, track or course, you are already enough. And that is a timeless truth that will never fail you.

### Go:

- Is there a weight that you are carrying that you need to set aside to run in your calling?
- How can you look to Jesus, the pioneer and perfecter of your faith, today?
- Memorize Hebrews 12:1-2 to remind yourself to keep your eyes on Jesus.

### Workout:

- Ephesians 2:8-10
- Philippians 3:12-14
- Colossians 2:6-7

### Overtime:

"Dear God, I pray for the athlete holding this book — that her performance would not consume her, and that she would come to know the love You give. That she would not let the opinions of others, statistics or success define her, but rather, that she would open Your Word and find the truth about who she is in You. In Jesus' name, amen."

### Takeaway Truth:

Your worth is not something you have to earn through performance or approval — it's proven in Christ.

## Notes

[illegible]

## Safety in His Presence

Jordyn Bahl

### Ready:

“Don’t let your beauty consist of outward things like elaborate hairstyles and wearing gold jewelry or fine clothes, but rather what is inside the heart — the imperishable quality of a gentle and quiet spirit, which is of great worth in God’s sight.”

*- 1 Peter 3:3-4*

### Set:

In 2022, I was a freshman in college. When the season started, I had never experienced more fun playing the game of softball. The energy, camaraderie, and the way our team competed together was special. However we were only a month into our season when I began to feel another type of intensity that I also had never experienced before: the weight of pressure and expectation.

Simply put, our team was legit. We were loaded with talent, and it was not until a couple of months into our season that we experienced our first loss of the year. We were favored to come out on top in every game we played. This pressure began to infiltrate how I saw myself.

I was having a solid freshman year. On the outside, it looked like things were going great. I looked like that little freshman pitcher who was fierce, focused and full of fire, but on the inside, I was struggling.

The pressure not to disappoint weighed heavily. What I began as an innocent discipline, counting calories and watching meals, slowly spiraled into something darker. Food began to be on my mind constantly. Everything I ate, I would look at the calories, specifically the fat percentages. Every glance in the mirror became a judgment. Every extra workout I didn’t do, or sweet treat I indulged in, made me feel weak, or like I didn’t want it bad enough, which resulted in guilt. The outward expectations of perfection became an inner obsession and constant mental prison. I had wound up with an eating disorder.

Even though I had a personal relationship with Christ, I had forgotten who I was in Christ at some point along the way. My worth had instead been lost in outward image and achievements.

One day, I came across 1 Peter 3:3-4, and an overwhelming peace came over me. It hit me deep and straight to the heart. God doesn’t value you for your performance or your appearance, but He delights in your spirit. That is what He loves and desires. Our hearts are HIS obsession. God doesn’t desire what’s outwardly most admired or most achieved. He desires our hearts and our souls.

The pedestal that comes with athletics can be a lonely place, but the presence of God is a safe one. We are reminded in Romans 8 that nothing can separate us from the love of God that is in Christ Jesus. Your worth is never in your body, stats or success. God's definition of beauty in 1 Peter 3:3-4, rooted in a gentle and quiet spirit, never fades.

#### Go:

- In what areas of your life do you find the most challenge in remembering that your identity is rooted in Christ?
- What do you think it means to have “unfading beauty” as described in 1 Peter 3:4?
- How is that 1 Peter 3:4 beauty different from the type of beauty or strength celebrated in sports, and in our society?

#### Workout:

- Psalm 139:13-16
- Proverbs 31:30
- Ephesians 2:10

#### Overtime:

“Dear Heavenly Father, help me let go of the pressure to be perfect. I am never going to be perfect, and I am always going

to need a Savior. Remind me in this world that judges beauty by outward adornment that I am loved not for how I look or what I achieve, but for who I am in You. Teach me to value the beauty that comes from a gentle and quiet spirit that craves You. In Jesus' name, amen.”

#### Takeaway Truth:

Your worth is found in the proven love of God, who values your heart above all else.

#### Notes

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## Shining Light in a Dark, Digital World

Alexis Stuckey

### Ready:

“You are the light of the world. A city situated on a hill cannot be hidden. No one lights a lamp and puts it under a basket, but rather on a lampstand, and it gives light for all who are in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

- Matthew 5:14-16

### Set:

As a female athlete, the platform you have goes far beyond the track, field or court. Your influence is also played out on social media – a place where games, highlights and endorsements are seen. But it is also the place where comparison, losing and doubt in your God-given ability are seen. The temptation is to feel pressure to be perfect, gain followers, or only post wins, celebrations and success. Or you posted a story about your winning moment, only to be met with comments of criticism, body shaming and even harassment.

Jesus reminds us that we are the light of the world. And yes, this includes the digital world – an often dark world where we just can't seem to stop scrolling.

Your online influence can either lead you into the dark places of comparison, criticism and self-promotion, or you can reflect the light of Christ with authenticity, encouragement and truth.

Being a light never meant for you to be flawless. It means being faithful. It means being bold enough to use your voice to encourage others, glorifying God in the wins and the losses. It means being real and sharing the meaning behind your light – your faith.

This week, post something that lets your light shine. Maybe it's a story about how God helped you through a tough training session, illness, or an unexpected injury. Share a word of encouragement for young athletes or simply share a reminder that your worth isn't in comments and likes, but in the love of Christ.

Remember: the world doesn't need more filters – it needs more faith. Be bold, stand on that hill, and let your light shine.

### Go:

- Am I using my social media platform to glorify God or just myself?
- Do my posts reflect a heart that's humble, grateful and rooted in Christ?
- How can I encourage others today through what I share?

- Proverbs 4:18
- Ephesians 4:8-10
- 1 Thessalonians 5:5

**Overtime:**

“Lord, thank You for the platform You have given me on and off the field. Please help me to use it wisely and in a pleasing way that honors You. Let my life, including my social media, reflect Your light. Give me courage and grace to shine for You. In Jesus’ name, amen.”

### Takeaway Truth:

Proven impact comes not from perfection or popularity, but from authenticity, faithfulness and using your platform to glorify God.

## Notes

[illegible]

## Known, Chosen, and Free

Agot Makeer

### Ready:

“Since we live by the Spirit, let us keep in step with the Spirit.  
Let us not become conceited, provoking and envying each other.”

- *Galatians 5:25-26*

### Set:

As female athletes, it's easy to fall into a cycle of comparison, measuring our worth against teammates, competitors or even our own past performances. Social media highlights others' success, others' blessings, and everything that you don't have. While our inner critic demands perfection, it is important to understand self-worth, which is often lost amid social media. It is often that we, as humans, scroll through social media and receive praise for our success in sports and we start believing our value comes from our output. That is not true, and we must understand that.

Galatians 5:25-26 invites us into something better: “If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking and envying one another.”

This passage reminds us that life in the Spirit isn't about comparison or competition; it's about connection. Sports give us the unique blessing of meeting and connecting with people of different circumstances from all over America and, in some cases, the world. The wonderful thing about the Spirit is that He leads us away from striving for clicks and into a secure identity in Jesus. When we walk with Him, we don't need to one up others or quietly envy what someone else has achieved. Why? Because in Christ, we are already proven through His life and sacrifice.

You don't have to chase worth through highlight reels or likes for love. Jesus already proved your value when He went to the cross. Now, your role isn't to prove your place but to stay in step with the Spirit who empowers, affirms and reminds you who you are.

So, the next time you walk onto the court, field or track, don't compete to prove something, but compete from the place of already being known, chosen and free. That's what it means to be proven in Him.

### Go:

- In what ways have you felt tempted to prove your worth through sports performance?
- How can letting go of comparison bring more freedom and joy to your game?
- What would it look like if you lived in step with the Spirit?

**Workout:**

- Psalm 139:14
- Romans 8:1
- Ephesians 1:4

**Overtime:**

“Lord God, I pray for the young woman reading this devotional right now. I pray that whatever she is going through —whether empowering or challenging —will shape her into a strong, driven young woman. Give her the strength and foundation to resist the temptation of comparison that comes with social media and teach her to love herself on her own unique and beautiful journey. Lord, in Your victory we stand, amen.”

**Takeaway Truth:**

Your worth is not measured by comparison, performance or social media praise — it is already proven in Christ, who calls you chosen, known and free.

*Notes*

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The background is a solid dark blue color. It is decorated with several large, irregular red shapes that resemble organic forms or cells. Each of these red shapes is outlined with a thin, white, hand-drawn style line. The shapes are scattered across the frame, with some being more prominent than others. The word "Team" is centered in the middle of the image in a white, cursive script font.

*Team*

## God Sees Your Effort

Jenna Meder

### Ready:

“The elders who are good leaders are to be considered worthy of double honor, especially those who work hard at preaching and teaching.”

*- 1 Timothy 5:17*

### Set:

As athletes, we know what it means to labor. Early mornings, late practices, watching film, pushing through exhaustion — there’s a grind to the game that people often don’t see. But we also know the feeling of having a coach who shows up with the same intensity. A coach who leads with character, speaks truth and lives what they teach. That kind of leadership? It’s powerful. And in 1 Timothy 5:17, God calls it worthy of double honor.

Now think about this: As an athlete, you’re a leader too. People watch how you carry yourself on and off the field, how you handle adversity, and how you encourage others. You might not have a whistle or a clipboard, but you’re teaching by how you live. When you show up with integrity, when you play for something bigger than yourself, when you live out your faith in the locker room and on the field, you’re doing more than just playing a sport; you’re preaching with your life.

God sees your effort. He honors those who lead well, primarily when it’s rooted in truth and love. So, the question is: Are you leading like that? Are you using your platform as an athlete to point others toward Him?

### Go:

- Where has God given you influence as an athlete?
- Are you using your leadership and work ethic to honor Him, or just to prove something to others?
- What does it look like for you to “labor well” in your sport, on your team and in your faith?

### Workout:

- Galatians 6:9
- Colossians 3:23–24
- 1 Peter 4:10–11

### Overtime:

“God, thank You for the coaches in my life who lead with purpose and truth. Help me, as an athlete, to recognize that I lead, too. I want to be someone who plays hard, lives boldly and points others to You through the way I carry myself. Let my example be more than just about wins and stats — let it reflect Your heart. Help me labor well, on and off the field, and honor You with everything I’ve got. In Jesus’ name, amen.”

### Takeaway Truth:

Your life is a testimony and your influence matters.

## Notes

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there are several small black marks, possibly from staples or binding holes. The overall appearance is that of a clean, unused piece of stationery.

## Purpose Over Performance

Melissa Motes

### Ready:

“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.”

- *Galatians 1:10*

### Set:

In sports, the pressure to perform is real. Athletes often feel the heavy weight of having to prove themselves — whether it's earning a starting spot, impressing coaches or silencing the critics. It's easy to fall into a performance trap — thinking your worth is measured by your stats, playing time or your coach's approval.

But here's the truth: You don't have to prove what God has already declared.

When Paul wrote Galatians 1:10, he was reminding believers that living for God means we stop chasing the applause of people. That includes your coaches. Your identity as an athlete doesn't start with performance — it starts with purpose. And that purpose is rooted in being chosen by God. You can't fulfill your God-given purpose and be obsessed with people's approval.

One will always cancel the other. Yes, honor your coaches. Work hard. Compete with excellence. But don't do it to prove your worth — do it because your worth is already secure in Christ.

When you play free, your motivation shifts. You're not grinding for approval. You're playing from a place of confidence, not insecurity. And that freedom? It changes everything — your mindset, your game, and most definitely your influence.

Today, ask yourself: Am I trying to prove something? Or am I playing from a place of knowing I'm already approved by God? Lay down the pressure to impress. Pick up the truth that you're already enough — because Jesus is more than enough in you.

### Go:

- Whose approval am I really seeking when I step on the court (or field)?
- Do I believe my worth is already secure in Christ, regardless of performance?
- How would my mindset shift if I played only for God's glory, not others' praise?

### Workout:

- Acts 5:29
- Ephesians 5:8-10
- Colossians 3:22

**Overtime:**

“God, help me compete with passion, but not with pressure. Remind me that I am already approved in You. I don’t need to prove my worth — I just need to reflect Your glory. In Jesus’ name, amen.”

## Takeaway Truth:

I don't have to prove my worth - Jesus already did.

## Notes

[illegible]

## Serve First. Shine Later

Sarah Crews

### Ready:

“Let another praise you, and not your own mouth—  
a stranger, and not your own lips.”

- Proverbs 27:2

### Set:

Imagine being on a team where everyone praises each other. On a team of 15 players, that would mean each teammate has 14 players lifting them up. There would be no need to praise oneself.

While that might not be realistic, as Christ followers we don't base our actions on what others are doing or aren't doing. We follow God's instruction.

In Proverbs 27:2 we are instructed to let others praise us and not ourselves. Therefore, when you do well, you don't have to praise yourself for your own efforts. Instead, seek ways to praise the Lord and to uplift your teammates, as Proverbs 27:2 says.

“Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. Everyone should look not to his own interests, but rather to the interests of others.”

- Philippians 2:3-4

As someone who naturally likes the acceptance and praise of people, I can find myself seeking ways for my accomplishments to be known, and to receive that praise. But these verses tell us to do nothing out of selfish ambition and to look out for the well-being of others. These verses should be the anthem of a healthy team.

As Christ followers, our goal is not just wins or make great plays or highlight videos. Our goal is to work with our best effort and to work for Jesus (Colossians 3:23-24).

If we are truly working for Jesus in our sport, then we will be great teammates because we will find ways to set the standard for hard work, serve our teammates, encourage them, and, most importantly, share the Gospel and live it out. Jesus is the perfect example of this! Jesus does so many great things that John says there is not room enough in all the books in the world to tell all the stories (John 21:25). If anyone had a reason to brag, it was Jesus. Instead, He always directed attention to the Father and empowered His disciples to serve with the same mindset.

As a teammate, your primary goal is to share the love of Jesus and live out His love. With that motivation, the next time you make a great play, have a great match or beat your personal record, focus on how you can praise the Lord, your teammates and your coaches instead of yourself.

**Go:**

- How are you tempted to praise yourself instead of others sometimes?
- What are some ways that you can uplift your teammates whether they are competing well or not?
- What are your motivations when it comes to playing your sport?

### Workout:

- John 13:14-15
- Philippians 2:3-4
- Colossians 3:23-24

**Overtime:**

“Lord, thank You for Your unconditional love and for life eternal through Jesus. Please help us in our sports and lives to live knowing how loved we are. Help us to walk in humility and service to others because nothing we achieve compares to the

gift of our salvation in You! Help us to live out Proverbs 27:2 in all that we do. In Your lovely name we pray, amen.”

### Takeaway Truth:

We are proven by uplifting others and glorifying God.

## Notes

[illegible]

## Sharpened and Strengthened

Holland Harris

### Ready:

“Iron sharpens iron, and one person sharpens another.”

- *Proverbs 27:17*

### Set:

Think about this: you're in the middle of the season and things just aren't clicking. You're missing shots, feeling off and getting frustrated. But then one of your teammates pulls you aside and tells you to lock in. They encourage you, challenge you and remind you what you're capable of. Those are the little moments that help you reset.

In sports, we need teammates who help us get better. Proverbs 27:17 says, “Iron sharpens iron, and one person sharpens another.” Just like iron gets sharper when it's rubbed against iron, we get stronger when we have people around us who push us and help us grow. This applies to sports, but it is also true in our faith journey. How often do you skip morning Bible time or run out of time to pray? When we just don't want to or simply can't bring ourselves to come before the Lord, we need someone to sharpen us and bring us back into the Lord's presence.

Iron sharpens iron – no matter what kind of iron it is. If you are spending time with a group who loves to point out the new girl's unfashionable shoes and the terrible choices the coach is making, you will begin to sound and act just like them. If you spend time with a group who is more concerned with likes and views and a social media influence, pretty soon your life will revolve around the digital world. Surround yourself with the group who draws you closer to the Lord, and you'll begin to look at life with a Kingdom perspective.

As athletes, it's not just about training hard by ourselves. We need others to challenge us, encourage us, and make us better. God puts those people in our lives for a reason so let them sharpen you. Even more important, surround yourself with Christ-followers who will encourage and challenge you to mature in Christ.

### Go:

- How can you make sure your mindset stays focused on God, even when you're being pushed or distracted?
- How can you surround yourself with people who will push and encourage you in your faith?
- Can you think of a time when God used a teammate, coach or friend to help you grow? What did you learn from it?

### Workout:

- Ecclesiastes 4:9-10
- 1 Thessalonians 5:11
- Hebrews 10:24-25

**Overtime:**

"Dear God, thank You for the people You've placed in my life to help me grow. Help me to stay open to correction, encouragement and the truth, even when it's hard to hear. Make me a teammate who builds others up and reflects Your love in everything I do. Use my team, my sport and my daily actions to bring You glory. In Jesus' precious name I pray, amen."

## Takeaway Truth:

We grow stronger when we surround ourselves with people who challenge, encourage and sharpen us toward Christ.

## Notes

[illegible]

## From Me To Ministry

Ally Washburn

### Ready:

"Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God. If anyone speaks, let it be as one who speaks God's words; if anyone serves, let it be from the strength God provides, so that God may be glorified through Jesus Christ in everything. To him be the glory and the power forever and ever. Amen."

*- 1 Peter 4:10-11*

### Set:

My sophomore year of college was, on paper, my best year of college lacrosse. I started almost every game, had a goalie coach I loved, was playing well statistically, and was a team captain. However, something was very wrong. After almost every game, I would burst into tears and not know why. I had never felt more emotionally and spiritually unstable in my life. That year I was also asked to go with Campus Outreach on a Cross-Cultural Project to Johannesburg, South Africa for seven weeks that summer.

As I struggled to understand what was wrong with me throughout the spring, I also wrestled with doubts in my decision to go to South Africa. I was so reluctant to go on the

trip that I still wasn't fully funded a week before we were leaving! My emotions and self-worth were so tangled up in my accomplishments as an athlete that I couldn't see the bigger picture; I was just one of twelve on the field. Whatever gifts the Lord gave me athletically (really, just a willingness to get hit with a ball) were for the good of the team, not my own gain. Similarly, any gifts the Lord gave me in life are for the good of His Kingdom, not my own exaltation.

I was struggling so much to find stability in my accomplishments and didn't know why until I was reminded that we are called to be "good stewards of the varied grace of God" (1 Peter 4:10). When you use your gifts to serve others sacrificially for the furthering of His Kingdom, you will find more fulfillment and joy than from good stats or a winning record.

I went to South Africa, and after those seven weeks, my whole mindset shifted. I started serving with the youth at my church and became a discipleship group leader with Campus Outreach. Through these ministries, I found more satisfaction than I'd ever felt, simply by living out the purpose God has for my life.

Junior year, on paper, should have been my worst year of college. I got diagnosed with a heart condition and had to have a procedure at the beginning of the season. This meant I was not the starting goalie anymore and didn't really see much playing time. On top of that, my goalie coach left to become a head coach at a rival school.

Looking back, however, that was one of my best years. Wednesday nights with other believers became my favorite part of the week, and I was growing so much through my discipleship group.

In athletics, we talk so much about mindset. Spiritually, your mindset is also one of the most powerful weapons you have against the enemy. Choosing to serve others for God's Kingdom rather than your own plans will not only send the devil running but also fill you with all the good plans and joy the Lord desires for you.

#### Go:

- Have you ever caught yourself serving your own desires/plans instead of the Lord? How did you feel emotionally and spiritually?
- How can you ask God to renew your mindset so you can see your life as an offering to Him and others?
- What are ways that you can use your unique position as a teammate to serve others for the good of His Kingdom?

#### Workout:

- Matthew 20:24-28
- 2 Corinthians 3:17
- Galatians 5:13-14

#### Overtime:

"Dear Jesus, please change my heart to be in line with Yours. Help me to serve others not for my own glory and good, but for the furthering of Your Kingdom. Let me find my worth in being a daughter of the King, not who I am as an athlete. In Your precious name I pray, amen."

#### Takeaway Truth:

True joy and fulfillment are proven from using your God-given gifts to serve others and build His Kingdom.

#### Notes

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## Serve With Joy

Sarah Freymuth

### Ready:

“Serve with a good attitude, as to the Lord and not to people, knowing that whatever good each one does, slave or free, he will receive this back from the Lord.”

*- Ephesians 6:7-8*

### Set:

Serving can sit uncomfortably in our hearts. Our human tendencies are to strive for greatness, to perform at our best, and create a name for ourselves. We like to come out on top and, if we admit it, it gives us a little puff in our pride that people know us for our talent.

But talent isn't what catches God's eye. His focus is on our heart, our motivation, and how we treat others. He longs for our hearts to align with His and one of the ways we can offer our hearts to the Lord is through the way we serve and love our team.

What's our heart like when we are asked to carry the equipment or stay after practice to help a teammate work on a few extra drills? How do we see these opportunities? Are they a burden or an chance to be a blessing?

The way we look to Jesus and His example of servant-leadership helps lay the path for our own lives. Jesus said He did not come to be served but to serve (Matthew 20:28), and He invites us to do the same. When we are picking up water bottles or protein bar wrappers in the dugout or around the bench, we are serving the Lord through the little things to make life easier for others. When we take the time to write a note of encouragement to a teammate going through a tough time, we offer them the love of God. Nothing is wasted when what we do comes from the attitude of serving the Lord.

It may feel great to get the game winning goal or make a huge defensive play, but the greatest joy may often be found in cheering on a teammate, looking for ways to brighten someone's day and reminding your people that God loves them. Let your actions mirror your heart; serve the Lord and your team with one full of joy.

### Go:

- How can you change your perspective to see that serving your team is a gift you can give to God?
- How can you take the example of Jesus' servant-leadership to your team?
- Make it a point to do something nice for two of your teammates this week.

- Mark 9:35
- Philippians 2:4
- 1 Peter 4:10

**Overtime:**

“Lord, You gave us an example of Your heart when Jesus came to serve and show us what that looks like. Help me see where I can serve You by serving my teammate, and how I can serve in joy so someone feels Your love today. Thank You that You first loved us. In Jesus’ name, amen.”

### Takeaway Truth:

I find joy when I serve the Lord and my team.

## Notes

[illegible]

## Unity Under Christ

Mayah Schundelmier

### Ready:

"Therefore I, the prisoner in the Lord, urge you to walk worthy of the calling you have received, with all humility and gentleness, with patience, bearing with one another in love, making every effort to keep the unity of the Spirit through the bond of peace."

- *Ephesians 4:1-3*

### Set:

In athletics, a team is made up of many people. Each person is called to fill a role in achieving the goal; it takes everyone to do this. But a team can't complete the goal they have set out to achieve if they are not unified. In the same way, this is how it is with the body of Christ. Every person on earth has been created in God's image and has a calling on their life to live in a way that honors Christ and displays God's love to others.

Jesus' desire is for us to be one as He and the Father are one. Every person who has been made new in Christ is called to live free from sin and has the Holy Spirit living inside of them. This Spirit is what unifies us and gives us a new purpose. Paul encourages us to display the fruit of the Spirit (Galatians 5:22-23) toward one another to help live out this calling we have

received in Christ. We are to humble ourselves and seek to love others, keeping the peace and living for God's glory, not our own.

Remember Jesus' love for you that led Him to the cross so that we can experience unity in Him. It is only through His strength and Holy Spirit that we can maintain unity and live with humility, gentleness and patience.

### Go:

- In what ways can you humble yourself before the Lord?
- How do you live out this calling you've received?
- How can you apply this to your team and be unified under Christ?

### Workout:

- John 17: 20-23
- Galatians 3:26-28
- Acts 2:44-47

### Overtime:

"Lord Jesus, would You show me how to live a life worthy of the calling You've given? Teach me how to humble myself before You and depend on Your Holy Spirit to love my team so we can be unified under You. Would I always seek to glorify You and love others first. Amen."

### Takeaway Truth:

It is through Jesus and His Holy Spirit that I can experience unity with others.

## Notes

[illegible]

## God's Lineup

Hailey Resetar

### Ready:

“Indeed, the body is not one part but many.”

*- 1 Corinthians 12:14*

### Set:

You've been on a team before. How does a team operate when everyone has the same gifts or ideas? Probably not great. Teams thrive in diversity of thought and talents. If a soccer team has lots of great defenders but no one can shoot, they won't do very well. If a volleyball team has plenty of talented hitters, but no libero, how successful will they be?

The same is true for the Kingdom of God. God has given each of His people gifts and talents to be used for His Kingdom. If everyone in the church had the gift of teaching but no one was evangelizing, how would the church grow?

1 Corinthians 12 speaks on this idea. I encourage you to go through and read the whole chapter. Paul is exhorting the Corinthians that God has given each of them individual gifts to be used for God's glory. In verses 17 and 18, Paul asks, “If the whole body were an eye, where would the hearing be? If the whole body were an ear, where would the sense of smell be? But as it is, God has arranged each one of the parts in the body

just as he wanted.”

This is such a practical passage when it comes to operating in a team sport setting, especially with women. While it is naive to suggest that all 20+ women on a sports team will be best friends (because it is natural that you will all have different hobbies and interests), it is a biblical command to love one another and to pursue unity (Ephesians 4:2-3).

Consider this the next time you are frustrated with a teammate who thinks differently than you. God has given everyone individual ideas and talents for the strengthening of yourselves and His Kingdom. Choose to love each of your teammates and coaches intentionally. Strive for unity with one another, encouraging and building one another up in love. The unity found in the diversity of God's people choosing to love Him and one another is where true success is found.

### Go:

- How can you be intentional in loving your teammates well this week?
- How can your team practically pursue unity with one another?
- What does successful biblical unity look like for your team?

### Workout:

- Romans 12:3-8
- Ephesians 4:1-6
- Philippians 2:1-3

### Overtime:

“Dear Lord, I want to pursue unity on my team. Please give me Your Spirit of unity and enable me to love my teammates well. Let all that we do glorify Your name. In Jesus’ name I pray, amen.”

### Takeaway Truth:

God designed each person with unique gifts and perspectives that strengthen the whole.

## Notes

[illegible]

The background is a solid dark blue color. It is decorated with several large, irregular, organic shapes in a vibrant red color. These shapes are outlined with thin white lines, giving them a hand-drawn or watercolor-like appearance. The shapes are scattered across the frame, with some being more prominent than others. The overall aesthetic is modern and artistic.

*Everyday Life*

## Companionship and Community

Mia Rabon

**Ready:** “Two are better than one, because they have a good return for their labor: If either of them falls down one can help the other up. But pity anyone who falls and has no one to help them.”

- Ecclesiastes 4:9-10

### Set:

Have you ever had an injury? What about witnessing a teammate's injury? They're rough, aren't they?

During my sophomore year, I tore my ACL at a soccer game in front of my coach and the whole bench (not the best picture for anyone), and the first thing I noticed was how all my teammates jumped up off the bench when I got hurt. Shortly after, my dad ran onto the field and carried me off.

I wonder what it would have been like if it was just me on that field. No one to carry me when I needed it, no teammates to make me laugh through crying, or no friend to pray with me before surgery, reminding me that God wrote this into my story before I was born.

God never created us to be alone. We're meant for

companionship and community. Without relationships built on Christ, we would have no one to build us up when life becomes difficult. In Ecclesiastes 4:9-10, Solomon wrote, “Two are better than one, because they have a good return for their labor: If either of them falls down one can help the other up. But pity anyone who falls and has no one to help them.” We are connected through connecting with others.

As athletes in Christ, we are meant to build each other up through the power Christ gave us to overcome the world. We not only need to serve each other but have compassion for those who don't know Christ. We can bring them into our community and build them up as well, giving glory back to the King.

### Go:

- Can you think of a person who needs Christ to get through a hard stage of life?
- What's something you can change about your training that will glorify God and serve others?
- How would your life have been different if you had someone to pick you up when you fell?

### Workout:

- Proverbs 13:20
- Proverbs 22:24-25
- 1 Corinthians 15:33

### Overtime:

“Dear Lord, thank You for waking us up this morning with the ability to know You more. I pray as we compete as a team for Christ, we would build each other up and run the race of life for You. Let all we do be for You, Lord. We love You! In Jesus’ name I pray, amen.”

### Takeaway Truth:

God designed us for community, not isolation — and in times of pain, injury or hardship, He often proves His love through the people who surround and support us.

## Notes

[illegible]

## Trusting His Good Plans

Arima Turner

### Ready:

“Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.”

- *Philippians 4:9*

### Set:

On April 8th, 2024, a dark cloud of depression, anxiety and lack of motivation fell on me when I found out I had fractured my navicular bone and would not be able to compete or train until the following season.

I was in disbelief because I had been pushing through the pain, begging God that the pain would go away. When I finally came to terms with the fact that I would not be able to finish the track season or train with my teammates every day, I asked God, “Why me?” I had been working hard in practice and putting my best effort in every day. I was mad at myself and angry with God. My anger led me to stop trusting in Him, which made the depression and anxiety worse. Not being able to run was like losing a part of myself.

It was not until one Sunday at church, when the worship team sang “Good Plans” by Red Rocks Worship and “Trust in God” by Maverick City Music, that I realized I was not trusting or

following God’s plan. Even before I was injured, I lost my relationship with my Father and the sight of His glory. I had stopped thanking God, which led me to ask God for guidance and forgiveness.

I started reading my Bible, listening to worship music, and slowly, the dark cloud lifted. I was no longer depressed or anxious; I was motivated by God’s glory and knew my purpose was to heal physically and not lose my relationship with Him in the process.

Scripture says that God will present you with obstacles to learn from, and once you have received the lesson, you will be at peace because the Father is at peace with you. Scripture reminded me that my injury was a setback that God presented me with to remind me not to lose sight of the relationship I have with Him. Now, I ensure that I prioritize my relationship with God. I pray every night, read Scripture and discuss Scripture in Bible study. I also thank God for both good and bad experiences.

As an athlete, there will be highs and lows. From each experience, ensure that you thank God and get comfortable with the lessons you can learn, because you will then be able to find peace.

### Go:

- The main verse promises that the God of peace will be with those who live out these principles. How can keeping a Christ-centered mindset help you navigate

pressure, overcome setbacks and stay grounded in moments of victory throughout your athletic journey?

- How can you encourage your teammates or competitors by modeling a Christ-like attitude in both success and disappointment?

### Workout:

- Galatians 5:25
- 1 Thessalonians 4:1
- Hebrews 13:7

### Overtime:

“Dear heavenly Father, I pray that You present us with experiences that will help strengthen our relationship with You. I pray that we don’t lose sight of Your glory. I ask You, Father, to show everyone they are loved, and they have a purpose. I thank You, Father, for showing me how powerful You are and for safeguarding the relationship I have with You, and I ask You to help all athletes to grow the same relationship. In Jesus’ glorious name, amen.”

### Takeaway Truth:

God can use seasons of pain, disappointment and emotional struggle to draw us back into deeper relationship with Him.

## Notes

[illegible]

## First and Foremost

Jessi Giles

### Ready:

“But to all who did receive him, he gave them the right to be children of God, to those who believe in his name.”

– John 1:12

### Set:

One time when I was riding on the bus with some of my teammates, I heard something that broke my heart. We were nearing the end of our season and one of the seniors said they were scared to be done playing. She said she did not know who she was if she wasn't a basketball player. For as long as she could remember, that had been her identity. Everyone had always known her as “the basketball player,” so that is exactly what she thought of herself too. She thought she was *just a basketball player*.

Is this how you view yourself? Do you think you're *just an athlete*?

For a long time, that is exactly how I thought of myself, too. I thought that I was first and foremost a basketball player. I thought my identity came from a sport, but I had it all wrong. A sport cannot, will not, and should not ever define who you are.

That's a job meant exclusively for the God who created us and sent His one and only Son to die for us, and He says that we are first and foremost His children.

Taking your jersey off for the last time is hard. Finding new hobbies, learning how to exercise on your own, and not being a part of a team anymore is hard. Trying to navigate a new season of life is hard, but when you know that you are a child of God, you can walk into that next season of life with a Holy Spirit-filled confidence.

Like John 1:12 says, if you believe in Jesus then your identity doesn't rest in something as fragile as a sport. It rests on a solid foundation. Sports, jobs, money, physical appearances, and even people are not permanent. God is. He is unchanging, trustworthy and loving. He is the same yesterday, today and forever. Being a child of God isn't something that changes at the end of a season or career; it's eternal.

### Go:

- Are you placing your identity in things of this world or in Christ?
- Come up with a list of things that you think defines you. Put them in order and evaluate your list. Is Christ at the top?
- What is God trying to show you and teach you in this new season of life?

### Workout:

- Ecclesiastes 3:11
- Ephesians 2:10
- 1 Peter 2:9-10

**Overtime:**

“Lord, help me to remember that my identity rests in You and You alone. Help me to remember that I am first a child of God above anything else in this world. Give me joy, peace and patience as I learn to trust in You during this new season of life. In Jesus’ name, amen.”

## Takeaway Truth:

Your identity is not defined by your sport or performance — it is proven through your relationship with God.

## Notes

[illegible]

## God Is Still Making a Way

Ketty Paula

### Ready:

“Look I am about to do something new; even now it is coming. Do you not see it? Indeed, I will make a way in the wilderness, rivers in the desert.”

*- Isaiah 43:19*

### Set:

During my college basketball days, the grind was constant. Early morning lifts, late-night study sessions, film and scout breakdowns, bus rides, lengthy practices and pressure all demanded focus, energy and resilience. Every day had a schedule, a scoreboard, and a clear goal. I thought life after sports would slow down. But what I didn't realize then is that the grind doesn't end — it just changes.

Now the demands look different: juggling work expectations, investing in a marriage, keeping up with kids and trying to stay connected to God through it all. There are no timeouts in parenting. No off-season in marriage. And no assistant coaches to carry the weight at work — unless you count the toddler who “helps” by dumping out the laundry you just folded. The structure is gone, but the pressure remains. These days, my “halftime pep-talk” takes place in my minivan as I whisper prayers for patience.

That's why Isaiah 43:19 speaks so clearly into this season: “Look, I am about to do something new; even now it is coming. Do you not see it? Indeed, I will make a way in the wilderness, rivers in the desert.”

This verse is a reminder that even when we feel overwhelmed, dry or directionless, God is not distant — He's active. He is doing something new, even when we can't see it yet.

Motherhood, careers, marriage, friendships — all come with their own version of 6 a.m. practices and postgame disappointments. The emotional exhaustion, the unseen effort, the desire to make every possession (or moment) count — it's all still there. But so is God. He's still making a way.

As athletes, we learned to push through pain, stay disciplined and trust the process. Now, we're invited to trust the God of the process. The challenge is learning to stay spiritually alert. “Do you not see it?” Sometimes we're so focused on surviving our schedule that we miss the quiet, powerful work God is doing in us and through us.

### Go:

- What keeps you from noticing the new things God might be doing in your life right now, especially during tough or uncertain seasons? How can you become more spiritually alert, like you would be mentally locked in during a game?

- ### Workout:

- Proverbs 3:5-6
- Romans 12:2
- 2 Corinthians 5:17

### Overtime:

"Heavenly Father, thank You for being present in every season of our lives — the structured grind of competition and the unpredictable chaos of life after sports. Help us to trust that You are still making a way, even when we feel overwhelmed or unseen. Open our eyes to recognize the new work You're doing in and through us. Give us the strength to stay spiritually alert and faith to trust the process when the path isn't clear. We surrender our efforts to You, knowing You are faithful to refresh and renew us. In Jesus' name, amen."

### Takeaway Truth:

Life after sports may lose its structure, but God's presence and purpose are proven — He is always doing something new, even in the chaos and exhaustion of everyday life.

## Notes

[illegible]

## True Impact

Katie McDonnell

### Ready:

“Patience is better than power, and controlling one’s emotions, than capturing a city.”

- *Proverbs 16:32*

### Set:

Have you ever walked away from a game, competition or meet feeling completely devastated? I’ve been there. In fact, my first two years swimming at the University of Louisville felt like one disappointment after another. No matter how hard I trained – giving 110% at every practice – the results never seemed to show on the scoreboard. I felt like I was constantly letting my team down and frustration started to cloud everything I loved about the sport.

But God was working behind the scenes, doing something greater than improving my times – He was shaping my character.

In my third year, something unexpected happened: my teammates voted me team captain. Not because I had the fastest times, but because they saw my persistence, my encouragement and consistency – I was faithful.

This moment reminded me of a truth I had been missing: My worth wasn’t tied to performance, but to purpose.

Proverbs 16:32 states, “Patience is better than power, and controlling one’s emotions, than capturing a city.” This verse hit home. I wasn’t the one touching the wall first, but I was learning to show up with patience, perseverance and a heart that pointed others toward Christ. In that season, I also learned the importance of balance — how to give my all in training without letting my identity get lost in the results and how to trust God’s plan even when the path didn’t look like I expected. God used those “unsuccessful” years to refine me and teach me that impact doesn’t always come from victory, but from faithfulness.

Your role isn’t just about racing or competing. It’s about shining His light through how you lead, encourage and love others both on and off the playing field. God isn’t just looking for winners — He’s looking for people who can lead with humility, wait on His timing and stay steady in adversity.

### Go:

- Are you defining success with athletic achievements or your spiritual impact?
- How can you lead with self-control and faith even when you are frustrated?
- Where in your life do you need to find better balance?

### Workout:

- Galatians 6:9
- Romans 5:3-4
- Matthew 6:33

### Overtime:

"Dear God, thank You for reminding me that my success is not found in athletic achievements, but in how I can remain patient and faithful to shine Your light. Lord, help me to continue finding balance between striving for excellence and resting in Your grace, between pushing myself and trusting Your timing. Your plan is always greater than mine. Thank You, Lord. In Jesus' heavenly name I pray, amen."

### Takeaway Truth:

God values faithfulness over performance, and He uses seasons of struggle to shape our character and deepen our impact.

## Notes

[illegible]

## A Spiritual Rhythm

Bailey Breen

### Ready:

"I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh."

- *Galatians 5:16*

### Set:

There's a rhythm in every sport — the bounce of a basketball, the wind-up of a pitcher and the synchronization of a team breaking away down a field. Coaches emphasize the need to stay in step with the rest of your training, the set strategies and even with each other. Each player has a role to execute and a rhythm to follow, and if there is one person who goes rogue and plays for themselves, the rhythm ceases to exist. Everything falls apart. The player is thrust into a frustrating state of discord, and the team suffers.

Where did the flow go? The rogue player didn't lose on a whim. It's not so much that her desires, frustrations or the overwhelming urge to succeed had taken charge of the wheel. There could have been any number of ways it could happen — wanting to look good, boiling of the blood due to anger, feeling the pressure to deliver. Whatever the trigger, it steered the player off course, frustrating the entire dynamic.

The same goes for real life. Without alignment to the right source, a misstep will result in a loss of spiritual rhythm. Paul wrote in Galatians 5:16-26 that we are to "walk by the Spirit" so we don't give in to the desires of the flesh. He lists what happens when we follow the flesh — anger, jealousy, selfishness. But then he shifts and gives us the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. He finishes with a challenge: "If we live by the Spirit, let us also keep in step with the Spirit."

As athletes, we train to be in rhythm — physically, mentally and with our team. Spiritually, it's the same. Staying in step with the Spirit means surrendering the urge to act on impulse, pride or pressure. It means choosing love over ego, patience over frustration and self-control over reaction. Just like in a game, staying in rhythm with the Spirit sets you up for victory — not just on the field, but in life.

### Go:

- What does it look like to "walk by the Spirit" in the middle of a game or competition, especially when emotions are running high?
- Which fruit of the Spirit do you find the hardest to live out in your sport, and why? How could developing that fruit improve your performance or your influence as a teammate?

- When you're tempted to act on frustration, pride or selfish ambition during practice or games, choose to love and be aligned with the Holy Spirit.

[illegible]

- John 15:4-5
- Romans 12:12
- 1 Corinthians 9:24-27

**Overtime:**

"Heavenly Father, thank You for giving me the gift of this sport and the chance to grow through it. Help me to walk in step with Your Spirit today, choosing love over pride, patience over frustration and self-control over impulse. Strengthen me to reflect You in both how I play and how I lead. Let my life and game honor You. In Jesus' precious name I pray, amen."

### Takeaway Truth:

Developing a proven spiritual rhythm requires intentional alignment, discipline and surrender to the guidance of the Holy Spirit.

## Low and Focused

Rylie Boone

### Ready:

“We have also obtained access through him by faith into this grace in which we stand, and we boast in the hope of the glory of God. And not only that, but we also boast in our afflictions, because we know that affliction produces endurance, endurance produces proven character, and proven character produces hope. This hope will not disappoint us, because God’s love has been poured out in our hearts through the Holy Spirit who was given to us.”

*- Romans 5:2-5*

### Set:

One thing I started telling myself towards the end of my college career and now as a professional athlete is, “Stay low, even when low means stones are being thrown at my face.” It was during a time when I was losing friends, feeling alone and my life was shifting into what looks like a dead end in sports and life. I was indeed suffering. I felt like stones were being thrown at me while I was drowning in water.

You see, God didn’t intend a life that was easy for me. If He wanted a life easy for me, that would mean I would be doing life without God. During that time of losing friends, God

showed me that the cost of following Him is heavy, but I wasn’t meant to carry it all alone. During the time of feeling lonely, God showed me that when things happen in life, He doesn’t shift at all; I am the one who shifts. During the time of feeling like my career was a dead end, He showed me that I am more important to Him than what my hands and feet can do. The phrase reminding me to stay low regardless of my circumstances made God be God and not my circumstances. My suffering is not my god; God will be God.

Romans 5:2-5 reminds me that we are promised some form of suffering. I don’t say that to scare you but to encourage you. Our Lord and Savior suffered, so what makes you think the children of God won’t? But remember God and His words: “Because we know that affliction produces endurance, endurance produces proven character, and proven character produces hope.” This is what we live by, knowing what is ahead. The greatest promise of all is that we are not alone in suffering but comforted by the Lord of Hosts.

Stay low and faithful. Rejoice in the sufferings, because you are becoming more like Jesus. God did not promise us an easy life, but a life that is never separated from Him. It’s a supernatural love story full of glory in the name of Jesus.

### Go:

- When you are going through suffering, what’s your perspective? Is it about you and the circumstance or God?

- Is Jesus enough in your suffering? Be honest with Him about it.
- Find a Bible verse that you can hold to in times of suffering.

### Workout:

- Psalm 34:18
- Philippians 1:29
- 1 Peter 4:13

**Overtime:**

“Lord, help us to stay low and focused on You even when the trials come. Thank You that You never turn away from us. Reorient me closer to You when I shift away and take my eyes off You. I desire a proven character and to be more like You. In Jesus’ name, amen.”

### Takeaway Truth:

True strength and identity are proven in God — not in circumstances, success or relationships — and trusting Him through seasons of suffering.

## Notes

[illegible]

## From “Have To” To “Get To”

Madison Frank

### Ready:

“Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, singing to God with gratitude in your hearts. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

*- Colossians 3:16-17*

### Set:

There is nothing more frustrating than putting in the work and not seeing the results you hoped for. You train all off-season, show up early, stay late and give your best effort day after day, yet sometimes the outcome still falls short. Maybe you don't make the starting lineup, your stats aren't improving or you're flat-out exhausted, wondering why it feels so hard.

In moments like these it's easy to let your mindset shift to feel like all of it is just another obligation. You hear yourself thinking, “I have to go to practice” or “I have to keep showing up.”

The problem isn't rooted in the outcome but how we view the process. What if it isn't, “I have to” but “I get to”?

God has given us the gift of playing sports, not just as a platform, but as a process through which we are shaped. As followers of Christ, we should remember that training, competing and growing are not burdens but opportunities to grow both as athletes and Christians. Romans 5:2-5 makes it clear that our struggles have purpose. Through every low moment, we get to show up, we get to grow, and we get to glorify God. This passage doesn't promise ease or instant results. It offers something much deeper: the confidence that God is working within us through every challenge.

The pressure, the repetition, the disappointment – none of it is wasted. He uses it to build endurance and that endurance shapes our character. Out of that character comes hope that isn't dependent on wins or recognition. It's a hope that doesn't disappoint, because it's rooted in the love of God, poured into our hearts through The Holy Spirit.

So, the next time you step into practice or competition, take a breath and remind yourself: I get to do this. It's not always easy or exciting, but God is always present in it and it is for your good.

### Go:

- When have you felt discouraged by a lack of results?
- How might a “get to” mindset help shift your perspective?

- What feels like a burden in your training right now? How could God be inviting you to see it as an opportunity?

### Workout:

- 2 Corinthians 4:16-18
- Colossians 3:2
- James 1:2-4

**Overtime:**

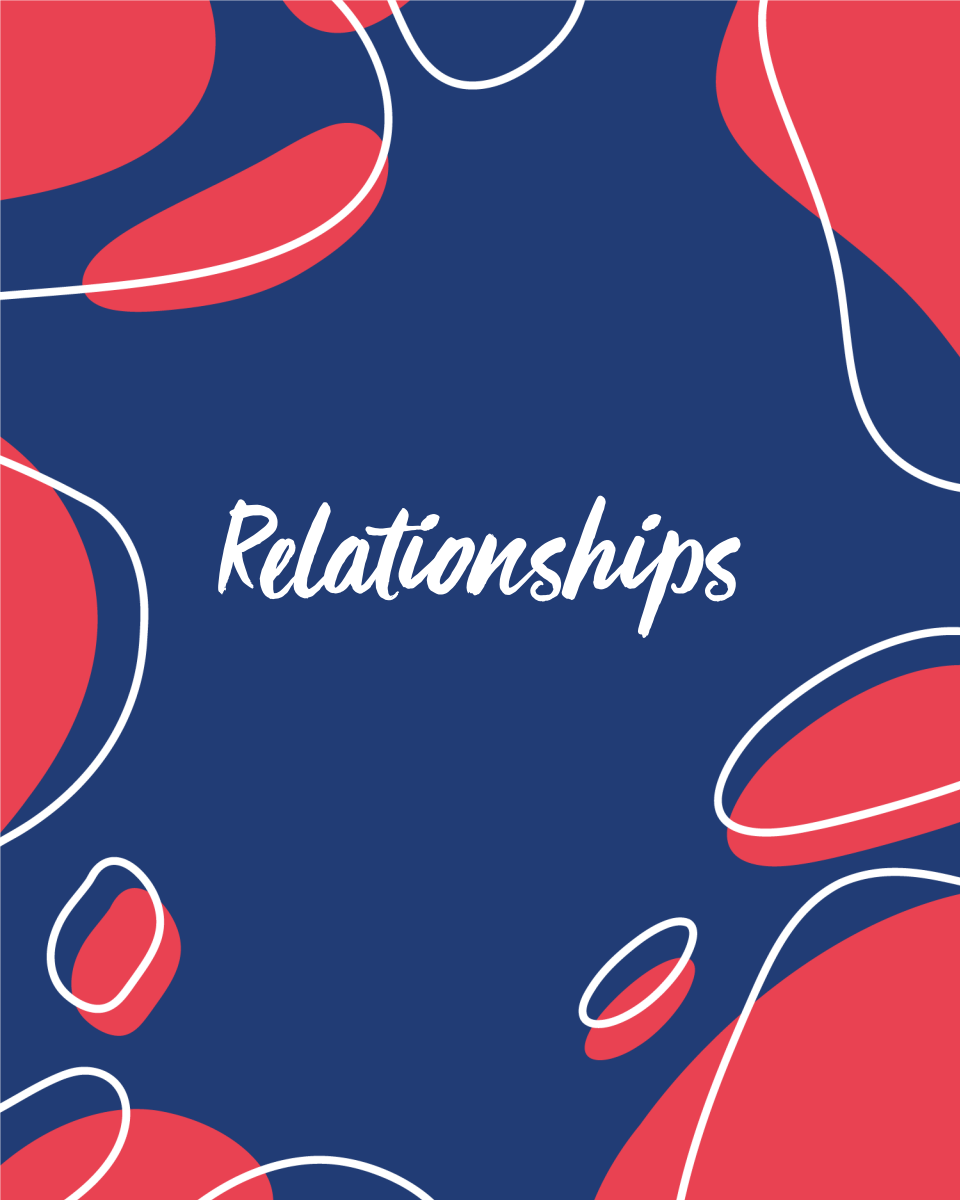
“Dear God, thank You for walking with me through every circumstance. Help me to trust You when things are tough, knowing You are using every moment to grow my endurance, character and hope. Strengthen me and help me remember I’m never alone. In Jesus’ name, amen.”

### Takeaway Truth:

A proven mindset is one that shifts away from obligation to opportunity — recognizing that every challenge in training and competition is a chance to grow, glorify God and be shaped by Him.

## Notes

[illegible]

The background is a solid dark blue color. It is decorated with several large, irregular red shapes of various sizes and orientations. Each red shape is outlined with a thin white line. The overall effect is a modern, abstract pattern.

# *Relationships*

## Sisters, Struggles, and Surrender

Becca Drake

### Ready:

"I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

- *Galatians 2:20*

### Set:

This past season, my sister and I got the privilege of being partners on our team for beach volleyball. It was an unforgettable season. However, it did come with challenges and hardships, to say the least.

If anyone has a sibling, you can probably relate to this. One minute you are plotting their downfall, and the next, if anyone says the slightest mean thing about them, you go into full sister defense mode.

This describes how our season went perfectly. It was met with high highs and low lows. Looking back, I wish when I was so deeply frustrated with my sister, one who I love the most, I surrendered those feelings to the Lord and depended on Him for His strength. Many times, I followed my feelings and got upset with my sister instead of obeying what God calls us to do as believers.

We are called to give grace and love others unconditionally. Jesus was a perfect example of this. He did nothing wrong and yet He was crucified for all our sins! Jesus did not retaliate once, and even went so far to say, "Father forgive them" as He was hanging on the cross with nails through His palms and a crown of thorns pressed into His head.

Paul says in Galatians 2:20, "I have been crucified with Christ, and I no longer live, but Christ lives in me." We are called to constantly be dying to ourselves and the desires of our flesh. Instead, we should look to the Lord for His wisdom. We are born sinful, and our natural reaction is to retaliate. As an athlete, you have a unique competitive drive because without it you would not be where you are today. It is easy when things do not go our way in a game, match, etc. to blame others or get frustrated. When tensions arise on your teams, with coaches, teammates, the opposing team or professors, I encourage you to take a step back and give it to the Lord through prayer. The Lord will transform your weaknesses and turn them into strengths. You will be amazed by how powerful He is when you fully surrender everything to Him!

### Go:

- When have you found it difficult to extend grace to someone close to you? How might surrendering those feelings to God change the way you respond?
- How can prayer help you navigate conflict on and off the court or field? Have you ever experienced peace or clarity after giving a situation to God in prayer?

- What are two ways you can go out of your way today and love/serve a teammate with Christ's love? I challenge you to do it!

### Workout:

- Romans 7:18-25
- 1 Corinthians 13:4-7
- Ephesians 4:1-3

**Overtime:**

"Heavenly Father, we thank You for all the gifts and opportunities You have given us. We pray today as we go out into our sport that Your love with overflow in us and onto our teammates and coaches. May they recognize something that is different in us and see You in us. God, help us to be slow to anger and quick to love like Your Son Jesus did. We love You and we thank You. In Jesus' name, amen."

### Takeaway Truth:

We are called to surrender our emotions to God and respond with grace, patience and love — just as Christ did.

## Notes

[illegible]

## Family in Season

Chrystal Cowan

### Ready:

“But as for us, brothers and sisters, after we were forced to leave you for a short time (in person, not in heart), we greatly desired and made every effort to return and see you face to face.”

*- 1 Thessalonians 2:17*

### Set:

The sudden shift from the off-season to the start of the season is a reality familiar to many spouses, children, friends and coaches/athletes themselves. Whether your person is physically absent from your life or mentally and emotionally preoccupied, the loss of time is deeply felt by all.

Growing up as the daughter of a coach was one of the greatest privileges of my life. However, I learned early on why my father was often absent from the dinner table or unable to attend school events. His calling demanded much from him and during this time, I had to understand that even though he was not physically there, he was always present in spirit. Now, as a coach's spouse, I find that many of the lessons I learned as a child continue to resonate with me today.

The Apostle Paul, in his letter to the church in Thessalonica, expressed sadness at being separated from the people he loved as he fulfilled his calling on earth. This verse provides valuable advice and insights for many of us in the competitive world when we experience separation from our loved ones.

1. Often, our calling requires great sacrifice. For coaches and athletes and their families, that sacrifice often takes the form of time spent together. To avoid becoming bitter, it is essential to maintain an eternal perspective and recognize that the sacrifices made as a unit are meant to fulfill the calling that God has given you. We must set aside our immediate desires and humbly come before the cross.
2. Though your coach or athlete may be physically absent, their heart is never far away. If your foundation is in Christ, there will always be a strong connection holding you together, regardless of the distance or duration of separation.
3. Avoid dividing your affections. As both a coach's daughter and a coach's spouse, I believe that nothing pleases the enemy more than creating division and strife while we work toward the Kingdom of God. A common pitfall is comparing the time your coach or athlete dedicates to you with the time they spend on their sport and other team obligations.

This isn't a competition, and you are not losing during this time. Paul reminds us that while he deeply desires to be reunited with his loved ones, he has a mission to complete — and so do they.

**Go:**

- How do you perceive the “off-season” compared to the “on-season”? What emotions are associated with each?
- What is your greatest challenge during this time apart? Is it jealousy, communication, comparison or something else?
- What are your hopes for the upcoming busy season in your life? How can you ensure that your foundation is firmly grounded in Christ?

### Workout:

- Romans 12:2
- Philippians 1:8
- Hebrews 13:16

### Overtime:

“Lord God, we come humbly before You, seeking Your favor as we enter a busy season. Help us to hold our foundation solely in You, so we are not swayed by the enemy during these days.

Provide us with humble hearts, strong minds, and resolute spirits, so we may know that even in times of hardship we are working each day for Your Kingdom. Amen.”

### Takeaway Truth:

Being in season is difficult on the family of a competitor but viewing it as a time of ministry can help.

## Notes

[illegible]

## Teammates Together

Lundyn Ladner

### Ready:

“Above all, maintain constant love for one another, since love covers a multitude of sins. Be hospitable to one another without complaining. Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God.

If anyone speaks, let it be as one who speaks God’s words; if anyone serves, let it be from the strength God provides, so that God may be glorified through Jesus Christ in everything. To him be the glory and the power forever and ever. Amen.”

*- 1 Peter 4:8-11*

### Set:

When running the beep test, a multi-stage fitness test, my freshman year of college, I had teammates who ran the remainder of the test with me, although they had already finished. They physically pushed my back so I could cross the line and pass the test. Likewise, it is so important to surround yourself with godly friends who support you as well as hold you accountable.

Just like a teammate motivating you to pass the fitness test or to complete one more rep, we must eagerly encourage one another. This stems from our love for one another which is modeled after Jesus’ love for us.

As said in 1 Peter 4:8, “Above all, maintain constant love for one another”. We love each other in speech, action, thoughts and heart. To love like Jesus, we must seek Jesus above all things: Aligning our heart with His. Being in His Word. Serving. Making Disciples. Being hospitable. Our identity is rooted in the Lord; thus the Lord should be at the center of friendships and relationships.

The Lord has given us unique gifts to build His Church. Hospitality is not limited to opening your home to others. It can also be kindly shaking hands and interacting with an opponent after a game, praying for a stranger, listening intently to your family, friends and strangers and making yourself available for friends to better the Kingdom, even if it may be “inconvenient” for you. We should honor each opportunity that the Lord gives us to serve others and foster new friendships rather than expecting something in return or grumbling over a change in our schedule.

In everything we do, we should be reflecting the Kingdom of God and give Him the glory. He empowers us to endure trials. You are never stepping onto the field or court alone, but with the Spirit of God inside of you. So play freely and lead your teammates by representing the Kingdom well, rooted in the truth that your identity lies in Him. Everything about your life should point to Him. To Him be the glory.

### Go:

- How can you foster encouragement and invite the Lord into your friendships?

- What practical steps can you take to glorify God and align your heart with His?
- Which friends do you desire to share the Gospel with and speak biblical truth to? Write them down and answer the call to “Go and make disciples.”

### Workout:

- John 13: 34-35
- John 15:12-13
- Galatians 5:13-14

### Overtime:

"Heavenly Father, I thank You for Your mercy, faithfulness and all the opportunities You provide me with to spread the Good News. I pray that as an ambassador of Christ, You would give me the strength and boldness to speak truth to others. Lord, I pray that You would align my heart with Yours, and that You would be at the center of all my relationships. Help me to be a better friend to others, serving with humility, showing grace and forgiveness, and, above all, loving like Your Son, Jesus Christ. To You, and You alone, be the glory. In Jesus' precious name I pray, amen."

### Takeaway Truth:

Godly community reflects the heart of Christ through

supporting, encouraging and serving one another with love,  
grace and purpose.

## Notes

[illegible]

## Proven Friendship

Suzanne Anderson

### Ready:

“And let us consider one another in order to provoke love and good works, not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching.”

*Hebrews 10:24-25*

### Set:

Friendships among women are not always easy. Navigating them can prove difficult. Throw in the stress of competition, and friendships with teammates and classmates feels impossible.

Each year my high school cheer squad had to navigate this seemingly impossible task. Each member came to the squad with a different outlook. One was bitter that she didn't make both basketball varsity squads. One had just recovered from an injury. Another was hyper-focused on how she looked. A few girls resented another member because she had made the All-Star Team, but they hadn't. One girl was so optimistic all the time it made the others avoid her. The problem was, if the squad was not close like friends, everything else would fall apart. If there is no trust among cheerleaders, stunts go dangerously wrong. If there is dissension, the chants fall flat

while the crowd watches.

I've seen this play out on virtually every female team sport. Without friendship and connection, the team simply won't work. And in life outside of competition, things are downright lonely without a squad of good friends.

The author of Hebrews knew how to build and maintain friendships. As believers, we are to “consider one another.” Simply put, we are called to think about others, not just ourselves. He goes on to instruct that we are to “provoke love and good works.” There is often provoking in competition and in life (snap drama anyone?), but it is not usually the good kind. The author is calling on believers to spur and inspire love and service among the other believers. Think of a horseback rider who gently nudges a horse forward with her heel. Just a little nudge and things get moving in the right direction.

When our squad took time to gather outside of practice and games, things changed, and friendships grew. Time gathered around a snack, dinner or driving to practice helped each of us gain a new perspective on one another. Our hearts of encouragement grew.

A little encouragement goes a long way in producing love. Acknowledge when a friend makes you smile. Notice her new outfit or clever social media post. A little love goes a long way toward cementing friendships. Love your friends by speaking well of them to others, noticing when they are having a rough day and spending time doing things they like to do.

**Go:**

- Do you have friends you know you can count on? What makes them trustworthy?
- What are a few practical ways you can “provoke love and good works” among your friends?
- If you feel like you do not have friends you can count on, pray and ask God to show you where you can build friendships.

### Workout:

- Proverbs 25:11
- John 13:34-35
- 1 Thessalonians 5:11

### Overtime:

“Lord, making and maintaining friendships is hard, but You are the God who can do hard things. Open my eyes and heart to see where I can encourage and prod my friends to love. Bring friends into my life who will do the same for me. Heal the hurt of previous harsh words and petty arguments. Thank You for being my friend. In Jesus’ name, amen.”

## Takeaway Truth:

Strong, Christ-centered friendships are proven with intentional encouragement, grace and time spent together.

## Notes

[illegible]

## Love Like Jesus

Aaliyah Crump

### Ready:

“Love is patient, love is kind. Love does not envy, is not boastful, is not arrogant, is not rude, is not selfseeking, is not irritable, and does not keep a record of wrongs. Love finds no joy in unrighteousness but rejoices in the truth.”

*- 1 Corinthians 13:4-6*

### Set:

In the relationships we build, we can sometimes find ourselves misunderstood, hurt or confused. Whether it's a sibling, best friend, parent or someone you're dating, these relationships can be messy, but also beautiful.

All we want is to be loved, but sometimes we find ourselves forgetting how to love others the way God calls us to love. It's easy when things are going our way in life, but when someone disappoints or upsets us, that's when we find the chance for real love, love that isn't just surface level or fake, but that never fails to forgive, that always tells the truth and the love that always chooses grace.

In 1 Corinthians 13:4-6, God explains what love is. Love isn't a jealous or selfish person and isn't one who is quick to get angry. And it most definitely doesn't bring up the past or celebrate

people's mistakes.

Instead, love is patient, kind and always ready to challenge and encourage someone to be their best self. That's the love that God shows us every day, and it's the same love that He wants us to experience in our relationships. Often, we find ourselves striving for perfection in life and in our relationships. But we can't reach perfection because no one is perfect but God.

The only answer to living a life with healthy relationships is simply loving like Jesus. That means being patient when someone might need more time to grow and letting go of pride even when it may be difficult. Love isn't about winning, losing or keeping score. It's about choosing grace over and over again.

### Go:

- Which part of 1 Corinthians 13:4-6 do you find most challenging in your relationships right now?
- How can you help others around you show more patience, kindness or forgiveness this week?
- How would your relationships change if you loved others the way God loves you?

### Workout:

- Proverbs 17:9
- Ephesians 4:2
- 1 John 4:11

**Overtime:**

“Dear Heavenly Father, please bless me with the humility and kindness to love the people around me, just as You love us. Give me the patience to be understanding in difficult times and the strength not to be quick to judge. Teach me to be slow to anger and full of grace. Let Your love shine through me so that others can experience Your love. In Jesus’ precious name I pray, amen.”

### Takeaway Truth:

Healthy relationships are proven by choosing to love like Jesus, even when it's hard.

## Notes

[illegible]

## Defined By Relationship

Emily Hill

### Ready:

“For you were called to be free, brothers and sisters; only don’t use this freedom as an opportunity for the flesh, but serve one another through love.”

- Galatians 5:13

### Set:

After one of the worst basketball games I had ever played, my boyfriend brought me flowers, congratulating me. I was crushed. Embarrassed. Didn’t this guy see the scoreboard? Didn’t he know I don’t deserve these? And then he encouraged me. He cheered me on and didn’t change his interest in me based on my ability to score points. When I didn’t feel worthy, these encouraging actions gave me a small picture of how God loves and values us, not based on performance but on being in a personal relationship with Jesus.

While it can be encouraging to have a boyfriend who tries to serve you and point you to Jesus, we must remember that our worth isn’t defined by our relationship status or by points on the scoreboard. We can’t rely on our athletic performances, academic achievements, recognition or even human relationships to define our worth. God’s love isn’t conditional, based on our performance.

Instead, God loves us because He created us. Our relationship is defined by Jesus’s life, death and resurrection. Through the love and service of God through Jesus, we are invited into a personal relationship with Him and called to love and serve others.

As we are transformed by Jesus Christ and filled with the Holy Spirit, we can shine the light of God’s love to others. Galatians 5 gives us a game plan on how to grow in love that loves God and others. This love looks to serve others, not for what we can get out of it, but for how we can share the love of Christ with our family, friends, teammates, coaches and community. Whether it’s cheering from the sidelines or giving a word of encouragement, we can find ways to *serve one another through love*. Let’s define our relationships by how we serve others with the love of God.

### Go:

- How do you define your relationships with others? With God?
- Do you feel like you must earn the attention of others or God? How are you trying to do this?
- How is God inviting you to serve others in your relationships?

### Workout:

- Matthew 5:16
- Mark 12:28-34
- Romans 12:9-14

**Overtime:**

“Father, thank You for pursuing a personal relationship with me. Teach me to love You and serve You as I learn to love and serve others in my relationships. In Jesus’ name, amen.”

## Takeaway Truth:

Our relationship with God through Jesus defines us, not our romantic relationship.

## Notes

[illegible]

## A Familiar Voice

Sarah Bostic

### Ready:

“Jesus said to her, ‘Mary.’ Turning around, she said to him in Aramaic, ‘Rabboni’ — which means “Teacher.””

– *John 20:16*

### Set:

During Jesus’ three-year ministry on earth, He met a woman named Mary Magdalene. She lived a hard life. We know this because of the brief description of her testimony in Mark 16:9: “. . . to Mary Magdalene, out of whom he had driven seven demons.” At some point, Jesus meets Mary in her mess and delivered her from the seven demons that ravaged her mind and soul. Mary then spent her days following and ministering to Jesus as He continued His earthly ministry. When we get to John 20, Jesus has been crucified, laid in the tomb, and the next morning when Mary arrives, the stone is rolled away and Jesus is nowhere to be found. As she stands weeping, she turns around and sees Jesus but doesn’t recognize Him until He calls her by name.

“Mary.”

Mary was able to recognize Jesus’ voice because she had a relationship with Him.

She didn’t allow her backstory to keep her from pursuing a new life and a relationship with Jesus. How many times do we allow distractions such as our upbringing, past trauma, or our mistakes keep us from seeking Jesus? Mary allowed His voice to be louder in her life than the voice of her past.

Mary was also able to recognize Jesus’ voice because her heart posture was toward Him. We can’t hear someone clearly when we are walking away or creating distance from. We can, however, hear someone who we are walking toward.

Mary was able to recognize His voice because He spoke to her. Many say they can’t hear God or that He’s not speaking to them, but how often do we go into a place where the only goal is seeking Him? Mary didn’t have the Word of God nor the indwelling of the Holy Spirit, but she did have Jesus in the flesh. Today, we have the complete Word of God and as Christ followers, we have the Holy Spirit to guide us from within.

A voice is only as familiar as the relationship is close. How would you describe the familiar voices in your life? Which voices need to become distant, and which need to become more familiar? I want to encourage you to only listen to and answer the voice of Jesus. He is the only one worthy of calling your name.

### Go:

- Has there ever been a moment in your life where you’ve turned to Jesus in your sin and despair and asked Him to save you and be the Lord of your life?

If there is, praise the Lord! If not, today is the day of salvation. He stands at the door and knocks.

- Does God's Word have a permanent place in your daily life? Not a ten-minute devotional, but where you are searching, studying and meditating on the Word of the living God?
- What is your heart posture to the Lord? Do you go out to seek the Lord as Mary did?

## Workout:

- Jeremiah 33:3
- John 10:27-29
- Revelation 3:20

### Overtime:

“God, thank You for knowing me better than I know myself. Will You reveal Yourself to me as You revealed Yourself to Mary at the tomb? I know she struggled to see it was You, but when You spoke her name, Lord, she knew. Please help me to recognize Your voice more in my life through Your Word and Your Holy Spirit. Thank You for loving a sinner like me. In Jesus’ name, amen.”

## Takeaway Truth:

Jesus knows you personally, calls you by name and desires a close relationship with you — one that is stronger than your past and clearer than any other voice.

## Notes

[illegible]

## Rooted and Established in Love

Mindy Lee Hopman

### Ready:

“... and to know Christ's love that surpasses knowledge, so that you may be filled with all the fullness of God.”

- *Ephesians 3:19*

### Set:

It was a beautiful, sunny afternoon. Training hadn't officially started, but across the campus fields, I saw soccer players scrimmaging, lacrosse players shooting on goal and students laughing as they played beach volleyball. In the gym, a group of girls were shooting hoops. There were no coaches, no scoreboards, just joy.

Exceptional athletes prepare when nobody is watching, so they are ready when everybody is watching. Strength and endurance don't happen by accident, but rather in quiet, consistent moments.

Being ready takes training.

Like our physical walks, training takes place in our faith walks. The moment we believe in Christ, the Holy Spirit comes to dwell in our hearts. Instead of trying to continue to prove

myself to my coaches, my team and myself, I understand I am proven in Him. By spending time in the Word, prayer, and worship, I get to know my Lord, because when He returns or I am called home, I want to be ready!

I don't have to rely on my stats, achievements or accolades to define me and bring me strength. When I surrender to Christ in humility, I am grafted into the faith family tree and my spirit is strengthened with endurance that holds up through injury, pressure, loss and success alike. It's resilience, not rooted in pride or performance, but in faith and love, which surpasses all knowledge. My power comes from a place far beyond physical ability, and this is what I know: His love is wide enough to cover every mistake, long enough to shield every season, deep enough to fulfill me in my darkest valleys and high enough to lift me beyond physical limitations.

### Go:

- What do you do out of season to make sure you are ready when your season begins?
- Do you train spiritually as much as you train physically? If not, what do you need to do differently to incorporate spiritual training into your life?
- Regardless of your earthly family, once you believe, you are grafted into the faith family tree. You have a new spiritual DNA, rooted in love. Living from a place of deep, unconditional love, does this change how you act toward your family, friends and teammates?

### Workout:

- John 15:13
- 1 John 3:1-2
- Ephesians 3:14-19

**Overtime:**

“Heavenly Father, I praise You for creating me just as I am with an ability to play the sport I love. As my focus shifts from self to Savior, may You continue to fill me with the power of the Holy Spirit so I may remember I do not need to prove myself, because I am already proven in You. When I do all things for Your glory, I reach the people right where You have placed me and naturally bear much fruit. In the precious name of Jesus I pray, amen.”

### Takeaway Truth:

Spiritual readiness, like athletic preparation, is proven in quiet, consistent moments.

## Notes

[illegible]

The background is a solid dark blue. It is decorated with several large, irregular red shapes. Each red shape is outlined with a thin white line. The shapes vary in size and orientation, some being elongated and others more rounded. The word "Trials" is centered in the middle of the image in a white, cursive script font.

*Trials*

## The Invitation in Disappointment

Chloe Roberts

### Ready:

"I consider our present sufferings are not worth comparing with the glory that will be revealing in us."

- *Romans 8:18*

### Set:

In the spring of my freshman soccer season, I walked into the doctor's office to hear my MRI results. Prior to the appointment, they had speculated just a torn meniscus with a recovery time of around six weeks, which meant the possibility of returning to soccer that season. I was extremely optimistic for my recovery and quick return all the way until the doctors told me that in addition to the meniscus tear, I completely shredded my ACL. Those six weeks turned into a nine month recovery.

My spirits were crushed. I started asking, "How could this happen?" and "Why would this happen to me? Why now?" What I didn't realize was that the Lord wanted my attention, and I wasn't giving it to Him. What I didn't see were all the messages He was about to teach to and through me.

In my injury and recovery, I learned God's influence, wisdom and plans don't stop just because I do. God's plan will forever be greater than my own. He promises that we will have trials, but He also promises in Romans 8:18 that those trials can't even

compare to the glory that will be revealed in us. He has so much more than you could ever fathom right now.

I want to encourage you to pray and praise through it all even when nothing makes sense. It's about learning to trust His ways are higher than our own and His plans are greater than we can even think, ask or imagine.

### Go:

- What do you struggle with the most with your injury?
- How can you glorify God in this season?
- What is the LORD teaching you?

### Workout:

Isaiah 55:9

Romans 8:28

Ephesians 3:20-21

### Overtime:

"Hey Jesus, we come to You with hurting hearts in need of Your comfort and peace that transcends our understanding. Jesus, we believe in Your power, Your plan and Your understanding, but we ask You to help us in our unbelief. May You be glorified in and through us as we walk through this season of rest, waiting and recovery. In Your precious name we pray, amen."

### Takeaway Truth:

God's plans don't pause when we do.

## Notes

[illegible]

## Lean on Him

Olivia Bagg

### Ready:

“Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.”

- *Hebrews 4:16*

### Set:

My freshman year in college was spoiled by injuries and a lack of support from my coaches and athletic trainers. I spent hours doing the wrong rehab that made my injury worse. Not only was I physically hurt, but I was mentally hurt because I felt unheard. Eventually, I was given a diagnosis which I had known was the correct one since the beginning. But it was too late, and I had missed my first ever collegiate season.

Looking back, I wish that I had leaned on the Lord more to help me mentally pursue the strength and rigor I required to heal and return to my sport.

While injuries can affect our performance, they can also greatly impact our confidence in our ability to perform. Knowing that we have to miss games or competitions so we can give our bodies the time we need to heal is important, but it can be extremely hard.

Hebrews 4:16 says, “Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.” We can find confidence during this hardship in the Lord. We must remember that He has a plan for us, and this is all just a part of it, no matter how disappointing.

Through hardship we gain wisdom when we lean closer to Him. Trust Him and pray that He will help heal your body and soothe the mental anguish for comfort when it’s needed the most.

### Go:

- How would you react if you felt like the people who were there to support you did not believe in your pain?
- How would you respond to that disbelief in a way that honors the Lord?
- Do you feel like you are struggling understand why God has this plan for you right now? What can you do to draw closer to Him and not further away?

### Workout:

- Proverbs 3:5-6
- Isaiah 40:29-31
- Colossians 3:23-24

### Overtime:

"Heavenly Father, we understand that You gift us to compete in something we love. We will experience injuries and hardship throughout our career, but we ask that You install Your wisdom and love in us. Help us to let go of any disappointment, resentment, anger or sadness that we may be holding onto. We pray that You will heal our bodies and provide us the care and nourishment that You so graciously offer. We pray that You open our minds so that we can be free of any negativity about ourselves and toward other people. In Jesus' name we pray, amen."

## Takeaway Truth:

We can lean on the Lord during hardship because He sees and hears us.

## Notes

[illegible]

## Salt and Light

Brighton O'Connor

### Ready:

"Let us not get tired of doing good, for we will reap at the proper time if we do not give up."

- *Galatians 6:9*

### Set:

Pop up to me, and I dive: out one. Pop up to second base: out two. Foul pop up to me: out three. These were no ordinary outs; they were the outs that sent my high school softball team to the state tournament for the first time in over 30 years and only the second team in school history to do so. Even cooler, we did it again the following year, when I was a senior. This success landed me at a junior college with a highly successful softball team.

I could not wait to jump in and help lead another team to great heights. Only to my surprise, over the next two years, my team role drastically changed. I never secured a starting position. Somehow, some way, I found myself cheering my team on from the dugout. I had never been in that position. How was I supposed to be a leader for Christ when I felt like I was in the back seat?

I had always found myself in more "spotlight" leadership positions because, to me, when someone was good at what they did, they were respected and people wanted to listen to them. But what about a benchwarmer?

I felt a bit like Moses. How could God ever use someone who had left an elevated position to lead His people? Now, I didn't lead an entire nation out of slavery (Exodus 14:15-31), but "benchwarmer" leadership led two of my teammates to be saved and baptized along with several others across campus, and many hearts were softened to the Word. I thought God could only be glorified through my successes, but what I found was that He was even more magnified when I did not have a position to boast in.

I continued to work hard at softball for those two years of my junior college experience, but I never got to see the fruit of that labor. What I didn't realize until late sophomore year was that my teammates didn't need me to hit a home run every at-bat. They needed me to be the salt and light on the team. God sent me there for an entirely different purpose than playing softball. Honestly, that was hard for my heart to accept, but when I began to look around at the lives changed on the team and the incredible Kingdom wins seen across campus, how could I not be grateful to have been a small part of that?

**Go:**

- Have you ever found yourself in an unlikely place of leadership? Is there anything holding you back?
- How can God continue to use you and your love for Him wherever it is He has brought you to?
- Don't grow weary of doing the good thing; when the time is right, the Lord will add to your life! Who knows what incredible things are on the other side of your obedience.

### Workout:

- Deuteronomy 28:1-14
- Matthew 5:13
- Luke 22:26

**Overtime:**

“Dear God, thank You for allowing me to be Your light even when I don’t find myself in an elevated position. Thank You for Your Word and the encouragement it gives me to continue doing good. I ask that You soften my heart to Your way, and that I would seek humility over all things. In the mighty and precious name of Jesus, amen.”

### Takeaway Truth:

Your influence is not dependent on your starting status but the posture of your heart.

## Notes

[illegible]

## Preparation, Protection or Redirection

Lourdes Da Silva Costa

### Ready:

“Jesus answered him, ‘What I’m doing you don’t realize now, but afterward you will understand.’”

*- John 13:7*

### Set:

We often forget that believing in Jesus comes with challenges. Belief will test your patience, trust and composure. It will test your faith and even expose it.

We often feel as if we must be in control or that we have to set our own timing for how our lives will unfold. I had to learn the hard way. I was in a situation where I felt like I didn’t have any control anymore, and I knew that the only thing I had left to do was to seek God and pray about it wholeheartedly and give all control to Him.

I didn’t understand why this hard thing would happen at that specific moment. And it was a test of faith and trust. But just know, God may not always be the one putting you through those situations, but He does let you go through them to point you to Himself.

What I didn’t do was go to Him first. But after that prayer of wholehearted surrender to Him, it all made sense. I now understood why He didn’t let me take that one opportunity, why that one shot didn’t go in and why I had to sit out for months because of injury.

God will let you go through these tribulations because He either prepares, protects or redirects you in them. It will all align with His purpose for you – even if you don’t understand it in the moment. Afterward, we will understand.

### Go:

- What is something that you are struggling with today?
- What challenges have you gone through that you can now be thankful for?
- How has God prepared you for these challenges? How has He set you up and strengthened you from these challenges?

### Workout:

- Psalm 46:5
- Ecclesiastes 3:11
- Jeremiah 29:11

**Overtime:**

“Heavenly Father, we are all a work in process. May You fill us with courage, strength and hope to know You are always with us in the process. We thank You for being with us at moments where we had our back against You, but You still stood there with open arms. When trials come our way, may we seek You first and trust in Your purpose for us. In Jesus’ name, amen.”

**Takeaway Truth:**

Faith is proven in surrender to God’s will and timing.

*Notes*

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## Beautiful Masterpiece

Grace Page

**Ready:** “For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do.”

- Ephesians 2:10

**Set:**

When I think about my worth and what that truly means with Christ, I think about how we are His masterpiece. I have had a hard time thinking of myself as a masterpiece. Especially when I make mistakes or decisions that I know aren't right. It's hard to believe that God sees His finished work in my life and that He is pleased even when my life is a mess or when I do not feel worthy. Knowing that God is making me into His masterpiece motivates me to trust Him and become everything I am made to be. It makes me want to be my best.

As a competitive person, the idea of surrendering to win was a hard concept to grasp. So much of life is out of our control. When I realized that God is in charge, and that He always wants what's best for me, it made it easier to let go and trust Him with the results. I am way more joyful and way less stressed when I release the outcome to God. My worth is found in Him, and giving God the glory over my life is what matters.

As athletes, it is easy to put our worth into the game of sports. It is easy to think our worth is in our performance. But we need to be reminded that we are God's masterpiece. The One who created the universe, the heavens and the earth, and everything in them, is the One putting you together as a master craftsman. God is the ultimate artist. He is creating you with a unique design in mind, so there is no one else quite like you. You are not an accident.

Before you took your first breath, God had a vision of who you would become. He saw your personality, your intricate details and your unique talents and strengths. God saw the mistakes you would make, your triumphs and your journey of growth. In the moments when you doubt your worth or feel imperfect, remember that God sees you as His masterpiece and His work is not done yet. When we can put our worth and identity in the One who created us, we are able to live in freedom of His will over our life.

**Go:**

- What does it mean to be God's masterpiece?
- When you don't feel special or worthy, what Bible verse can you hold to for the truth of God's love?
- How can you put your worth in Christ and not in sports or other worldly desires?

### Workout:

- Psalm 139:13-14
- Isaiah 64:8
- Philippians 1:6

**Overtime:**

“Dear Heavenly Father, thank You for how much You love us and that we are complete in Your name. Thank You for how You hand-crafted each one of us in Your image and that we are Your masterpiece. I pray for each athlete reading this, that she will know that her worth is found in You, Father. I pray each girl knows that there is nothing she can do to make You love her any more or less, because we are Your daughters. In Jesus’ name I pray, amen.”

## Takeaway Truth:

Our worth is determined by God and nothing else.

## Notes

[illegible]

## Letting Go

Laurel Butt

### Ready:

“But he said to me, ‘My grace is sufficient for you, for my power is perfected in weakness.’ Therefore, I will most gladly boast all the more about my weaknesses, so that Christ’s power may reside in me. So I take pleasure in weaknesses, insults, hardships, persecutions, and in difficulties, for the sake of Christ. For when I am weak, then I am strong.”

*- 2 Corinthians 12:9-10*

### Set:

It’s the championship game. You’re setting up to take the winning penalty kick and feeling the pressure. Your team is watching you with hopeful eyes. The crowd is holding their breath in anticipation. The opposing team’s student section is screaming your name and number, begging you to miss. The result of the game and the success of your team is riding on your shoulders.

You take the shot. Your team hangs their heads. The crowd gasps in shock. The opposing team’s student section goes wild. You missed it. The pressure was too much. The truth is, it was never up to you. Whether you succeeded or failed, it was not in your hands. The pressure was not actually on your shoulders; it was in the hands of your Savior. You could have tried your hardest and still not been successful simply because the

outcome went the other way.

If we let it, pressure can become a heavy burden and feel like it’s dragging us down. However, pressure, and the ability and opportunity to fail, is a blessing from the Lord. Failure breeds opportunity for Christ to be magnified to those around us, for in our weaknesses, Christ’s power is displayed. As seen in 2 Corinthians 12:9-10, not only should we accept the failure that pressure sometimes brings, but we should GLADLY BOAST in our weaknesses so that people will see Christ’s power through us.

Thankfully, true freedom from pressure can be achieved when you come to the realization that your success was never heavily dependent on you. Rather, it was always fully dependent on the will of Christ. When we find ourselves in pressure-filled situations, we should be less concerned about the outcome of the moment itself and rather be more concerned about our reaction to the outcome, and how others view the One we claim to serve as a result of it.

### Go:

- Am I content with failure if it means God will be magnified?
- Do others see Christ in me when observing the way I handle my hardships and difficulties?
- Am I allowing myself relief from the pressure I feel by trusting that the Lord has it in His hands?

### Workout:

- Daniel 3:17-18
- 2 Corinthians 4:7-12
- James 1:2-4

**Overtime:**

"Dear Lord, thank You for bearing the weight of my pressure so that I don't have to. Help me to remember that Your will and Your purpose for my life is greater than the result of any game. Guide me in my emotions and help me to display You to those around me, especially in my failures and hardships. In Jesus' precious name I pray, amen."

### Takeaway Truth:

True freedom from pressure comes when we realize our success is not ours to carry — it belongs to Christ.

## Notes

[illegible]

## Faith in the Valley

Amber Johns

### Ready:

“But those who trust in the LORD will renew their strength; they will soar on wings like eagles; they will run and not become weary, they will walk and not faint.”

- *Isaiah 40:31*

### Set:

We can never go too long without struggling with something. The valleys in life are more common than the mountain tops. The day I secured a small scholarship to play sports in college was a mountain top; the day I tore my ACL was a dark valley. God seemed far away in this new struggle, and I wished I could go back to the mountain top. It was easier there.

But the valley is where the fruit grows. The valley is where we learn to trust the Lord and let Him strengthen us. The valley covers us from too much exposure. In the valley, we can't see the next step; we must trust Jesus to lead us around the next bend.

“Even when I go through the darkest valley, I fear no danger, for you are with me; your rod and your staff — they comfort me.”

- *Psalms 23:4*

We will face hard things. Some days seem overwhelming, but we learn how to face difficulties in our sports by leaning into our perseverance. As followers of Jesus, we learn to face the hard things by leaning into His promises.

“And my God will supply all your needs according to his riches in glory in Christ Jesus.”

- *Philippians 4:19*

He will be with us in the valleys. He will be our comfort, and He will supply all our needs. Sometimes, we must show up to practice or compete when we simply do not feel like it. Sometimes, we must show up to spend time with Jesus, even when we don't feel like it. But fruit in Him is growing. This is how we face our struggles. This is how we grow stronger.

### Go:

- What is something you have struggled with recently?
- What or who do you turn to when you are in your valley? Who should you turn to?
- What are some promises from God that you can rely on when struggles seem heavy?

### Workout:

- Psalm 23
- Proverbs 18:10
- Romans 8:28

**Overtime:**

“Dear Jesus, I know You know my struggles. You know when I have doubts or sadness over what I am experiencing. May I always be reminded of Your goodness in the valleys. I know my struggles are not forever and that there is hope in You. You make all things new. I thank You for Your promises of always being there, loving me and making a path for me. May I trust in You, even when I struggle. In Your precious name, amen.”

## Takeaway Truth:

Our faith is proven when we show up when we don't want to or things are overwhelming. God always shows up for us.

## Notes

[illegible]

## What is God Doing?

Alyssa Brito

### Ready:

“Dear friends, don’t be surprised when the fiery ordeal comes among you to test you, as if something unusual were happening to you. Instead, rejoice as you share in the sufferings of Christ, so that you may also rejoice with great joy when his glory is revealed.”

*- 1 Peter 4:12-13*

### Set:

It’s the bottom of the fourth inning; the score is 5-2 as I sit in the locker room. It’s game two of the semifinals at the Women’s College World Series. I sit there exhausted, thinking, “Is this how our story ends? God, what are You trying to show us?”

Fast forward to the bottom of the eighth inning; now the game is tied 5-5. We have the last at bat. The loser’s season is over, and the winner moves on. I’d felt a pull the entire game to pray over my teammate Jayda Coleman, and finally, before the start of that inning, I laid my hand on her shoulder and prayed, inviting Jesus into the moment and partnering with Him.

I headed back to the dugout to watch her at bat... and she did it, hitting a game-winning home run. But that wasn’t the moment of glory I’ll remember. It was the quiet, serene moment we had with Jesus before that.

Our quiet prayer moment was revealed to the rest of the world on national television when a camera operator caught a glimpse of our time with the Father. That was where His glory was revealed.

I don’t share this story to tell you to pray for a home run, a win or a certain outcome, but to connect to a time we have all faced in our lives. A time when you’re tired, overwhelmed, wondering what else you can take, and you look up asking God, “What are You trying to show me?”

That’s exactly what Peter highlights in 1 Peter 4:12-13. God did not promise us a life free from trials, so why should we be surprised when they arise? But God promises us that He will not only partner with us, but He also relates to our struggles. Fully God and fully man, Jesus endured suffering – and He understands. On top of that, He gives us a hope to look forward to. An endless home filled with joy that will not be confined to a game-winning home run, a win or a moment, but a lasting glory with our Lord and friend.

Unfortunately, in this life, there will be trials and struggles on and off the field or court. But I can guarantee Jesus will meet you in those moments. I encourage you to shift your eyes from what is in front of you in this world and look up. Look up to the One who promises that when His glory is revealed, all of it washes away. The hurt, the ache, the pain, the hard – it won’t last forever. But an eternity of joy with Jesus will.

**Go:**

- When you're facing adversity in your sport – fatigue, failure, pressure or an injury – how can you invite Jesus into that moment instead of trying to overcome it on your own?
- How can you shift your focus from temporary results (wins, stats, recognition) to an eternal perspective on God's journey with you?

### Workout:

- Isaiah 40:5
- Romans 8:18
- 2 Corinthians 3:18

**Overtime:**

“Hey God, I pray that we would shift our eyes to You in all circumstances. That we would know with great confidence that there is more beyond this life – there is an eternity with You. And that in life on earth, we can face it all with You by our side and know that this is not our home. In Jesus’ name I pray, amen.”

### Takeaway Truth:

God's glory is proven not in the outcome, but in the quiet moments of surrender, prayer and partnership with Him.

## Notes

[illegible]

The background is a solid dark blue. It is decorated with several large, irregular red shapes of various sizes. Each red shape is outlined with a thick white line. Some of these shapes are elongated and oval-like, while others are more circular or semi-circular. The white outlines are slightly offset from the red shapes, creating a layered or 3D effect. The overall composition is abstract and modern.

# *Author Bios*

## Author Bios

**Suzanne Anderson-** Suzanne Anderson is on FCA staff as the Print Resource Manager. Her connection with FCA goes back more than 20 years as she has volunteered at camps, led Huddles and served as a ministry volunteer for the Endurance ministry. She lives with her husband, Chris, who also serves on staff with FCA, and their four boys in Canton, S.D.

**Olivia Bagg-** Oliva Bagg is a rising senior at Wofford College where she is part of the Track and Field team. She recently became a leader within FCA and hopes to start a Bible study Huddle for her team.

**Jordyn Bahl-** Jordyn Bahl is a senior in college at the University of Nebraska. She spent her freshman and sophomore years at the University of Oklahoma, playing softball. Jordy has been involved in FCA all her years of college, attending Huddles and meeting with some amazing mentors who work for FCA.

**Rylie Boone-** Rylie Boone grew up in Oklahoma and played softball at the University of Oklahoma where she was part of four National Championship teams. She currently plays professional softball with the OKC Spark and is hopeful to play on the Olympic team for Team Mexico.

**Sarah Bostic-** Sarah Bostic is from Adel, GA and currently works as a Representative for FCA in South Central Georgia. She is also the Youth Director for Westside Baptist Church in Adel. She spends most of her time with local athletes and coaches, discipling and encouraging them in their relationship

with Christ. Her greatest passion is teaching Scripture to anyone who will listen, but her favorite audiences to teach are teenagers and other women.

**Bailey Breen-** Bailey Breen plays basketball at the University of Maine. She is a 2x Maine state champion, a 1,000-point scorer, the all-time leading scorer at Oceanside High School and a 3x Player of the Year. Bailey has been involved with FCA by helping lead and encourage others in their faith journey through sports. Bailey credits FCA with keeping her grounded in Christ and keeping her focus on playing for a greater purpose.

**Laurel Butt-** Laurel Butt plays soccer and majors in ministry at Union University in Jackson, Tenn. She has served at FCA Camp at Rhea County High School in Dayton, Tenn. for the past four years, and has loved pouring into the hearts of athletes and surrounding them with the love of Jesus.

**Lourdes Da Silva Costa-** Lourdes Da Silva Costa is an athlete, but above all, God's child. Currently, Lourdes plays basketball for the University of Alabama and will continue her experience with FCA there. She first experienced FCA at Montverde Academy where FCA helped her faith really started to grow. While at Montverde, Lourdes dove completely into the Lord and fully committed herself to Him.

**Chrystal Cowan-** Chrystal Cowan grew up with FCA as a cornerstone of her walk with the Lord. She is currently on staff with FCA in Hattiesburg, Miss., where she ministers to coaches and athletes at the University of Southern Mississippi. Chrystal's husband, Colton, is the Women's Golf Coach at the University

of Southern Mississippi. They welcomed their first daughter, Collins, in June 2023.

**Sarah Crews-** Sarah Crews is an FCA Representative in Greenwood County, S.C. She played college basketball at Lander University. After four rough years of basketball, she completed an internship at NewSpring Church Greenwood, where she fell deeply in love with God and was healed from the wounds of idolizing sports. With a new love for Jesus and a healed heart, the Lord directed her to share the wonderful life Jesus has to offer that performance and achievements never could give.

**Aaliyah Crump-** Aaliyah Crump spent most of her high school years at Minnetonka High School. She completed her senior year at Montverde Academy, in Montverde, Fla., where she was introduced to FCA. Through any challenges Aaliyah faced, FCA became her safe space, where she could dive into the Word and learn more about God, while also surrounding herself with like-minded athletes. FCA gifted Aaliyah with the opportunity not only to feel a connection with God, but it also taught her how to strengthen that relationship. Aaliyah plans to play basketball at the University of Texas.

**Becca Drake-** Becca Drake finished her sophomore year at Grand Canyon University playing beach volleyball. She has been a part of FCA since elementary school. Becca served as a leader in sixth grade, and now she is an FCA leader in college at GCU. FCA has been the biggest encouragement in her walk

with the Lord and has sparked many great conversations as a collegiate athlete.

**Maddie Frank-** Maddie Frank was involved in several sports in high school, competing in golf, basketball and swimming. She played golf at Charleston Southern University in her freshman year and served on the leadership team for FCA while in high school.

**Sarah Freymuth-** Sarah Freymuth is the content and storytelling manager for FCA and writes content for blogs, articles, Bible reading plans and devotionals that share God's heart with coaches and athletes. She played softball for Concordia University Wisconsin, is in their Hall of Fame and has led FCA Huddles in high school and college. Dark roast coffee makes her happy, as does telling stories about God and His people to the world.

**Jessi Giles-** Jessi joined FCA staff in 2023 and works in South Dakota as a Representative. She graduated from Dakota State University where she played basketball and track for four years before grad-transferring to the University of Wisconsin-Milwaukee, where she finished her basketball career and obtained her master's degree. She currently lives in Brookings, S.D. with her Golden Retriever and helps coach high school basketball and track for a nearby school.

**Holland Harris-** Holland Harris plays basketball at Clemson University. She attended Montverde Academy in Fla., where she grew as both an athlete and a follower of Christ. Holland is involved with FCA through team Huddles and devotionals that

help her stay rooted in God's Word while competing at a high level. Holland's goal is to continue to glorify God and encourage other athletes to grow in their faith on and off the court.

**Emily Hill-** Emily Hill grew up in FCA going to camps at Black Mountain with her family. She graduated from Liberty University in 2021, coached high school girls' basketball for three years, and now serves with FCA in the Heart of Texas.

**Haylee Hopman-** Haylee Hopman played beach volleyball at the University of Tampa for three years. She currently plays beach volleyball at Palm Beach Atlantic University where she is in graduate school. She has been involved with FCA since eighth grade.

**Mindy Lee Hopman-** Mindy Lee Hopman, an author, communicator and curriculum specialist, works for FCA in Florida as the Regional Director of Ministry Advancement and Director of Women's Ministry. She directs [THE] Huddle: for women, which is a resource created for female athletes, coaches and coaches' spouses. As a headmaster's wife, Mindy and her husband Jon have raised two of their own collegiate athletes. Mindy's passion is helping coaches and athletes understand their identity in Jesus and how their faith stories fit into the greatest story of all time.

**Jena James-** LaJena, aka Jena, James, is the Digital Resources Manager at the FCA Support Center in the Ministry Advancement department. She has a passion for women's

ministry and creating Gospel-centered resources. Jena is a graduate of Grambling State University and Abilene Christian. She lives in Kansas City with her husband Brent and children, Laija and Bryant.

**Amber Johns-** Amber Johns is the New York State Director for FCA. She currently resides in rural Upstate N.Y. Amber played soccer for Liberty University and became a high school girls soccer coach following her collegiate career. She has a fierce heart for the next generation of young women to rise up and have courage to embrace their identity in Christ. She is a wife and mother of two young men. Amber is a foodie at heart and will almost never say no to meeting over a cup of coffee.

**Lundyn Ladner-** Lundyn Ladner is a rising senior at Wofford College in South Carolina. She played two years of college soccer and now works as an intern strength and conditioning coach in the weight room. Her journey with FCA began during her freshman year of college when a teammate invited her to a Tuesday night Bible study. Through the ministry of FCA, and the welcoming godly community pointing Lundyn to Jesus, she met and gave her life to Him. Now, she leads the women's soccer Bible study at Wofford College.

**Agot Makeer-** Agot Makeer plays basketball at the University of South Carolina. She was introduced to FCA during the 2024-25 school year at Montverde Academy in Florida, where it made a lasting impression on her. Agot says, "FCA has changed my perspective in every aspect of my life and has given me the motivation to grow my relationship in Christ and live through

Him.” She plans to get involved and be an active member of the FCA community during college.

**Kate McDonnell-** Katie McDonnell (Schorr) was a swimmer at the University of Louisville in Kentucky. While competing there, she was part of FCA. She currently lives in Texas where she hopes to serve as a volunteer with FCA this school year.

**Jenna Meder-** Jenna Meder plays softball at Florida Southern College. She got involved with FCA in high school as a way to connect with other Christian athletes. It became a meaningful outlet for Jenna to grow in her faith, build lasting friendships and share experiences with others who shared the same values. FCA continues to be a powerful part of Jenna’s journey both on and off the field.

**Melissa Motes-** Melissa Motes is currently serving as an FCA Ambassador in East Texas. She is an award-winning high school basketball coach and loves to share the freedom that is found only in Jesus.

**Brighton O’Connor-** Brighton O’Connor finished two years of school and softball at Murray State College in 2025. She is headed to the University of North Texas to complete her bachelor’s degree. FCA is extremely important to Brighton. Brighton says, “I have truly seen the impact FCA makes, so I knew I wanted to carry it into college!” Brighton volunteers with FCA and is encouraged by the incredible growth of the Huddle at Murray State College.

**Anna Ostlie-** Anna Ostlie played basketball at Grand Canyon University. She got involved with FCA after transferring to GCU in her fourth year of college and was asked to serve on the leadership team the following year. She recently graduated with a degree in Exercise Science and is now pursuing sports ministry. Throughout her college career, she struggled deeply with her identity in basketball. Now that she is no longer an athlete, she feels called to help the next generation of athletes find Christ and run in their calling.

**Grace Page-** Grace Page is an author, speaker and disciple maker. She is also on staff with FCA in Florida. She’s a former lacrosse player and current coach for FCA in Treasure Coast Florida. Grace’s mission is to inspire young ladies to love Jesus and live with character, confidence and courage.

**Ketty Paula-** Ketty Paula played four years of basketball and one season of volleyball at South Dakota State University. She was part of FCA in high school where it became a foundational part of her faith journey. In college, she was an active leader with the S.D. State FCA Huddle. Later she served as a Huddle Leader at FCA Camp and now coaches at that same camp. Ketty is passionate about encouraging athletes to pursue Christ on and off the court.

**Mia Rabon-** Mia Rabon currently plays tennis for Montverde Academy in Florida and rows crew at Lake County Rowing Association. Mia is a rising senior who plans to row in college.

She became involved in FCA while living in Wyoming. She has continued attending and leading evening FCA Huddles. Mia is also a part of [THE] Huddle: for women Bible study at Montverde Academy.

**Hailey Resetar-** Hailey Resetar plays goalkeeper on the women's soccer team at Columbia International University. She served with FCA at her high school, and she was a Huddle Leader at Treasure Coast FCA Camps for two years before serving as the Huddle Leader Coordinator for their camps last year. She is now involved with SC Midlands FCA as a student leader for the collegiate ministry and as a Huddle Leader for her team.

**Chloe Roberts-** Chloe Roberts plays soccer and majors in ministry at Union University in Jackson, Tenn. She has had the privilege of growing up in FCA and learning from her momma, [the] Huddle: for Women's own Sarah Roberts.

**Mayah Schundelmier-** Mayah Schundelmier served as an FCA student leader at Huntington University, where she played volleyball for four years. She interned with FCA overseas in Germany and Poland in the summer of 2024. She just recently graduated with a degree in Journalism and Communications.

**Alexis Stuckey-** Alexis Stuckey serves as the Regional Director of Ministry Advancement in the state of Florida. She also does women's ministry in her local area, Martin County, Fla. Alexis volunteered with FCA before coming on staff five years

ago. She raised athletes, married one, and she and her husband love serving the coaches and athletes in their area through FCA.

**Arima Turner-** Arima Turner is a part of the track and field team at Montverde Academy in Florida. Her main events are the 100m and the 200m. At MVA, Arima helps lead FCA Huddles and she also helped start the girls' Bible study on Sunday evenings. Arima will run track in college.

**Ally Washburn-** Ally Washburn is a former collegiate lacrosse player who played goalie at Berry College for four years. Currently, Ally is an assistant coach at Smith College and is working to get her masters in Exercise and Sport Studies. Her dad is a coach, so she grew up involved in FCA Camps and clinics and continues to be involved with FCA.