

Brie McDowell Devotional

First of all I would like to congratulate all of the swimmers for making it this far to Spring Nationals. A big thanks to all the parents for supporting and helping all of us pursue our goals. Although I won't have a chance to meet all of the athletes here in Fort Lauderdale, I know that each swimmer has a story of their own to tell.

After a long four year break from swimming, I decided to give it a try again my freshman year. I came back to swimming just for fun but it didn't take me long to realize that one needs dedication and hard work to achieve success with swimming. I decided to get serious. Hard work and dedication is what has gotten most of us here to this meet. All the yards, all the crunches, all the crazy swimmers diets we've all tried... and the determination to do our best...that's what gets us to YMCA spring nationals.

Even though swimming is important to all of us, we realize that more vital are the relationships we build and the life lessons we learn. Personally, I strive to keep the priorities in my life focused on my family, friends, and most importantly, my faith. Keeping this perspective helps me not only with my swimming, but with all aspects of my life. A Bible verse that helps me remember this is 1 Timothy Chapter 4 Verse 8. It says... "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to

come.” Not only does this verse sum up my own personal values, but also the values of the YMCA community. That is why I think YMCA swimming and swimming with my team, Tri-Hampton YMCA is so meaningful. I am proud to be a member of such a caring and generous organization. I ask that the athletes fortunate enough to be here think about how blessed they are. Let us all join hands and prepare to pray.

Dear Lord,

We thank you for giving us each our own story. We pray that you give us the courage and the strength to continue the competition here this week. We pray that you will keep us safe and healthy and that you keep all the officials and parents as well, so that we may have a fair meet. Allow us to do our best and to have fun.

In Jesus’ name we pray amen.

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