

## Friday Evening Devotions

### Shelby Gordon, Toledo YMCA, Ohio

“Our lives are determined not by what happens to us, but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.”

As I end my thirteen year swimming career with the YMCA, I think one of the most valuable things I've learned is to never lose sight of your goals. Sometimes we become so focused on winning or getting the medal that we forget our most important goals are to have fun, support your teammates, and race the clock. Achieving these goals can only be done with a positive attitude. Whether you think you can or you can't, you're right. It may be hard to keep a positive attitude when the outcome of your race isn't exactly what you wanted, but if you can keep a positive attitude, you can do anything. Proverbs 3:5-6 says “Trust the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.” Trust God with victories and defeats. Trust God with your challenges. Lean on God and depend on His strength, and He will lead you the right way. For those of you continuing your YMCA swimming career or for those of you moving on to swim in college this fall, remember a positive attitude will help you achieve anything you set your mind to.

Let's pray...

Dear God,

I just thank you for the talent you have given each athlete here today. I pray for safety for everyone here as they travel home. And I pray that You watch over the swimmers beginning college in the fall and the ones continuing to swim for the YMCA. Allow all of us to give our best effort in each race we swim, reach our full potential, and no matter the outcome of the race, keep a positive attitude. I pray these things in Your name.

Amen.