

## Thursday Morning Devotions

### Jessica Schnaiter, Illinois Valley YMCA, Illinois

Hi, my name is Jessica Schnaiter and I swim for Illinois Valley YMCA in Peru, Illinois. I decided to join the local YMCA's swim team after cheering for my older sister for a year. But the YMCA swim team was more than just swimming laps. As soon as practice started, all of the new swimmers were introduced to the four core values and we discussed what they meant to us. We were encouraged by our coaches to show the core values not just at practice, but in our lives outside of swim team. The core values haven't changed since I was five years old, but their importance to me has grown immensely. At first, honesty, respect, caring, and responsibility were words printed on our backstroke flags. Now they are words to live by. After this year's Long Course National Championship meet, I will begin my twelfth and final year of YMCA swimming. But I know that the core values will remain important for my whole life.

Please bow your heads in prayer.

Dear Lord, as we find ourselves in the middle of the National meet we would like to thank You for the success that we've had so far. Please help us to remember to take time to reflect on why we are here and thank all those who helped us on our way. Especially our parents, teammates, coaches, the officials, and all of the people making this meet possible. We pray the last two days are even more rewarding to all the competitors this week.

In Your name,

Amen.