

Tuesday Evening Devotions

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In the ten years that I've swum for the YMCA, I've learned many important things. One of the most important lessons I've learned is to always find the best in things. Remember when we were little? We'd have to get up almost every weekend at about 6 in the morning to go to our swim meets. But instead of thinking about how sleepy we were or how many events we'd have to swim, we'd write messages like "eat my bubbles" on each other's backs, sing songs from "The Little Mermaid", and swim our little hearts out to win our heat and get that Blow-Pop.

Even now, when I head to swim practice or a meet, I don't think about how hard it's going to be. I've learned to look forward to the funny moments that happen there. From the silly advice our coaches give, like "if you don't want to be tough, go play an instrument" or "if you eat Twinkies, you'll swim like a Twinkie", to the crazy inside jokes with our teammates, like "Asian Pride" or "pain city, population: us" having something to laugh at makes it so much easier to get through anything.

Philippians 4:8 says, "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy- think about such things." This tells us how important it is to be optimistic and find the positive in every situation.

So no matter what happens this week, whether you reach your goals or not, just remember to make the best of every opportunity and most of all, **have fun**