



Introducing our new 2024 theme:

TWENTY-FOUR/SEVEN

As a coach or athlete, it can feel as if the demands never stop. The training, practicing, planning and strategizing keep you hustling and operating at a pace that is difficult to thrive in. Although these things, in the right measure, are necessary to compete at a high level, the pace is not always sustainable. How do you handle the overwhelming demands of a "24/7" sports culture? There's no time to waste, right? Someone is always working harder, training longer, spending more hours watching game film, and prepping for the next game, race, meet or competition.

The reality is that your life doesn't have to be overrun by the pressures to keep up and prove your worth. The pressures and stakes may always be high, but how you respond doesn't have to remain unchanged. The 24/7 "with God" life is available — you just have to slow down long enough to receive what He's ready to give you.

THEME VERSE: ROMANS 15:13

Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit.

What's the truth we want coaches and athletes to experience this year?

You are enough in Christ. Your life is far less about what you do or accomplish and more about who you are becoming in Him. When you make time to be filled up by Him, you can start pouring into others again.

Reset, renew, refuel, and be ready to live out of the overflow of joy that comes from the presence of Jesus Christ.

The coach and athlete story of 24/7 can be seen below:

- Once Upon A Time... I was overwhelmed by the demands of life and sport.
- And Every Day... I felt like I was never enough and the pressure never stopped.
- Until One Day... God's love compelled me to reset my perspective and priorities.
- And Now... I live 24/7 out of the overflow of joy in the presence of Jesus Christ.

Within the overarching 24/7 narrative, we have four concepts that bring out the discipleship journey. Each concept concentrates on a smaller theme within the big picture and walks us through how to engage in these areas.

RESET

When Christ resets my perspective, I'm free in Him.

RENEW

Through Christ, I have a new identity and purpose in Him.

REFUEL

God refuels me with a joy and hope that overflow into every aspect of my life.

READY

I am ready to go and make disciples out of the overflow of Christ in me.

Want to dive deeper into 24/7? Click below for more resources!

[Experience 24/7 Here!](#)



Fellowship of Christian Athletes, Northern Virginia | 8925 Leesburg Pike, Vienna, VA 22182

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