

At KATY UNITED we aim to have a positive impact in the lives of our youth in all of the following influences that affect them.

SPIRITUAL PHYSICAL MENTAL FINANCIAL SOCIAL

FAITH Week 4- Faithful Stand

“Faith is the firm FOUNDATION under everything that makes life worth living.” – Hebrews 11:1 MSG

Do shoes really matter? If we look around the gym, and in the greater athletic world, it's obvious shoes are a big deal. Since most of us believe shoes will make a difference in our performance they are usually the first gear investment we make when committing to a new activity.

Why do you think shoes make a difference in performance?
When have the right shoes made a big difference in your athletic performance?

Our feet, and the shoes we wear, serve as the primary foundation for everything we do with our bodies. The Bible says our faith is the “confidence” or “assurance of things hoped for...” This word literally means “foundation.” Like our shoes in athletic performance, our faith serves as the foundation for everything we do. This is why it is important to determine where we stand in life.

Jesus describes two possible foundations for life. We can choose to build our lives on **rock** or **sand**. The man who builds his life upon rock will still have to endure adversity in this life. Just like our shoes do not make our workouts any less difficult, the foundation does not prevent the storms of life from coming. But the foundation will determine how we respond to the storms of life.

Where do you stand? Whose foundation are you standing on? Is it solid like a rock or sinking like sand? Your success on and off the court will be determined by the foundation you have under you.

Weekly Goal- Examine the foundation you are standing on, If it's sinking like sand talk to your coach or parents about how to change that. If it's on a firm foundation then share that with your teammates.

FINISH: ^L_{SEP} KATY UNITED puts God first and then we Work and Play in that order. Lets lock arms with our teammates and then let's put Him first by bowing our heads and honoring Him in the quietness BY REFLECTING ON what we just heard.

Pick an athlete who will shout "WE ARE..." Then the rest of the athletes shout "UNITED!"

HIGH FIVE SOMEONE!