CHRISTIAN MOTOCROSS CLUB™ Journal

January 2025

MEMORY VERSE

Psalm 33:22

May your unfailing love be with us, Lord, even as we put our hope in you.

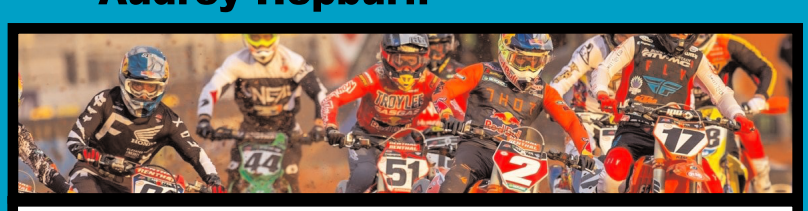
QUOTE FOR THE MOMENT

"Nothing is impossible. The word itself says 'I'm possible!'"
Audrey Hepburn

THROTTLE JOCKEY

MOTOCROSS ACTION MAGAZINE

PHOENIX HANDLEBARS



Jan 11 Anaheim 1 Angel Stadium of Anaheim
Jan 18 San Diego Snapdragon Stadium
Jan 25 Anaheim 2 Angel Stadium of Anaheim
Feb 1 Glendale State Farm Stadium
Feb 8 Raymond James Stadium Tampa FL
Feb 15 Detroit Ford Field
Feb 22 AT&T Stadium Arlington TX
Mar 1 Daytona Daytona International Speedway
Mar 8 Indianapolis Lucas Oil Stadium
Mar 22 Birmingham Protective Stadium
Mar 29 Seattle Lumen Field
Apr 5 Foxborough Gillette Stadium
April 12 Lincoln Financial Filed Philadelphia PA
April 19 MetLife Stadium East Rutherford NJ
April 26 Acrisure Staium Pittsburg PA
May 3 Empower Field at Mile High Denver CO
May 10 Salt Lake City Rice-Eccles Stadium

RENEW

Are sports drinks good for me when I'm exercising?
Sports drinks are advertised to increase endurance and replace nutrients lost during intense exercise. But are they necessary?
These drinks contain electrolytes like sodium, potassium, and calcium, as well as simple sugars (some may be sugar-free). However, these nutrients are generally only lost in large amounts during high-intensity exercise for one hour or more. Sports drinks may be useful for people doing intense exercise for a long time, especially if they're sweating a lot. But for non-athletes, sports drinks are simply another sugary beverage.
Most people should drink water, not sports drinks, during their workouts.

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Oceanographer Sylvia Earle has seen the deterioration of coral reefs firsthand. She founded Mission Blue, an organization devoted to the development of global "hope spots." These special places around the world are "critical to the health of the ocean," which impacts our lives on earth. Through the intentional care for these areas, scientists have seen the relationships of underwater communities restored and lives of endangered species preserved.
In Psalm 33, the psalmist acknowledges that God spoke everything into existence and ensured that all He made would stand firm (vv. 6-9). As God reigns over generations and nations (vv. 11-19), He alone restores relationships, saves lives, and revitalizes hope. However, God invites us to join Him in caring for the world and the people He created. Each time we praise God for the whisper of a rainbow splashed across a clouded, gray sky or the glistening waves of the ocean crashing against a rocky shore, we can proclaim His "unfailing love" and presence as we "put our hope" in Him (v. 22).
When we're tempted toward discouragement or fear as we consider the current state of the world, we may begin to believe we can't make a difference. When we do our part as members of God's care team, however, we can honor Him as the Creator and help others spot hope as they place their trust in Jesus.

PRAYER REQUEST

Pray about everything; School, Work, Family, Country, Church, Money, Thoughts, Temptations, Bills, Traveling, Relationships, Reactions, Actions, Motives, Not being a Gossip, Protection for your family and home, Bosses, Co-Workers.

Remeber to pry for your church leaders and administration team.

Keep in mind if you have a prayer request or a praise report please let me know.

Do you have a designated place where you can go to pray and read the word? You might try this, it
has worked for me.
Pray for Israel and our country here in the USA

If you are interested in more information about the Christian Motocross Club we can be reached at chmxclub@comcast.net or follow us on Facebook. www.christianmotocrossclub.com