

CHRISTIAN MOTOCROSS CLUB

Journal

February 2025

QUOTE FOR THE MOMENT

"We generate fears while we sit. We overcome them by action. Fear is nature's way of warning us to get busy." - Dr. Henry Link

MEMORY VERSE

1 Corinthians 2:3

3 And I was with you in weakness, and in fear, and in much trembling.

RENEN



- 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



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Base your meals on higher fibre starchy carbohydrates. Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on. They contain more fibre than white or refined starchy carbohydrates and can help you feel full for longer.

Try to include at least 1 starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram the carbohydrate they contain provides fewer than half the calories of fat. Keep an eye on the fats you add when you're cooking or serving these types of foods because that's what increases the calorie content - for example, oil on chips, butter on bread and creamy sauces on pasta.

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.

Remember to pray 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

Please keep Ben Hunter's friend and family in your prayers, his friend committed suicide recently.

Ty Rogers has accepted a new job and has to move cross country, please keep him and his family in your prayers.

Please keep this ministry in your prayers as we get ready to attend a few Outdoor Nationals this summer.



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Alan came to me for advice on how to deal with his fear of public speaking. Like so many others, his heart would begin to race, his mouth would feel sticky and dry, and his face would flush bright red. Glossophobia is among the most common social fears people have-many even joke that they're more fearful of public speaking than of dying! To help Alan conquer his fear of not "performing" well, I suggested he focus on the substance of his message instead of how well he'd deliver it.

Shifting the focus to what will be shared, instead of one's ability to share it, is similar to Paul's approach to pointing others to God. When he wrote to the church at Corinth, he remarked that his message and preaching "were not with wise and persuasive words" (1 Corinthians 2:4). Instead, he'd determined to focus solely on the truth of Jesus Christ and His crucifixion (v. 2), trusting the Holy Spirit to empower his words, not his eloquence as a speaker. When we've come to know God personally, we'll want to share about Him with those around us. Yet we sometimes shy away from it because we're afraid of not presenting it well-with the "right" or eloquent words. By focusing instead on the "what"-the truth of who God is and His amazing works-we can, like Paul, trust God to empower our words and share without fear or reluctance. What has prevented you at times from sharing the truth of God with others? How can Paul's approach embolden you to share the gospel?



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