

by David Nelson
Pastor of Discipleship

Reflections on Power

One of the things I love about sports is that they let me experience a satisfying exertion of power. Whether it's kicking a soccer ball, throwing a frisbee, hitting a softball, or skiing down a snow covered mountain; sports enable me to expend energy and see and feel the results of my effort.

There is great satisfaction in letting go of a basketball and watching it hit 'nothing but net' from beyond the three point line (I especially love it on those rare occasions when I sink a long range *sky-hook!*) It's great fun to throw a long perfect spiral and watch it go over a defender and fall into my son's hands for a completed reception. It's even satisfying to exert *restrained* power and sink a putt on the golf course!

I'm a little older now and I don't feel this as much, but I still remember the sense of power from my youth when under the right conditions - you know, perfect weather, warmed up, stretched out, in shape - I felt like I could run forever, swim forever, and kick a ball, hit a ball, or throw a frisbee to the moon... the exhilaration at such times made me feel - for lack of a better word - *invincible*.

Consider with me for a moment, the power of God. Though I haven't done the math, I once heard something that helps me correctly reflect on God's power. If the distance between our sun and the earth - 93 million miles - is the thickness of a sheet of paper; the next nearest star would be a stack of paper 70 feet thick; and, the width of our galaxy, *the Milky Way*, would be a stack of paper **310 miles** thick. Our galaxy is *only* one of 3000 visible galaxies and between 125 and 500 billion estimated galaxies which exist in the universe. So, even if the math is wrong and the stacks of paper are only 60 feet and 275 miles thick - God's power is **AWESOME!!!!**



Isaiah wrote, *Who has... marked off the heavens? Whom did the LORD consult to enlighten Him, and who taught Him the right way? Surely the nations are like a drop in a bucket; they are regarded as dust on the scales. Lift your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one, and calls them each by name. Because of his great power and mighty strength, not one of them is missing* (excerpts from Isaiah 40:12, 14-15 and 26)

God's power is very great. It's greater than I can imagine!! While I might feel I can kick a ball to the moon; God can send a ball to *Alpha Centauri* with a flick of His pinky. Considering God's power makes me feel - as it should - very *vincible!*

If the nations are a *like a drop in the bucket* or *regarded as dust on the scales*, then what does that make me? Though we are small and weak compared to God, take heart. Isaiah shows again and again that He doesn't leave us hanging without help.

In the same chapter, Isaiah also wrote, *He tends His flock like a shepherd: He gathers the lambs in His arms and carries them close to His heart. Why do you say... "My way is hidden from the LORD; my cause is disregarded by my God"? Do you not know? Have you not heard? He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.* (selected excerpts from Isaiah 40:11, 27-31)

I'm looking forward to that day when my strength will be renewed or more probably raised to a level greater than I ever knew in my youth!

Upcoming Youth Events

Summer Happenings

Children's Ministry

Summer Schedule will be released soon!

Youth Group

Middle & High School

Stanley Square Youth Nights
May 13th, 20th, & 27th
6:30 - 8:00pm

Youth Baseball / Softball

June 13 - August 16, 2009
Ages 5 - 16, evenings

Summer Sports Camp

June 22 - June 26, 2009
Ages 6 - 12
9:00am - 12:15pm
Soccer, Basketball & Cheer

Vacation Bible School

July 26 - July 30, 2009
Ages 3 - 5th grade
Mark your calendars!

Kids ask tough questions...

At a recent skills clinic, players were given an "Open Mike" opportunity to ask our pastors a question. Here's one answered by Pastor Dave.



Q. Can God recharge His power?

God doesn't need to recharge His power! God is the source of all that we can see and all that we can't see (both super small - like atoms; and super big - like stars and galaxies.)

Daniel of the Bible said, "Praise be to the name of God for ever and ever; wisdom and power are His." (Daniel 2:10) And, Jeremiah wrote, 'God made the earth by His power... and stretched out the heavens by His understanding.' (Jeremiah 2:12) Superman, Ultra-Man, the Hulk and all the other super heroes need to recharge their power; God doesn't! He's 'the Bomb!'

Soccer News

Whether it's training for a soccer game or playing a backyard game of catch, children's athletic performance, development, and growth depend largely on eating the right foods. Unfortunately, most children (and adults) forget just how important nutrition is to good health and athletic performance. Many children, especially in the years before puberty, have poor eating habits (skipping breakfast, eating the same foods day after day, consuming too many energy drinks). As a result, their diets are missing nutrients and their growth and athletic performance may be impaired.

It is important to recognize that children are not miniature adults; they have special nutritional needs. It is especially important to meet their nutritional needs as they enter puberty, when they experience rapid growth as they undergo hormonal changes marking the beginning of adolescence.

Sports Nutrition Basics: Children Have Special Nutritional Needs by S. Nelson, SC.D., RD

The Sweeper (SW)

The "sweeper" usually plays just in front of the goalkeeper, although he is allowed to roam. A sweeper is like a free safety in American Football. He is

responsible for cleaning up any loose balls behind the defense and getting to any attackers who have slipped through. He analyzes the development of plays and makes quick decisions on how to best deal with them.

GK - Goal Keeper
SW - Sweeper
CB - Center Fullback

CM - Center Midfielder
CF - Center Forward
LWB/RWB - Right/Left Wingback



Ephesians 4:32

Be kind and
compassionate to
one another,
forgiving each
other, just as
in Christ God
forgave you.

**First
Presbyterian
Church**
Stanley, North Carolina

Presenting Everyone Complete in Christ

Morning Service

8:30 Worship Service

9:45 Sunday School

11:00 Worship Service

Evening Service

Beginning in June

6:30 Family Worship

On the first Sunday night each month, we'll have a family meal at 6pm & worship at 7pm

Call us at 704.263.4275

Visit us online at

www.fpcstanley.org

Team Rosters

Game Schedule



Courtesy of Bill Ward, Ace Sports & Action Photography

www.bwasap.com