

Are You Ready for Some Football?

Football season is here and we are ready with some snack food and a stress ball for you to squeeze during those nail-biter minutes and seconds of the game!



The stress football can also be used for hand and finger exercises, too! Strong hands make for an impressive handshake. As we age, strong hands will help us open jars, grip a gripper, or squeeze a lemon while preventing unexpected elbow and shoulder injuries caused by over-compensating for a weak grip.

The stress football can also be used to relieve some stress, anxiety, and the pressures of daily living. Below are some words by some famous and unknown men on the topic of stress and anxiety that you may find helpful. Try memorizing one while squeezing your stress football!

Stress makes you believe that everything has to happen right now. Faith reassures you that everything will happen in God's timing. – Unknown

Be strong and let your heart take courage all you who hope in the Lord. David Psalm 31:24

You never know how the tough times you are going through today will inspire someone else tomorrow. – Tim Tebow

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your minds and hearts in Jesus Christ. Paul Philippians 4:6-7

When *who* you are is grounded in *whose* you are, you realize it doesn't matter what life throws your way. – Tim Tebow

Cast all your anxiety on God because He cares for you. Peter 1 Peter 5:7

Come to me, all you who labor and are burdened, and I will give you rest. Jesus Matthew 11:28

FOOTBALL FOOD FOR THOUGHT: Fans are a big part of the game of football. Fans **cheer on** their team and favorite players. Fans **commit** to the season and some even the pre-season practices. Fans **invest in** fan gear to advertise their love for their team. Fans **sacrifice** big money to see their teams play and sit out in cold, damp weather, knee-to-knee, with complete strangers to watch their team. Fans **study** their team by reading up on their favorite players. Fans **plan** tailgate parties and **invite** others to join them. Fans **express their excitement** for their team before, during, and after the games, rehashing plays and defining moments. Just imagine how full Heaven would be if Christians became fans of Jesus like they do their favorite sports teams!