Practicing Mindfulness

For centuries, Christians have found the practice of meditation to be an important way of communicating with and developing their relationship with God. More recently the related idea of "Mindfulness" has become a popular concept in our hectic world. Expert Kim Hill joins us this week to talk about how this simple practice can be used by athletes to create focus and get themselves in the proper mental state to compete at their absolute best.

Quarterly Webinar Series

Our Quarterly Collaborations Webinar Series returns on Wednesday, January 31st at 12:00 pm EST (9:00 am PST) with an exciting guest. Seen in the video above, Lina Taylor is a two time Beach Volleyball Olympian who aims to help organizations create a winning culture by teaching leadership, life skills and mental performance. A popular speaker at the 2017 Play Like a Champion Leadership Conference, Lina returns to give her 8 Steps to Creating a Winning Team Culture.

Register for the webinar now by clicking here.
A Prayer for Athletes

O God, you gave us bodies as well as minds and hearts with which to praise and worship you. Our sports and exercises are a fitting use of gifts and talents you have given us.

Bless our workouts and the games we play, and those with whom we exercise or compete. Give us strength, endurance, courage and agility as we compete or train. Keep us safe and healthy as we celebrate our physical and mental skills in sport. Amen.