



FELLOWSHIP OF  
**CHRISTIAN ATHLETES**  
**BASEBALL**

## A New Year (A New Song)

***“Sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord, praise his name; proclaim his salvation day after day. Declare his glory among the nations, his marvelous deeds among all peoples.” (Psalm 96:1-3)***

As we enter a new year and get ready for a new baseball season, it's a good time for players to take an inventory of themselves in all three areas - the physical, mental, and spiritual.

Ask yourself the following: 1) Am I training physically in a manner that will benefit me for the coming season?, 2) mentally am I focused on performing to the best of my ability both on the field and in the classroom?, and; 3) spiritually, do I remember, as David does, “God's salvation; His glory among the nations; and His marvelous deeds among the people.”

In order to compete on the field at your best you must be disciplined in ALL three areas. Learning to be disciplined will allow you to perform at your best both on the field and in your studies.

In this new year it is also important to put God first and remember what He has done and will continue to do for us. Craig Stout, Chaplain for the Princeton Rays, says it this way; “what is equally important is to remember each of the following things in your life. Have you made a relationship with God personal? Is it your relationship with God or is it your parents, your spouse's, or maybe even your church's salvation that you have incorporated in your life? Are you declaring His glory to your other family members and your friends? What about how He works in your life? Do people really know that you believe God is actively working in all the areas of your life?”

In the Old Testament, we read that when the Israelites had important events take place, they would erect markers to signify those events. So, how about YOU, are you placing spiritual markers in your life so that you may “sing a new song to the Lord” and “forgetting not His benefits!”

It's a new year, sing a new song!!

**Question:** Are you giving glory where glory is due?

**Challenge:** Sing a new song to the Lord. Declare His name among your friends. Tell of His marvelous deeds which happen in your life.

**Prayer:** Father, I praise you for you are worthy to be praised. You work in my, you restore my soul, You lead me. You are the One to be glorified! Amen.

-- Todd Burger - Director, NOVA/DC FCA Baseball