

# THE MAGIC PILL

If a friend told you they had a magic pill they would like to share with you that has been proven to take care of a number of physical, mental, and emotional ailments, would you be interested in hearing more?

If they then told you that studies have shown that this medicine has the ability to alleviate stress, anxiety, and depression, as well as physical issues like high blood pressure, ulcers, heart disease, diabetes, and cancer... would this increase your interest?

Finally, what if your friend told you that this medicine has no negative side effects, regardless of how often a person uses it, and that there is absolutely no cost involved? It is absolutely free! With this information, would you give this “pill” a try? I would, and I believe a vast majority of people would as well!

The interesting thing is that this “magic pill” does exist! There are no negative side effects, and it is absolutely FREE! The name of this very special medicine quite simply is PRAYER!

Research has shown that prayer does help alleviate mental issues such as stress, anxiety, and depression, and it helps boost dopamine levels in the brain. This can lead to increased levels of self-esteem, happiness, and a longer, healthier life!

In a similar fashion, prayer has been proven to help reduce several physical ailments, including hypertension, ulcers, heart disease, diabetes, and certain types of cancer. Once again, filling our life with prayer does not cost us a single penny... it is absolutely free!

In our daily life, prayer connects us with Christ. It is like we have a constant cell phone connection with Jesus, where we can text, call, FaceTime, or message any time we please, and He is always there waiting for us to initiate the conversation. He is always willing to listen, regardless of the time of day or night, and He is always excited to hear from us!

As athletes, prayer can provide such a tremendous source of strength. If we allow Christ to dwell in our hearts and take Him with us into every play every day, we truly have nothing to fear! Our confidence and self-esteem will soar, and our desire to play each game in a way to make Him proud will help us to perform to the best of our ability... especially in the biggest games and in the “clutch” moments!

Perhaps the most fascinating aspect of prayer is that we have complete control every day over how much we pray and to what degree we allow Christ to enter our heart! It truly is our choice each day whether or not we take this “magic pill.” What will you choose?

1. How often do we pray and allow Christ to enter our hearts?
2. From the above reading, how might daily prayer help us in our day-to-day lives?
3. How might daily prayer help us in our quest to be the best athlete we can be?
4. How might daily prayer help our team unify and perform our best as a team?
5. What can you do to help make prayer become a bigger part of the team?

**“I believe that prayer is our powerful contact with the greatest force in the universe.” -Loretta Young**