

## Moments of Beauty

### Week 3 - Beauty in Sports & Our Bodies

Saturday, September 26



**Fishing. Photo Credit: Rebecca Brownlee**  
**Alan & Amy Shore kayaking.**

“As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fisherman. ‘Come, follow me,’ Jesus said, ‘and I will make you fishers of men.’ At once they left their nets and followed him. When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him. Mark 1:16-20

Fishing is not easy. It takes patience and strength. But when you know how to fish, it is a great, relaxing hobby. Boating in a beautiful settings is refreshing and relaxing. Until a storm comes up. Then it can be terrifying and heart-wrenching. When Jesus called these strong, patient fishermen he was asking them to change. God has created our bodies to be adaptable. To change with the situation or the storm. Our bodies are a complex series of systems that adjust to keep us safe, to motivate us, and to help us enjoy life. That’s amazing. And beautiful. Where have you been asked to adapt recently? How easy has that been? What good things have come out of it? What can you appreciate about your body today? Even a part of your body that you don’t particularly love has a purpose. Thank God for your body today.

This ends our week of finding beauty in sports and our bodies. Next week: Animals and Creatures