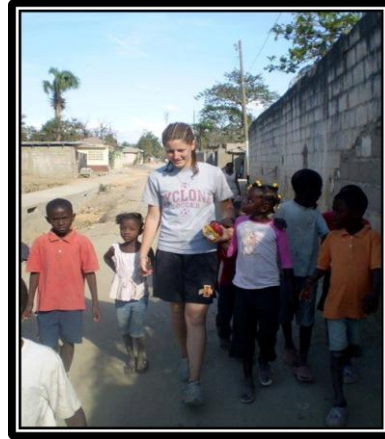


Heart of an Athlete – June 2012

Name: Amanda Woelfel
Hometown: Omaha, Nebraska
School: Iowa State University
Sport: Soccer



Chosen Attribute: Joy

What is your personal definition of this word?

I would define joy as anything that brings you delight and happiness. Things that put a smile on your face!

What are some of your favorite quotes from other people about this word?

“Joy is the serious business of Heaven”

What is your favorite Biblical passage that deals with this characteristic?

1 Thessalonians 5:16-18 says “Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus”.

Why did you choose that particular passage?

I chose this particular passage because I recently went on a mission’s trip back down to Haiti and was shown what true joy was while I was down there. The Haitians barely have anything, but they are so content with what they have and the coolest part about that is that they choose to be joyful in all that they have and get to do. I also got to see joy in the faces of the children while I got to play with them, particularly while playing soccer in the streets. It brought me so much joy to be able to share with them my passion for soccer and to see how happy they were to just be able to play with a ball. The joy the children showed me down there is something that I try to bring with me every time I step on to the field.

How do you apply this word in your sport?

I apply this word to my sport just by willingly choosing to be joyful on the field even if we may be doing something that I don’t enjoy. I also find joy on the field by looking and finding the joy in the faces of my teammates because they all love this sport so much. Finally, I have to constantly look to the cross while I am playing because things I may be doing on the field can get tough, but it is nothing in comparison to what Jesus did for me on the cross and that brings me so much joy knowing that God would love me so much to give me His son for my sins so that I can be free and given the opportunity to live on this earth and do things like play soccer.

How did you first become involved in FCA?

I first got involved in FCA by having some friends inviting me to come my freshman year. I loved it! Then once my sophomore year was coming to a close, I had some friends in FCA lead me into the direction of becoming a leader and that’s where I have been ever since. I really love that I get to grow in my relationship with Christ with all of my athletic brothers and sisters that love Christ too! The fellowship is amazing!



How active within FCA are you?

I am a FCA leader at Iowa State University and we meet every Monday night to learn more about Jesus! Our leadership team tries to get together every couple of weeks to pray, have fellowship, and organize upcoming meetings. I also love to participate in some FCA sports camps over the summers if my schedule allows me to.

How has God impacted you through FCA?

God has impacted me in so many different and cool ways through FCA. First, God has pushed me out of my comfort zone by making me a FCA leader. I think that this has impacted me in so many ways because it has made my relationship with Christ stronger, I have been given the opportunity to speak in front of people which I normally don't like doing, I have grown in my own prayer life but also in praying for my teammates and other teams, and I have been blessed with so many amazing relationships that are going to last for the rest of my life. God has also blessed me with the opportunity to go to Haiti again through getting to know FCA leader Dave Applegate.

Share one tip that helps you be a Christ-like competitor:

I like to remember Colossians 3:23 which says "Whatever you do, work at it with all of your heart, as working for the Lord and not for men". Remembering this verse helps me stay focused on why I was brought to Iowa State to play soccer... that I am here to bring all of the glory to God through the way that I play, practice, and interact with my team.

Sport(s) and position played, if applicable:

I currently play soccer and my position is outside defender or midfielder.

Sports Achievements:

A sports achievement of mine is the opportunity to play Division 1 soccer with an amazing bunch of girls.

Who is your athletic role model?

I don't think I have one. I just love the athletes who work very hard, who will do anything for their teammates, and have a growing passion for their sport each and every day.

Future goals:

Some future goals that I have are to graduate college with a Child, Adult, and Family Services major and to pursue a life of missions overseas. If I'm not taken overseas I would love to get involved in youth ministry.

FCA Role:

I am a student-athlete huddle leader along with 9 other very amazing student-athletes in Christ.

Favorite Bible Verse:

Ephesians 2:8-9 -> "For it is by grace you have been saved through faith; and this not of yourself, it is a gift of God, not by works so that no one can boast".

Favorite Sport:

My favorite sport is soccer 😊

Favorite Pig-out Food:

Sour Patch Kids

Favorite Music Groups:

NeedToBreathe, Switchfoot, Tenth Avenue North, Anthem, David Crowder Band, Lecrae

Favorite Books:

The Bible, Redeeming Love, any book written by Jody Piccoult

Favorite Sports Teams:

I love the U.S. Women's National soccer team and Barcelona. So basically I LOVE soccer! I also enjoy watching other sports like basketball, football, and hockey. I just don't have any favorites!

Favorite Pastimes:

Some of my favorite pastimes are family soccer, basketball, Frisbee, hide and go seek, grilling out, etc with my entire family.

The biggest concerns facing Christian youth today are:

I think a big concern facing Christian youth today is the struggle with finding their identities in other things rather than Christ.