

# Heart of an Athlete - Emily Raecker



**Hometown:** Urbandale, Iowa

**School:** Drake University

**Sport:** Cheerleading

**Favorite Bible verse:**

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matt 6:34

**Chosen Attribute:** Patience which I think is waiting for things to come without frustration or anxiety.

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

We could never learn to be brave and patient, if there were only joy in the world. – Helen Keller

Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them – every day begin the task anew. – Francis de Sales

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

2 Peter 3:9 The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

**Why did you choose that particular passage?**

God's promise to us of eternal life is something that we need to wait for with excitement and patience. I find this passage comforting when I feel that I am becoming impatient with things going on in life and I need to ground myself with the Lord.

**Please give an application/example of this word in your life.**

I studied abroad in Uganda and I have spent a lot of time working with an artist there on furthering his business. I have learned that it takes him longer to pick up on things as they relate to his business, so I have to step back and wait with patience while he comprehends what is expected of him.

**How do you apply this word in your sport?**

In cheerleading you must be able to work well with others, especially when you are throwing people in the air. I have learned that it is beneficial when people are patient when I am learning something I have never done before. I work hard to be patient with the younger girls when they are picking up on different stunts.

**How did you first become involved in FCA?**

My high school had a very active FCA so I joined when I was in 9<sup>th</sup> grade.

**How active within FCA were/are you?**

I have been in FCA since the beginning of high school and plan to continue through with it throughout college. I love the sense of community that has been established with the Drake University FCA group.

**How has God impacted you through FCA?**

God has impacted me with the sense of community that has been established at Drake in FCA. After our meetings, I feel refreshed and closer to God. No matter what happened in my day that day after those meetings I feel ready to be a warrior for God throughout the next week.

**A tip that helps you be a Christ-like competitor:**

Think of others. My sport is very much a group sport where everyone has to work together to achieve success. If I am thinking of others, I can help those who are struggling.