

Heart of an Athlete – March 2011



Name: Sarah Paulson

Hometown: Ottumwa, IA

School: Central College, Pella IA

Sports: Basketball & Golf

List your chosen attribute: Love

What is your personal definition of this word?

I like to think about what the Bible says when I think of love, and so I could define love in one word. Love = God. Love is anything good in this world, and love is showing care and respect for others regardless of how they treat you.

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

- Love is such a big word, it really should have more letters. –Kobi Yamada
- Love is the single most important aspect of life. –John Robbins
- True love is choosing to give another person what they need the most, when they deserve it the least, and at great personal cost. -Unknown
- Loving can cost a lot; not loving always costs more. –Merle Shain

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

And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him. 1 John 4:16

Why did you choose that particular passage?

It was difficult to choose because there are so many amazing passages in the Bible about love. I chose this passage because it is something that has always stuck with me ever since I heard it for the first time. God is love. But then it goes on to say that whoever lives in love lives in God, and God in him. And to me, that is the ultimate goal in our lives. When I think of loving something or someone, whether it's as significant as my family or as insignificant as a favorite food, I feel happy and warm inside. These feelings come from God, and it is the feeling of love for one another and for God that makes me feel more complete inside than anything else. And so it is this passage that has a significance to me because it describes the tangible feelings I have of God, and the mysterious beauty of the connection we have with Him through love.

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

There are way too many examples of love in my life to even choose from, however, I think the most significant one would be the love God has shown me through my family. I think I am one of the luckiest girls in the world to be blessed with my amazing family. I have 4 sisters, one of which is my twin sister, an amazing mother, and a father who went Home a year and a half ago. I have learned

the most about love from them, because we are all so different, and we love each other through our differences.

How do you apply this word in your sport?

Love is so applicable in my sports, I play basketball and golf for Central College. I realize how important it is to show love to my teammates to support them in any way possible, so that they can believe in themselves and become the best person and player that they can be, and how important it is for every teammate to do that for one another in order to bond as one. I find that when we are all working together, we not only are happier, but we are more successful, and it all starts with the love we show to one another no matter what we face in competition. I feel it is also important to show the opposing team or players love by respecting them during competition. It is more important than anything else to show God's love to others whenever we can, and there are plenty of opportunities in my sports or any other to show the love of God to others.

How did you first become involved in FCA?

I signed up to be a huddle leader for an FCA retreat the spring of my freshman year of college. It was not something I had in high school, and I loved retreats, my friends told me I should do it with them so I decided to go. It was one of the best decisions I've ever made, as I learned so much from fellow huddle leaders at camp as well as the girls I was blessed with in my huddle.

How active within FCA were/are you?

It has been hard to be as involved as I would like with FCA during the school year. However, I would make it to an FCA meeting at school when I wasn't super busy with homework. I've done 2 spring retreats with FCA and been a summer huddle leader for the week long camp in Pella once. I am now more active with FCA, as I am on the leadership team at Central College.

What is your athletic experience?

I have played sports ever since I can remember. My two favorites have always been golf and basketball. I also ran track and cross country in high school in Ottumwa, Iowa. Now, health permitting, I have played basketball and golf since I got to Central College in Pella, IA. I am a junior now, so this is my third year of playing the two sports I love.



Sarah with her huddle at the Pella FCA Camp in 2009