



## Heart of an Athlete – September 2014

**Name:** Andrea Swanson  
**Hometown:** Clive, Iowa  
**School:** Iowa State University  
**Sport:** Soccer



**List your chosen attribute:** Courage

**What is your personal definition of this word?** To be brave and bold in the presence of fear or adversity.

**What are some of your favorite quotes from other people about this word?** “I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” – Nelson Mandela. This can be done through a relationship with Christ.

**What is your favorite Biblical passage that deals with this characteristic?** “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” –Joshua 1:9

**Why did you choose that particular passage?** The Lord commands us to be “strong and courageous” and promises to always be with us to give us his strength in every situation. We don’t need to be afraid of anything in this life... we can be courageous with and for Christ!

**Please give an application/example of this word in your life.** Many times reaching out to teammates and people who aren’t Christians can be a situation that requires taking an uncomfortable risk. As I strive to share God and further His kingdom, courage is an attribute I lean on often.

**How do you apply this word in your sport?** I can be courageous on the field because I know that no matter what I do or how I perform that my identity is in Christ and He has promised to always be by my side. I don’t have to be afraid of making mistakes because of the many promises He has made.

**How did you first become involved in FCA?** I began attending FCA meetings in high school.

**How active within FCA were/are you?** I was a member of Valley High School FCA. I am a member of the ISU FCA leadership team. I have been a Huddle Leader at FCA’s Multi-Sport Camp in Pella for two years.

**What is your athletic experience? (Where?)** I played soccer, ran cross country, and played basketball at Valley High School in West Des Moines. I played soccer at Drake University and I currently play soccer at Iowa State University.

