



Heart of an Athlete December 2018

Name: Zoey Chumbley
Hometown: Grimes, Iowa
School: Dallas Center-Grimes
Sport(s): Soccer



List your chosen attribute:

Joy

What is your personal definition of this word?

Joy is the high spirit of happiness that comes from within.

What is one of your favorite quotes from other people about this word?

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.” - Henri J.M. Nouwen

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

“Clap your hands, all you nations; shout to God with cries of joy. For the Lord Most High is awesome, the great king over all the earths. He subdued nations under us, people under our feet” Psalm 47:1-3

Why did you choose that particular passage?

Some people may struggle with finding a purpose to be joyful, but this passage reminds us that we have a reason to be joyful all the time. We serve an amazing God who does wonderful things.

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

Finding joy makes your day better. I try to find joy everyday. Things that spark this a lot are other people. Walking through the halls giving and receiving smiles is one of the best things. No matter what the other person or you are going through, a smile can have the power to bring joy and happiness. Life can get rough at times and in these dark times, we have to find joy. My grandpa passed away a couple years ago and instead of having a sad funeral, we had a celebration of life. Family and

friends were able to celebrate my grandpa's life. Having a celebration helped bring joy to the situation and lift up our spirits.

How do you apply this word in your sport?

In my sport I keep joy on my mind all the time. On every team you need someone to be able to bring joy. Soccer can be a frustrating game, especially when things are not going your way or you are having an off day. It's easy to blame others and start to yell, but this does no good. When you bring joy to these situations, it can switch the mood or keep the mood from getting so dark. When people are happy and having fun they come together better as a team and it shows out on the field or court.

How did you first become involved in FCA?

I started attending FCA during my Freshman year in high school after hearing about it from some friends.

How active within FCA are you?

I am actively on the leadership team for our FCA as well as help plan and lead our girl's bible study and Alpha group.

What is your athletic experience?

I've played a variety of sports my whole life. Throughout high school, I have participated in Basketball, Volleyball, Cross country and Soccer.

What are your future goals?

To make a difference and travel the world.