



STRENGTH FROM WITHIN

Book of Inspiration
YMCA OF THE FOX CITIES

ymcafoxcities.org/spiritual-development

Dear YMCA Friend,

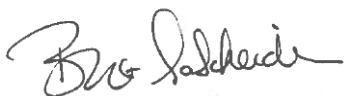
At the heart of our mission lies a commitment to building a better world—one where individuals are empowered to reach their fullest potential, not just physically and mentally, but also spiritually. The YMCA, born out of Christian principles, has stood as a beacon of hope for countless individuals and families, fostering an environment where love, compassion and faith intersect.

Our Mission Emphasis Committee of the YMCA of the Fox Cities presents this resource to you. Within its pages, you will discover thoughts of the day and bible verses carefully selected to emphasize our core values, reinforce our Y mission, deepen faith, and provide a path guided by our Christian principles. It serves as a reminder of the Y's unyielding promise to fulfill its mission of nurturing spirit, mind and body for all.

May this "Book of Inspiration" be a source that not only nourishes your own spirituality but empowers you to be a source of inspiration and joy for others.

"That all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me." – John 17:21

In Service,



Bret Salscheider
President | CEO
YMCA of the Fox Cities



IDEAS FOR THE USE OF THIS BOOKLET:

- Sharing a thought for the day at the beginning or end of classes. (i.e. group exercise classes, swim lessons)
- Provide character circle time at the end of youth sports programs.
- Utilize to inspire and encourage co-workers.
- Personal motivational and spiritual growth.
- Pair a quote or verse with an example of practical daily application or a suggested activity for the individual or group.

MISSION

"To put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all."

"There can be no happiness if the things we believe in are different from the things we do." Freya Stark

"Happy people plan actions they don't plan results." Dennis Wholey

"Four steps to achievement: Plan purposefully, prepare prayerfully, proceed positively, and pursue persistently." William Arthur Ward

"People grow through experience if they meet life honestly and courageously. This is how character is built." Eleanor Roosevelt

"You must be the change you wish to see in the world." Gandhi

"Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves." Philippians 2:3

"How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you." Psalm 119:9-11

"Give all your worries to Him because He cares for you." 1 Peter 5:7

"Rejoice in the Lord, and He will give you the desires of your heart."
Psalm 37:4

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will direct your paths." Proverbs 3:5-6

"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." Romans 8:28

"Freely you have received, freely give." Matthew 10:8

"Be generous. Invest in acts of charity. Charity yields high returns." Ecclesiastes 11:1

"Keep your lives free from the love of money and be content with what you have, because God has said, never will I leave you; never will I forsake you." Hebrews 13:5

"Come to Me, all you who are weary and burdened and I will give you rest."
Matthew 11:28

"Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates." Deuteronomy 6:4-9

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brother, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things." Philippians 4:4-8

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave you nor forsake you." Deuteronomy 31:15

Integrity is Christ-like character in work clothes. "He who walks with integrity walks securely." Proverbs 10:9

"Truly, truly I say to you, whoever believes has eternal life." John 6:47

"Our lives begin to end the day we become silent about things that matter." Martin Luther King

"God does not ask about our ability, but our availability." Anonymous

"I can do all things through Christ who strengthens me." Philippians 4:13

"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8

"How very good and pleasant it is when brothers live together in unity." Psalm 133:1

"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things." Galatians 5:22-23

"So faith by itself, if it has no works, is dead." James 2:17

PRACTICAL APPLICATION & EXAMPLES OF SUGGESTED ACTIVITIES:

1. Schedule 10 minutes each morning this week to read a scripture verse. Try this approach to reading:
 - Read the verse slowly (quietly or out loud) and meditate on what jumps out at you about the verse. Ask yourself, "what is God showing me through this?" Think about this for at least 2 minutes. Jot down what comes to mind as you ponder this.
 - Read the verse slowly a second time. During a 2 minute reflection, consider how you would complete the sentences: "I hear .../I see .../I sense ..." based on what is in your heart and on your mind during the reflection of the verse. Jot down your thoughts.
 - Read the verse slowly a third time. During a 2-minute reflection ask yourself, "What is God inviting me to do through this verse?" "What might this look like in my life?" Jot down your thoughts.
2. Prayer Bowl: Keep a bowl in a central spot in your house –this may be the center of your kitchen/dining table. Keep a stack of small squares of paper and a pen/pencil nearby. Each day everyone in the house is encouraged to put at least one prayer concern in the bowl. During your evening meal take turns picking a prayer out of the bowl and reading it/praying it out loud.
3. Service to others: Challenge yourself to volunteer at least 1 hour of time this month to some sort of organization or facility. Ideas include:
 - A local animal shelter – there are several in our area;
 - Go to a care facility and volunteer to play BINGO or checkers or visit/read with someone.
 - Take part in the Big Brother/Big Sister Program;
 - Deliver meals or gifts to homebound members of your church;
 - Offer to usher, teach or sing/play music at your church;
 - What can you think of that would use your gifts and talents?



INSPIRATION

Winners are not people who never fail but people who never quit. "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and people for those who have been trained by it." Hebrews 12:1-2

"Happiness lies in the joy of achievement and the thrill of creative effort."

F. D. Roosevelt

"There are only two ways to live your life. One is as though nothing is a miracle. And the other is as though everything is a miracle." Albert Einstein

"Doubt your doubts and believe your beliefs, but never believe your doubts nor doubt your beliefs." Jose M Martinez

"Worry does not empty tomorrow of its sorrows; it empties today of its strength." Corrie Ten Boom

"Relying on God has to start all over every day, as if nothing has yet been done." C. S. Lewis

"You miss 100 percent of the shots you never take." Wayne Gretzky

"The greatest mistake we can make is to stay on the ground without falling." Victor Manuel Rivera

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:13-14

"Taste and see that the LORD is good; blessed is the one who takes refuge in Him." Psalm 34:8

"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:30-31

If you let God lead you, He will clear the road for you to follow. "Your word is a lamp to my feet and a light for my path." Psalm 119:105

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

"Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on His law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers." Psalm 1:1-3

"But thanks be to God! He gives us the victory through our Lord Jesus Christ. Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain." 1 Corinthians 15:57-58

"He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God." Micah 6:8

"May He give you the desire of your heart and make all your plans succeed." Psalm 20:4

Hope is a kite for the soul, carried by the wind of God's spirit to a place where cares fade and things look brighter. Where you begin to see that His faithfulness will never let you down, it will only lift you higher than you've ever been before. "How precious it is, Lord, to realize that You are thinking about me constantly!" Psalm 139:17

"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things." Galatians 5:22-23

"Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us because God has poured out His love into our hearts by the Holy Spirit, whom He has given us." Romans 5:1-6

"God is most glorified in us when we are most satisfied in Him." John Piper

"Jesus first, others next and yourself last spells J-O-Y." Linda Byler

"If you measure your life by what you own, the cavern of your heart will never be filled." James D. Mason

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

"I can do all things through Christ who strengthens me." Philippians 4:13

"God is our refuge and strength, an ever-present help in trouble." Psalms 46:1

"Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me." Psalm 23:4

"Taste and see that the LORD is good; blessed is the one who takes refuge in Him." Psalm 34:8

"Come to Me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

"Your word is a lamp to my feet and a light to my path." Psalm 119:105

"This one thing I do; forgetting what lies behind and straining forward to what lies ahead. Philippians 3:13

I am the child of a King who is not moved by the world for my God is with me and goes before me. I do not fear because I am His. "I will never leave you; I will always be by your side." Hebrews 13:5

Work hard, stay humble. "Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you." 1 Peter 5:6-8

It always seems impossible until it's done. "All things are possible to him who believes." Mark 9:23

PRACTICAL APPLICATION & EXAMPLES OF SUGGESTED ACTIVITIES:

1. What inspires you? Make a list of 10 things. Examples include types of music, pictures, stories, movie clips, people, activities, etc. Schedule at least 10 minutes each day with at least one of these things!
 - Write down one goal you have this month.
 - Write down the resources – material, financial, personal assistance, etc. that you need to reach this goal.
 - If you don't know what you need to reach this goal, how can you find out? Where can you look? Who can you ask?
 - What is a step you can commit to THIS WEEK that will help you move forward toward your goal?
 - What's next?
 - How will you know you are there?
 - Repeat until your goal is reached!
2. Write down 3 specific gifts or talents you have. Now list some specific ways you are already using these talents/gifts. What else do you wish you could try? What do you need in order to give it a go?

YMCA CORE VALUES

While our core values are clearly represented in Christian teachings, they are the same values that help define strong character for people of all faiths. Shared values hold families and communities together. Character development cannot be an individual pursuit, but must be a responsibility shared by the whole community. If we work together to live out our values every day and pass them on to our children, we can go a long way toward overcoming some of our society's most pressing problems. Please join us in accepting this challenge to build – to become – a community with strength of character.

In putting faith into action, the YMCA offers to the men, women, boys, and girls who participate in their programs, opportunities and experiences that will help them:

- Develop self-confidence and self-respect and an appreciation of their own worth as individuals.
- Grow as responsible members of their families and citizens of their communities.
- Appreciate that health of mind and body is a sacred gift and that physical fitness and mental well being are conditions to be achieved and maintained.
- Recognize the worth of all persons and to work for interracial and intergroup understanding.
- Develop a sense of world-mindedness and to work for worldwide understanding.
- Develop their capacities for leadership and use them responsibly in their own groups and in community life.
- Appreciate the beauty, diversity and interdependence of all forms of life and develop an ethical basis for guiding all our relationships.

PRACTICAL APPLICATION & EXAMPLES OF SUGGESTED ACTIVITIES:

For each YMCA Core Value list one specific way you ARE/CAN TRY living this out in your life.

- **Caring**
- **Honesty**
- **Respect**
- **Responsibility**

CARING

"To show concern; have thought or regard; to make provision or look out for; show inclination, liking, fondness or affection."

"It takes a lot of experience to learn how to care for people." Barry Schwartz

"One of life's great rules is this; the more you give the more you get." William Danforth

"Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts." Anonymous

"Make happy those who are near and those who are far will come." Chinese Proverb

"Love never gives up, never loses faith, is always hopeful and endures through every circumstance: Love will last forever." I Corinthians 13:7-8

"Love each other like brothers and sisters. Give each other more honor than you want for yourselves." Romans 12:10

"Be kind and loving to each other just as God forgave you in Christ."
Ephesians 4:32

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28

"Cast all your anxiety on Him because He cares for you." 1 Peter 5:7

"The commandment we have from Him is this: those who love God must also love their brothers and sisters also. 1 John 4:21

"The first duty of love is to listen." Anonymous

"Be kind and loving to each other just as God forgave you in Christ."
Ephesians 4:32

"In this world, there is no clarity. There is only love and action."
Mother Teresa

"Relying on God has to start all over every day, as if nothing has yet been done."
C. S. Lewis

"Taste and see that the LORD is good; blessed is the one who takes refuge in him."
Psalm 34:8

"We cannot do great things...only small things with great love." Mother Teresa

"God had given us two hands-one to receive with and the other to give with. We are not cisterns made for hoarding; we are channels made for sharing."
Billy Graham

"Some measure their lives by days and years, others by heart throbs, passion and tears. But the surest measure under the sun is what in your lifetime for others you've done." Ruth Smeltze

"Freely you have received, freely give." Matthew 10:8

"Be generous. Invest in acts of charity. Charity yields high returns." Ecclesiastes 11:1

PRACTICAL APPLICATION & EXAMPLES OF SUGGESTED ACTIVITIES:

Five ways you can show caring for others this week:

1. Take the time to really listen to someone. Set aside what you are hoping to say. Ask questions to show you are interested in understanding what they mean. Listen for the message being shared beyond the words being spoken.
2. Write a thank you note to someone who has been important in your life journey. Tell them why they have made an impact and what it has meant to you.
3. Take time to visit an older person this week OR take care of a child. Let the agenda of your time together be theirs to chart – ask questions about their childhood or to share a memory about an adventure; play cards; read books; watch a funny show together.
4. Be someone's "secret Santa" this week! Make or get a small gift and leave it for this person as a surprise. Tell them why they are special in the world – how they make a positive difference.
5. Tell someone you work or live with that you appreciate them/who they are. Be specific with the characteristic you admire most.



HONESTY

"Honorable in principles, intentions and actions; upright and fair."

"Love and truth form a good leader; sound leadership is founded on loving integrity." Proverbs 20:28

"Being honest may not get you a lot of friends, but it will always get you the right ones." Anonymous

"If you tell the truth you don't have to remember anything." Mark Twain

"Speak the truth even if your voice shakes." Anonymous

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me." Psalm 51:10-11

"Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates." Deuteronomy 6:4-9

"Whatever you do, work at it with all your heart, as working for the Lord, not for men."
Colossians 3:23

"Do not steal, do not lie, do not deceive one another". Leviticus 19:11

"If we claim to have fellowship with Him and yet walk in the darkness, we lie and do not live out the truth." 1 John 1:16

"God is not human, that He should lie, not a human being, that He should change His mind. Does He speak and then not act? Does He promise and not fulfill?"
Numbers 23:19

"I have no greater joy than to hear that my children walk in truth." 3 John 4

"You can do anything, but not everything." David Allen

"If you tell the truth, you don't have to remember anything." Anonymous

"Truthful lips endure forever." Proverbs 12:19

"When you feel like you just have to say something – that's the most important time to hold your tongue." Anonymous

"A good man is known by his truthfulness, a false man by deceit and lies." Proverbs 12:17

"Better to be poor and honest than to be dishonest and rich." Proverbs 28:6

"Keep your promises, do what you say and say what you do." Anonymous

"When in doubt, tell the truth." Mark Twain

PRACTICAL APPLICATION & EXAMPLES OF SUGGESTED ACTIVITIES:

7-day Honest Challenges – for 7 days try one of the following by keeping an honesty journal:

1. Track all of the food you eat.
2. Track all of the exercise you do.
3. Track all of the electronic time (TV, computer and smart-phone/texting) you engage in.
4. Track all the ways you are tempted to not be honest in your conversations.
5. Track the ways you feel you have spoken the truth (even difficult truths) in love.
6. After the week of tracking, ask yourself if there is honestly anything you want to change and then make a plan to DO IT!

Mission Moment **Coaching with Core Values**

" Our Heart of the Valley YMCA 3rd grade flag football coach totally portrayed the core values of the Y this year. He cared about each player like he/she was his own child. He was fair and honest with each player, making sure that everyone had an opportunity to play each position. He was on-time every week and has his play book in hand waiting to teach the children everything he knew about football. I can't speak for every player on my son's team, but my son did say that he loved his coach — He's a lot of fun and really knows his stuff!"

RESPECT

"To hold in esteem or honor, show consideration for; to refrain from intruding upon or interfering with."

"Respect people's feelings even if it doesn't mean anything to you, it could mean everything to them." Anonymous

"When everyone learns to respect each other's differences, peace will be our reward." Epton PS

"Respect those friends who find time for you in their busy schedule, but really love those friends who never see their schedule when you need them."
Anonymous

"Honor your father and mother, which is the first commandment with a promise."
Ephesians 6:2

"Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you." 2 Corinthians 13:11

"Do not judge and you will not be judged. Do not condemn and you will not be condemned. Forgive and you will be forgiven." Luke 6:37

"The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things."
Galatians 5:22-23

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." James 1:19

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not alone." 1 Corinthians 6:19

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brother, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things."
Philippians 4:4-8

"Each of you must respect your mother and father, and you must observe My Sabbaths. I am the Lord your God." Leviticus 19:3

"Whatever you do in word or deed, do all in the name of the Lord Jesus."
Colossians 3:17

"The name of the Lord is a strong tower; the righteous run to it and are safe."
Proverbs 18:10

Please and Thank-You are still magic words. "Don't worry about anything, instead pray about everything; tell God your needs and don't forget to thank Him for His answers." Philippians 4:6

"You must be respectable, if you will be respected." Lord Chesterfield

"Never look down on anybody unless you're helping them up." Jesse Jackson

If I take care of my character, my reputation will take care of itself.
"Righteousness guards the man of integrity." Proverbs 13:6

"A man never discloses his own character so clearly as when he describes another's." Anonymous

"Don't be selfish, don't try to impress others. Be humble, thinking of others as better than yourselves." Philippians 2:3

A good reputation is more valuable than money. "A good name is rather to be chosen than great riches." Proverbs 22:1

Spoken words can't be erased, don't blurt out what might hurt. "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Ephesians 4:29

It's nice to be important but it's more important to be nice. "Finally, all of you, be like-minded and show sympathy, love, compassion and humility to and for each other."
1 Peter 3:8

If you were given a nickname descriptive of your character, would you be proud of it? Anonymous



PRACTICAL APPLICATION & EXAMPLES OF SUGGESTED ACTIVITIES:

Respect means a feeling or understanding that someone or something is important, serious, etc., and should be treated in an appropriate way. Respect does not mean you have to AGREE with the other person – it means that you honor who they are and what they stand for. It is the work of the Holy Spirit to change the minds and hearts of people.

Try using some of these phrases to show respect this week:

- I can see that this event is very important to you.
- I see you feel very strongly about this point/event/situation/person.
- I admire the hard work you have put into this project.
- I hear how passionate you are when you talk about this subject.
- If you are going to share an opposite view, preface by saying something like, "I respect that you might look at this issue differently. Here is how I see it ..." and do so with no intention of changing the other person's mind – the only goal is sharing a different opinion.

Try using these non-verbal clues to show respect this week:

- Look the speaker in the eye as he/she talks.
- Do not interrupt the speaker and ask clarifying questions for understanding.
- Smile and nod encouragingly.
- Check to see if the speaker is comfortable – if he/she seems to be uncomfortable try to change the environment in some fashion to make it better.



RESPONSIBILITY

Responsibility: The reliability or trustworthiness to do what is expected of you.

If a task is once begun, never leave it till it's done. Be the labor great or small, do it well or not at all.

"Do what you can, with what you have, where you are." Theodore Roosevelt

"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10

"You cannot escape the responsibility of tomorrow by evading it today." Abraham Lincoln

"The greatest gifts you can give your children are the roots of responsibility and the wings of independence." Denis Waitley

"So then, each of us will give an account of himself to God." Romans 14:12

"Do not keep good from those who should have it, when it is in your power to do it." Proverbs 3:17

"My children, let us not love with words or in talk only. Let us love by what we do and in truth." I John 3:18

"Whatever you do, do it enthusiastically, as something done for the Lord and not for men." Colossians 3:23

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." James 1:19

"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity." 1 Timothy 4:12

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." Mark 12:30

"Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on His law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers." Psalm 1:1-3

"Commit to the LORD whatever you do, and your plans will succeed." Proverbs 16:3

"But thanks be to God! He gives us the victory through our Lord Jesus Christ. Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain." 1 Corinthians 15:57-58

"Hear, O Israel: The LORD our god, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates." Deuteronomy 6:4-9

"Whatever you do, work at it with all your heart, as working for the Lord, not for men." Colossians 3:23

"Be on your guard; stand firm in the faith; be men of courage; be strong."
1 Corinthians 16:13

Winners are not people who never faint but people who never quit. "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees." Hebrews 12:11-12

"The greatest mistake we can make is to stay on the ground after falling."
Victor Manuel Rivera

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."
Martin Luther King Jr.

"We teach what we know, but we reproduce what we are." John Maxwell

"We are what we repeatedly do; excellence, then, is not an act but a habit."
Aristotle

"Success isn't something you chase. It's something you have to put forth the effort for constantly. Then it'll come when you least expect it." Michael Jordan

"Trust God to move mountains, but keep on digging." Anonymous

"Pray as if everything depended on God, and work as if everything depended upon man." Anonymous

"When you do the things you have to do when you have to do them, the day will come when you can do the things you want to do when you want to do them."
Anonymous

"Maturity doesn't come with age; it comes with acceptance of responsibility."
Anonymous

PRACTICAL APPLICATION & EXAMPLES OF SUGGESTED ACTIVITIES:

1. Try arriving 10 minutes early to every appointment and meeting this week.
2. Ask yourself what the goals are for each task that you are performing. At the end of the task, double-check to see if you have met these goals.
3. Keep a list of tasks and meetings you are responsible for. As they are completed, cross them off.
4. Ask for clarification on details of tasks and projects to ensure maximum understanding.
5. Be honest about agreeing to do tasks; if it is not a good fit with your personality or skill set – say 'no' politely!
6. Guard against overscheduling of tasks and activities; BUILD IN BREAKS AND DOWN-TIME INTO EACH DAY!

Dear God,

We thank You for the many opportunities You give us every day to truly make a difference in the lives of others through our YMCA. We ask for your help and blessing on our efforts to nurture the potential of our youth, to promote spiritual, emotional and physical well-being for all, and to strengthen our communities.

May we use this inspirational booklet often, and may it serve as an extension of Your love to our YMCA members, along with encouraging us to grow in our faith and how we live it out in our daily lives. With Your help, may we build a healthy spirit, mind, and body for all.

Amen.



Statement of Faith

YMCA of the Fox Cities

The YMCA, initiated in 1844 by George Williams, was originally a refuge for prayer and Bible study for young men who had relocated to London from rural areas in search of work. Following this, in 1851, Thomas Valentine Sullivan established the first YMCA in the United States at Boston’s Old South Church, continuing this legacy of Christian values. Over the years, the YMCA has grown and transformed, diverging from its initial vision yet retaining its foundational principles.

At the YMCA of the Fox Cities, we uphold the founding philosophy of nurturing Spirit, Mind, and Body. Our approach focuses on comprehensive health and wellbeing, giving balanced attention to each aspect, and includes spiritual development as a key component of our community engagement.

This spiritual emphasis starts with our team, who practice compassion, love, and respect in their interactions, embodying a culture reflective of Christ’s teachings. This philosophy is palpable across our organization. Our activities include prayers for colleagues, programs, and members, alongside guiding the youth towards the compassionate teachings of Jesus Christ through our core values of Caring, Honesty, Respect and Responsibility. Our commitment to God’s vision is evident in our meetings, which often commence with devotional reflections, prayer, and sometimes scripture.

While our roots lie in Christian faith, the YMCA of the Fox Cities warmly welcomes all individuals. Our strength stems from our daily application of Christian principles in every service and interaction. We are committed to upholding and honoring the YMCA’s rich Christian heritage in all our endeavors.

We extend an invitation to you to join us in this mission, ensuring that the Christian emphasis (‘C’ in YMCA) remains at the forefront and that our community is inclusive and open to all.



Through our mission, we are committed to helping you build a healthy spirit. The Y offers a variety of ways for you to further your spiritual development.

**Learn more about
Spiritual Development at the Y**

ymcafoxcities.org/spiritual-development

