

Baseball Team Devotion-The Two Seam Fastball

Scripture Lesson: Psalms 46:1-11

When a pitcher gets in trouble with runners on base and isn't overpowering, often times they resort to the two seam fastball or the sinker. This fastball tends to sink which makes hitting a ground ball the desired result. For it has been said that a double play is a pitcher's best friend. When pitchers can throw a good two seam fastball ground balls are often what happens. With a strong infield defense, a double play usually happens in that situation. The double play tends to either get the pitcher out of trouble or minimize the damage done in the inning. When runners are on base, have you ever said to your pitcher, "Hey, throw us a little ground ball." What in fact you asking him to do is throw the two seam fastball or sinker to get out of trouble in the inning.

In our Scripture lesson today we learn where we can turn when we get in trouble in the game of life. Psalm 46:1 says, "God is our refuge and strength, an ever-present help in trouble." Wow, what an awesome promise from His Word! God will be there for us to provide strength and refuge. We need not be afraid of what the world can throw at us for the Bible says God is an ever-present help. God is with us ALWAYS! The Psalmist goes on to say that no matter what happens, earthquakes and storms in life, God is with us and He is our fortress. The next time you get ready to throw that two seam fastball to get that groundball or you ask your pitcher to throw a little ground ball to get out of trouble, remember that God is always there for us in our time of need and trouble. We can always rely on the One who is our refuge and strength, an ever-present help in trouble. God will be with us and our fortress to defeat times of trouble. Isn't that a great thing to remember?

Visual aid: Give the baseball to a pitcher and have him show his two seam grip

