

WEEK 1

Purpose – Icebreaker

*At the beginning of practice – play **The Name Game***

1) Have each player give his/her name and tell you the athlete they would most like to be and why.

2) You, the coach, now try to go around and name each of the players and the athlete he wants to be like – this may be challenging

3) Have each player go around and try to name all the players with the hero's name.

During a water break, find out from your players

- Where they go to school
- Whether they have brothers and sisters
- What they like to do in their free time

Tell them a snippet of your story – you will do more of this through the season. This would include

- Where you grew up
- Where you went to school
- Whether you have brothers and sisters
- What you liked to do in your free time when you were their age

WEEK 2

Purpose – for the players to recognize the importance of developing awareness of what is around them – particularly God and his kingdom

Football Skill – See the Field

Life Principle – Awareness of something outside of yourself

Comments – (Make age appropriate. During practice.)

- There are things in life that you either carry or have around you that you need to become aware of – like your books, your backpack, your wallet, your phone.
- Your parents want you to protect them. The way you protect and know where these things are is just like we do with the football. You must be aware of where it is, and how you are holding it. You must also be aware of the other players on the field and the sidelines.
- Goal is that this awareness of this item would become a part of you – ie “second nature”

Biblical Truth – God is present, whether we are aware of it or not. We need to develop our awareness of his presence and work.

Comments - (Make age appropriate. During practice.)

- Romans 1:20 – God has revealed himself to us!
- There is something around us all the time that we cannot see. Therefore, we may or may not be aware of it. That something is God.
- The Bible speaks of this in Ephesians 4:6 – Our God ...”Father of all, who is over all and through all and in all. He is in and through all – that means everything. To be in everything he has to be everywhere. All the time. Because he is everywhere, he is always with us.
- But because we don’t see him, we need to learn to be aware that he is there and with us. Everywhere. All the time. We do that by the same way we do with the football or our backpack – we practice God’s presence. How? We practice reminding ourselves of the fact that he is there. We remind ourselves everywhere we go that God is there with us!

WEEK 3

Purpose – To learn the importance of “loose” control

Football Skill – Ball Control

Life Principle – Develop control of themselves

Comments - (Make age appropriate. During practice.)

- Want to talk about this idea of “loose control” when you are at school. Can you do anything you want at school? (No.) So when the teacher asks you to do something, you have to stop yourself from doing what you want and cooperate with her/him. Right? For you to advance as a student, you need to have control of yourself.

Biblical Truth – God wants to show us how to know how to learn this control.

Comments - (Make age appropriate. During practice.)

- Just like I as the coach have to teach you how to control the ball, and your parents and teacher need to show you how to control yourself in school, God has promised to show us how to control ourselves in all of life. Everywhere. All the time because he alone is everywhere and always with us.

- The Bible speaks about this when it says, “The Fruit of the Spirit of God is self-control.” Galatians 5:22-23

- So as we develop this control of the ball, let’s remember that God wants to give us this self-control to keep growing in our relationship with Him and others.

WEEK 4

Purpose – To see the importance of giving away what we value (serving)

Football Skill- Passing the Ball

Life Principle – Greater joy comes from sharing rather than keeping for ourselves.

Comments - (Make age appropriate. During practice.)

- Sharing is a part of all of our lives. You practice this at home with your brothers and sisters when you share your (Fill in blank or ask them – could be candy or Wii or some game,)
- If you keep it all for yourself, then you don't let them have any joy. This is called selfishness.
- Just like in football, if we do this in life, we eventually lose our joy.

Biblical Truth – Sharing with others is serving – by making their joy our joy.

Comments - (Make age appropriate. During practice.)

- God calls this kind serving – when we want to share ourselves with someone Else..
- The greatest person who ever lived, Jesus Christ, said this about himself. “The Son of Man didn't come to be served but to serve and to give his life as a ransom for many.”
Mark 10:45
- Jesus set an example of service for us by giving His own life for us!
- So with Jesus as our example, let's keep practicing serving and remember what this opportunity presents – a chance to keep for ourselves or share the joy with others.

WEEK 5

Purpose – To see the reality that everyone is important – you to others and others to you

Football Skill – Advancing the Ball by Passing (rather than running)

Life Principle – We need others to effectively accomplish tasks in life. Others need us to effectively accomplish tasks in life.

Comments - (Make age appropriate. During practice.)

- There are two common misconceptions people have – I don't need other people. Other people don't need me. We see this on the football field – players either think the team doesn't need them or they don't need the team.
- When you believe that if you don't have the ball, you work on spacing and blocking
- When you believe that and have the ball, you pass the ball to your teammate.
- We have things in life where we need others and others need us. Can you think of an example of this in your family?
 - o You need your parents to provide clothes, food, etc.
 - o Your parents need you to help around the house – do chores.
- How about at school?
 - o You need the teacher to teach you – pass along the information like a football.
 - o She needs you to cooperate and listen to receive that information.

Biblical Truth – God has designed us to work together – needing others and others needing us.

Comments - (Make age appropriate. During practice.)

- This truth – others need us and we need others – is mentioned in the Scriptures in 1 Corinthians 12.
- The writer Paul says it this way. “Now the body is not made up of one part but of many.”
- Here he is using our physical body as the illustration.
- Which ones are important? (They all are.)
- Paul then addresses those who think they are not needed or important and says, “and if the ear should say, ‘because I am not an eye, I don't belong to the body.’” Or because I am not an eye the body doesn't need me.
- Paul then says, “God has arranged the parts in the body every one of them as he wanted them to be.” They are all important. All with a significant contribution.
- Then Paul addresses those who think they don't need others by saying “The eye cannot say to the hand, ‘I don't need you. On the contrary those parts of the body that seem to be weaker are indispensable.” This is the way God made it.
- We need each other. Others need us.
- When Paul makes these pictures, he is talking about the church. If you are a believer, you need the other members of the church. We need to be in church and with other people who love God.
- You are important to others. They are important to you. This is the way God designed The church. The church is God's team, and it needs to be unified to work together

WEEK 6

Purpose – for players to realize the greatest goal of life

Football Skill – looking for scoring opportunities

Life Principle – It is often very confusing/difficult to determine what it means to score in life.

Comments - (Make age appropriate. During practice.)

- It is clear in a football game what it means to score – you get the ball in the end zone.
- But in life it sometimes isn't quite so clear. What do you think it means to score in life?
- Do you notice the difference in our answers? So which one is right?
- How do we know the best or right answers to what is the goal of life?

Biblical Truth – God has made it clear what His goal is for our lives.

Comments - (Make age appropriate. During practice.)

(inventor of the game)

- So who determines the goal of life? Inventor of life. And who is that?

God

- He did this in the Scriptures.
- So what is God's goal? For us to follow His will (His commands) and glorify Him.
- How do we do that? By obeying what he has said to do in life.
- Can you think of some things he has told us to do?
- Doing these things, makes him happy.
- That is why the apostle Paul says, "I make it my goal to please God." (2Corinthians 5:9)
- In 1Corinthians 10:31 he tells us "Whatever you do, do it all to the glory of God"
- When we talk about glorifying God, it means that our lives should show others how great our God is!

WEEK 7

Purpose – for the players to have a mindset that equips them to get rid of the things in life they need to

Football Skill – Defensively moving the ball away from the defense

Life Principle – We need to remember who we are and recognize those dangers that come our way.

Comments - (Make age appropriate. During practice.)

- In football if you are on defense, you need to think of the ball as something you need to get push back, move away from your end zone.
- Life has certain things like that that you need to get rid of. Can you think of some things that are bad for you that when they come you need to get away from? (drugs, lying, cheating, but probe more for attitudes as well like anger, selfishness, jealousy)
- Life is just like that. To rid ourselves of bad things, we first need to remember who we are and where we are.
- Second, we need to be aware of the dangers that are coming at us. We need to recognize those things that we need to stay away from

Biblical Truth – God provides us with truth about what we need to get rid of and the help to do so.

Comments - (Make age appropriate. During practice.)

- God has told us what those things are in the Scriptures. One example where he did that is in Colossians 3:8 – ⁸But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.
- These are just some of many things we need to get away from in our lives.
- The Bible calls these things we need to get rid of sin. When we are offered the opportunity to do these things, we call that temptation. (Give an example)
- Learning about these things is one of the reasons we read the Bible. To see the dangers, so we can get rid of them.
- But God doesn't just tell us what to get rid of and then leave us alone to do it by ourselves. He has promised to come alongside us and help us when we face these temptations. He says whenever we are tempted, he will provide "the way of escape" so that we can get away.
- So when you are facing something that you need to escape, ask God for help. He promises he will help you.
- One of the ways he does that is to give you teammates and a coach in life just like on this team. If you have something in your life these days that you are having a hard time getting rid of that you know you should – like playing defense but not doing it very well – then let me know. I would love to talk to you about it and pray for you.

WEEK 8

We would like you to spend the last devotion reinforcing the importance of the Gospel in the daily life of the believer.

The Gospel is not something we need to hear only once, it is something we must remind ourselves of every day. We know that works do not lead to righteousness (Ephesians 2:8-9) but we also know that we are commanded to do good works. So what is our motivation? God requires our obedience to His law, but if we are saved, why should we obey it?

We don't just obey God's law to avoid punishment, we obey it because we have been brought to what the Bible calls new life.(2 Corinthians 5:17. Our old life stopped when we believed in Jesus. We haven't been redeemed so we can continue living in disobedience to God's Word. We have been saved to "walk in newness of life." We were dead in our sin, but Christ has made us alive!

If you are wondering what God's will is for your life now that you are a believer, the Bible tells us clearly. 1 Thessalonians 4:3 tells us, "For this is the will of God, your sanctification." Sanctification means being set apart. It means that God's will for our life is holiness. Now because of the Gospel, we are called to live a holy life. The Bible tells us 'be holy, for I am holy.'

We know that we could never reach holiness by our works, but that is the beauty of the Gospel. Christ not only died for our sins, he lived for our holiness. His righteous works are seen in the place of our unrighteousness. So we are called to live out our faith, not to save ourselves, but to be obedient to our Savior. Does it really show that we believe something if we don't live it out? No! The book of James tells us that faith without works is dead; it is not real faith.

One of the most important things for a believer is to be faithfully involved in a church. God tells us to not put off assembling, or gathering together. The church is not a building, but the people of God. When we come together at church to worship God, we are given the Word of God through preaching, and preaching is actually called "the power of God to salvation." We go not only out of obedience, but also to be blessed by hearing the Gospel taught!

Not only is public worship important, but in order to grow spiritually, we have to be sure to read and think on God's Word. How can grow to be more like Jesus, if we don't read more about who God is? We must also be sure to pray, because prayer is not just talking to God, it is putting our will in line with God's. This is part of why Jesus said, "thy will be done" in His prayer. If you

have any questions about anything we have learned this season, please talk to me or any of the Sports Ministry staff members, we would love to talk to you or your parents any time!