

# EMBRACING COACHABILITY

The Christian Athlete's Journey

BIBLE STUDY

## 01 OBJECTIVE

To explore the importance of coachability for Christian athletes, understanding how humility, respect, and a teachable spirit contribute to personal growth, team success, and spiritual development.

## 02 OPENING PRAYER

Heavenly Father, as Christian athletes, we gather to explore the value of coachability in our journey. Grant us open hearts and minds to receive Your wisdom and guidance as we seek to grow in humility and teachability. **AMEN.**

## 03 BIBLICAL REFLECTION

Read **PROVERBS 19:20**. Reflect on the wisdom of being open to instruction and advice, recognizing that it leads to success and growth, both in sports and in life.

## 04 DISCUSSION

- Share personal experiences of times when you struggled with coachability or witnessed its importance in sports and life.
- Discuss the qualities of a coachable athlete, including humility, respect, willingness to learn, and resilience in the face of feedback or criticism.
- Explore the parallels between coachability in sports and the Christian journey, recognizing the importance of being receptive to God's guidance and correction in our lives.

## 05 APPLICATION

- Reflect on your coachability as an athlete. Are there areas where you can grow in humility and openness to feedback?
- Identify specific steps you can take to cultivate a more coachable attitude, such as actively seeking feedback, listening attentively to coaches and teammates, and embracing opportunities for growth and improvement.
- Commit to approaching your athletic journey with a spirit of humility and teachability, recognizing that God often uses coaches, teammates, and challenges to shape us into the people He wants us to become.

## 06 CLOSING PRAYER

Gracious God, we thank You for the opportunity to grow and learn as Christian athletes. Help us to embrace coachability as a pathway to personal growth, team success, and spiritual development. May Your spirit guide us in all we do. Our Father, who art in heaven... **AMEN.**

# PROCLAIMING CHRIST

Christian Athletes as Witnesses

BIBLE STUDY

## 01 OBJECTIVE

To empower Christian athletes to boldly and confidently proclaim Jesus, whether in public settings or during post-game interviews, and to recognize their role as ambassadors for Christ.

## 02 OPENING PRAYER

Heavenly Father, we gather before You grateful for the opportunity to represent You on and off the field. We ask that you grant us courage and wisdom as we discuss how to boldly proclaim Christ in a variety of public-facing settings.

**AMEN.**

## 03 BIBLICAL REFLECTION

Read **MATTHEW 10:19-20 AND EPHESIANS 6:19-20**. Reflect on the call to be witnesses for Christ and the promise of His power to enable us to boldly proclaim His name.

## 04 DISCUSSION

- Share personal stories of times when you felt prompted to speak about your faith in a public setting or during an interview. Discuss the impact these moments may have had on your own spiritual journey and the lives of others.
- Explore the idea of courage when sharing the Gospel, acknowledging how natural fears may arise, but with the promise of God's presence and graces.
- Discuss strategies for boldly sharing your faith in various contexts, including interviews or press conferences, social media, and everyday conversations.

## 05 APPLICATION

- Reflect on your own experiences with interviews, both past and potential future ones. Consider how you can use these opportunities to share your faith in a natural and genuine way.
- Practice articulating your faith story in a concise and compelling manner, suitable for sharing during interviews. Include key points or Bible verses that resonate with you and can effectively convey your message.
- Challenge yourself to actively seek out opportunities to share your faith in various public-facing situations, whether through mentioning how your faith impacts your performance or by directly sharing a personal testimony.

## 06 CLOSING PRAYER

Lord, we thank You for the privilege of being Your witnesses in the world. Fill us with Your Holy Spirit and give us boldness to proclaim Your name with confidence and grace, even in the midst of interviews and public appearances.

May our words and actions point others to the love and salvation found in Jesus Christ. Our Father, who art in heaven... **AMEN.**

# THE ATHLETE'S SABBATH

Finding Spiritual Rest and Renewal

BIBLE STUDY

## 01 OBJECTIVE

To explore the importance of incorporating Sabbath principles into the lives of athletes, understanding how intentional rest and renewal can impact performance, well-being, and overall spiritual connection.

## 02 OPENING PRAYER

Heavenly Father, as athletes who strive for excellence, we acknowledge the importance of rest and renewal in our journey. Guide us, now, as we explore the significance of incorporating Sabbath principles into our lives. **AMEN.**

## 03 BIBLICAL REFLECTION

Read [MARK 2:27-28](#). Reflect on Jesus' teaching about the Sabbath being made for humanity, understanding its relevance to athletes and the importance of prioritizing rest and spiritual renewal.

## 04 DISCUSSION

- Share personal experiences of the challenges athletes face in finding time for rest and spiritual renewal amidst demanding schedules and competitions.
- Discuss the physical, mental, and spiritual benefits of observing regular periods of rest and renewal in the context of athletics.
- Discuss how athletes can honor Sabbath principles, such as setting aside time for rest, reflection, and worship without becoming slothful or having the guilt of feeling lazy.

## 05 APPLICATION

- Reflect on your current approach to rest and renewal as an athlete. Are there areas where you can integrate Sabbath principles to enhance your well-being and performance?
- Consider the importance of regular participation in Sunday worship. Commit to prioritizing intentional worship to honor Our Lord and Sabbath principles.
- Identify specific practices you can incorporate into your routine, such as scheduling rest days, engaging in mindfulness exercises, or participating in group discussions like this.

## 06 CLOSING PRAYER

Lord God, we thank You for the gift of rest and renewal, especially in the midst of our athletic pursuits. Help us to honor You by incorporating Sabbath principles into our lives, trusting these will strengthen us both spiritually and athletically. Our Father, who art in heaven... **AMEN.**

# GUARDING THE MIND

Navigating Media Influence as Christian Athletes

BIBLE STUDY

## 01 OBJECTIVE

To explore the impact of media on the minds of Christian athletes and to provide strategies for discerning and engaging with media in a way that aligns with biblical values and promotes living for God's kingdom.

## 02 OPENING PRAYER

Heavenly Father, we come before You recognizing the influence of media on our minds and hearts. Grant us wisdom and discernment as we navigate the digital landscape and seek to honor You in all we consume. **AMEN.**

## 03 BIBLICAL REFLECTION

Read [PHILIPPIANS 4:8](#). Reflect on Paul's exhortation to focus on whatever is true, noble, right, pure, lovely, and admirable, emphasizing the importance of guarding our minds and hearts.

## 04 DISCUSSION

- Share personal experiences of how media, including social media, news, and entertainment, has influenced your thoughts, attitudes, and behaviors.
- Discuss the potential benefits and dangers of media consumption for Christian athletes, including its impact on mental health, spiritual growth, and relationships.
- Explore biblical principles for discerning media content and engaging with it in a way that aligns with God's values.

## 05 APPLICATION

- Reflect on your current media consumption habits. Are there sources of media that have a negative influence on your mindset or spiritual walk?
- Identify specific steps you can take to guard your mind against harmful media influences, such as limiting screen time, curating your social media feed, and seeking out uplifting and edifying content.
- Commit to cultivating a media diet that promotes spiritual growth, mental well-being, and a deeper commitment to living for God's kingdom.

## 06 CLOSING PRAYER

Gracious God, we thank You for the gift of discernment and wisdom. Help us to guard our minds and hearts against negative media influences, choosing instead to focus on what is true, noble, right, pure, lovely, and admirable. May our media consumption reflect our desire to honor You in all we do. Our Father, who art in heaven... **AMEN.**