

# ATHLETE'S HANDBOOK

# GLORY



Athlete's Handbook: Glory  
FCA Group Meetings and Training Time  
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# GLORY



**"WE ALL, WITH UNVEILED FACES, ARE LOOKING AS IN A MIRROR AT THE GLORY OF THE LORD AND ARE BEING TRANSFORMED INTO THE SAME IMAGE FROM GLORY TO GLORY; THIS IS FROM THE LORD WHO IS THE SPIRIT." —2 CORINTHIANS 3:18**

## THE JOURNEY

**Once upon a Time**, I strived for individual success leading to self-serving glory. **And Every Day**, I lacked the ability to live up to the expectations placed on me. **Until One Day**, God showed me He can do more with my surrender than my performance. **And Now**, I reflect God's glory as a disciple maker because I seek His Kingdom first.

## FROM MY GLORY TO HIS GLORY

### Meeting 1: CHASING GLORY

I'm created for God's glory, not chasing my own. **Isaiah 43:7**

### Meeting 2: REVEALED GLORY

God's glory is revealed to me through Jesus, and I can have a relationship with Him. **John 1:14**

### Meeting 3: REFLECTING GLORY

God's glory is reflected in my life as I become more like Him.

**2 Corinthians 3:18**

### Meeting 4: LASTING GLORY

When my hope is in God's lasting glory, I will seek His Kingdom first. **Matthew 6:33**

## HOW TO USE THE MEETINGS

**At Camp:** These four concepts were designed to fit together for a complete message at camp. It's not recommended to completely skip any of the topics. You can choose to break up the concepts to fit the number of meeting times for your camp

or event. The DBS sets can be used as additional meetings or individual study times.

**In Huddles:** These four topics are intended to lead you on the journey trading my glory for God's glory. Each meeting can be studied with your Huddle over a semester or a sports season. The additional key points and DBS sets allow more intentional study at a slower pace.

**Discovery Bible Study (DBS):** A Discovery Bible Study template is added to the end of each meeting. This inductive Bible study method is focused on diving deeper into God's Word. You can use these with athletes and coaches within camps, Huddles or any ministry program.

**Leader Guide:** For warm-ups, games, icebreakers, and tips on how to lead the Huddle times, scan the QR code on the top of the page.

## POST MEETING PAGES

### DEFINITIONS:

#### What Is Glory?

Glory is solely weight. Everything will influence its surroundings and draw attention to what is more magnificent.

#### What Is God's Glory?

The weight of everything that makes God, and the sharing of this weight for the benefit of self and others, is God's glory.

#### What Does it Mean to Give God Glory?

To honor God is to make Him pleased and to emphasize His character rather than ours.



# THE FOUR



## THE GOSPEL EXPLAINED IN FOUR SIMPLE TRUTHS

The FOUR is a simple, repeatable way for anyone to share the Gospel.



### GOD LOVES YOU

God made you and loves you! His love is boundless and unconditional. God is real, and He wants you to personally experience His love and discover His purpose for your life through a relationship with Him.

*Genesis 1:27; John 3:16*



### SIN SEPARATES YOU

Sin damages your relationships with other people and with God. It keeps us from experiencing the fulfilling life God intends for us. The result: you are eternally separated from God and the life He planned for you.

*Isaiah 59:2; Romans 3:23; 6:23*



### JESUS RESCUES YOU

Jesus died, but He rose to life again. Jesus offers you peace with God and a personal relationship with Him. Through faith in Jesus, you can experience God's love daily, discover your purpose and have eternal life after death.

*Romans 5:8; 1 Corinthians 15:3-8;  
1 Peter 3:18*



### WILL YOU TRUST JESUS?

You choose to trust Jesus when you believe and confess that Jesus is Lord and surrender your life to Him. Are you ready to place your trust in Jesus?

*John 1:12; Ephesians 2:8-9;  
Romans 10:9-10; Revelation 3:20*

The **FAITH RESPONSE TOOL** is for coaches and athletes who have recently made a decision to **START** a relationship with Jesus or they desire to **GROW** in their relationship with Jesus. To use the tool, simply text **GOFCA** to **46322** or **SCAN THE QR CODE**



After completing the form, you will receive a series of short "first steps" videos from professional athletes. These videos are designed to help coaches and athletes grow in their relationship with Jesus Christ.



# DISCOVERY BIBLE STUDY TRAINING

Use the guide below to lead your FCA Huddle in a Discovery Bible Study.

## WELCOME

Welcome and Quick Conversation Starters.

## WARM-UP

Next, form an “I will...” statement for the following accountability questions. Notice that this will begin being used the second time you meet. If this is your first meeting, respond to the question with how you will obey this week and whom you will share this with. Then move on to the Bible reading. Athletes need to answer these questions in the form of an “I will...” statement. (I will choose to trust God in frustrating situations in my sport.)

## WORKOUT

Choose a passage from the suggested DBS Bible stories within the handbook to begin reading your Bible.

- Read the passage aloud; everyone follows along with their eyes.
- Read the passage a second time, but this time close your eyes and listen.
- Together, retell the story in as much detail as you can without looking at the Bible.

Now, look back at these Scriptures and answer the questions. Be sure to reference the specific verse in your answer. (Ex. John 1, Verse 1 says that the Word was God and with God.)

## WRAP-UP

Consider the truths about God and people that you wrote down. Lead your Huddle into a discussion on how they can take action this week through the form of an “I will...” statement.

By God’s grace how will you obey God’s Word this week?

- Pray and ask God what truth He wants you to focus on this week.
- On the Discovery Bible Study sheet, write a one-sentence, “I will...” statement capturing this conviction.

Who will you share this Scripture passage with this week?

- Pray and ask God who needs to hear this.
- Write down one name and be intentional about sharing with them.

# DISCOVERY BIBLE STUDY TEMPLATE

Use this QR code to download and print this template.



## WELCOME

1. What are you thankful for?

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2. What are you struggling with?

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## WARM-UP

3. How did you obey last week?

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4. Whom did you share with?

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## WORKOUT

### TODAY'S SCRIPTURE:

5. What does this say about God?  
(Father, Son, Holy Spirit)

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6. What does this say  
about people?

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## WRAP-UP

7. By God's grace how will you  
obey God's Word this week?

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8. Whom will you share this  
Scripture passage with this week?

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# GLORY ATHLETE'S MEETINGS

## CHASING GLORY PART 1

**“EVERYONE WHO BEARS MY NAME AND IS CREATED FOR MY GLORY. I HAVE FORMED THEM; INDEED, I HAVE MADE THEM.” —ISAIAH 43:7**

### WELCOME

When you win a game, achieve an athletic goal, shine in a performance or break a record, your natural response as a competitor is to want the credit and whatever reward is attached to that success. Another way you might describe it is “glory,” which can come in the form of recognition, renown, prestige, fame or honor. There’s nothing inherently wrong in desiring good outcomes from your hard work. But if that’s your number one goal as a competitor, it will never be as fulfilling as you hope it might be. You’ll always be tempted to chase your own glory if you don’t understand your true identity and purpose.

### WARM-UP

**WHO AM I?**

### WORKOUT

**IN HIS IMAGE**

The miraculous story of Creation can be found in the first two chapters of Genesis. But God wanted more than to admire the beauty of His workmanship. Something was missing. On the sixth day, God created man and woman so He could enjoy fellowship with someone like Him. And He didn’t hold back in His design.

**“THEN GOD SAID, ‘LET US MAKE MAN IN OUR IMAGE, ACCORDING TO OUR LIKENESS.’” —GENESIS 1:26**

In a time where physical appearance is such a dominant part of culture, it’s incredible to know that every single person ever born (including you) was created in God’s image because of His great love for humankind.

Scan for  
warm-ups



- Q: How much do you think about your outward image as a competitor or elsewhere in your daily life?
- Q: How does knowing you're made in God's image impact the way you view yourself and how much thought you should put into how others view you?

## FOR HIS GLORY

When God created Adam and Eve, He also gave them a purpose for their existence. Beyond a personal relationship, they were made to populate the earth and to steward the planet's resources. But ultimately, God created people to bring Him glory. Like Adam and Eve, you too were created in God's image. And just like them, you were created for a great purpose. As Isaiah 43:7 says, you were created for His glory. That means God made you as a testament to His greatness, creativity, power, sovereignty, and perfection. In other words, God created you to reflect the essence of His glorious nature and being, which is infinitely greater than any purpose you could desire.

- Q: What do you think are some of your primary purposes in life?
- Q: How might embracing the truth that you are created for God's glory change the way you approach competition?

## WRAP-UP

If you're struggling with the concepts of identity (knowing who you are) and purpose (knowing why you are here), you need to remember that you are:

- **Created in His Image:** You are who God meant you to be. His perfect love was behind every part of your unique design.

**“SO GOD CREATED MAN IN HIS OWN IMAGE; HE CREATED HIM IN THE IMAGE OF GOD; HE CREATED THEM MALE AND FEMALE.” —GENESIS 1:27**

- **Created for His Glory:** You are created with purpose. The most important reason you exist is to show others who God is through all aspects of your life.

**“OUR LORD AND GOD, YOU ARE WORTHY TO RECEIVE GLORY AND HONOR AND POWER, BECAUSE YOU HAVE CREATED ALL THINGS, AND BY YOUR WILL THEY EXIST AND WERE CREATED.” —REVELATION 4:11**

As you better understand your God-given identity and purpose, you will start to move from chasing your glory to reflecting His glory.

## KEY ACTION

In your Huddle or alone time, reflect on how questions about your identity and purpose have driven you as a competitor. Be prepared to hear from the Holy Spirit as God’s great love and divine purpose for you are made clear.



## CHASING GLORY PART 2

**“EVERYONE WHO BEARS MY NAME AND IS CREATED FOR MY GLORY. I HAVE FORMED THEM; INDEED, I HAVE MADE THEM.” — ISAIAH 43:7**

## WELCOME

Receiving glory in the form of honor, praise, admiration or rewards will naturally happen throughout your athletic career. It’s when you find yourself chasing glory that it becomes a problem. It puts you out of balance with God’s plan, which is for you to give Him all the glory for what He has done for you and through you.

## WARM-UP NEVER-ENDING TAG

## WORKOUT MAKING A NAME



Everything was perfect in the garden of Eden until the day Satan tempted Adam and Eve to sin against God. Satan used pride to trick them into believing they deserved something that was never intended for them. Since then, every human on this planet has been born with a sinful nature that only Jesus can replace.

Not quite two thousand years later (and about one hundred years after the great flood), the small but growing world population decided it was as powerful and mighty as the Creator. Found in Genesis 11, this story shows just how dangerous chasing glory can be.

**“AND THEY SAID, ‘COME, LET’S BUILD OURSELVES A CITY AND A TOWER WITH ITS TOP IN THE SKY. LET’S MAKE A NAME FOR OURSELVES.’” —GENESIS 11:4**

But God had something else in mind.

**“‘COME, LET’S GO DOWN THERE AND CONFUSE THEIR LANGUAGE SO THAT THEY WILL NOT UNDERSTAND ONE ANOTHER’S SPEECH.’ SO FROM THERE THE LORD SCATTERED THEM THROUGHOUT THE EARTH, AND THEY STOPPED BUILDING THE CITY.” —GENESIS 11:7-8**

The tower was never finished, and the city would become known as Babylon. It’s a story that reminds us of the pointlessness of chasing glory that belongs to God.

## CHASING MY GLORY

Like Adam and Eve in the garden, and the people of Babylon, you too can find yourself chasing glory in the form of popularity, awards, records, scholarships or even name, image and likeness (NIL) deals and professional contracts.

It’s that sinful nature that tries to compel you toward pride, selfishness, struggles with identity and self-worth, idolatry and attempting to claim God’s glory for yourself.

But God didn’t create you to handle the weight of His glory. Instead, He

created you to give Him the glory and have peace knowing that Jesus is perfectly sufficient for every aspect of your life.

**Q:** What are some ways you find yourself chasing glory as an athlete?

**Q:** How fulfilling is it when you are successful in your pursuits, and how long does that feeling usually last?

## WRAP-UP

The first step toward true peace and fulfillment is acknowledging that you are chasing after something God never intended for you. As you step away from the sin of pride and move closer to Him, it's important to remember:

- **Chasing My Glory:** This is a vain pursuit. It won't fulfill you, and it won't bring you closer to God.

**“FOR HIS INVISIBLE ATTRIBUTES, THAT IS, HIS ETERNAL POWER AND DIVINE NATURE, HAVE BEEN CLEARLY SEEN SINCE THE CREATION OF THE WORLD, BEING UNDERSTOOD THROUGH WHAT HE HAS MADE. AS A RESULT, PEOPLE ARE WITHOUT EXCUSE. FOR THOUGH THEY KNEW GOD, THEY DID NOT GLORIFY HIM AS GOD OR SHOW GRATITUDE. INSTEAD, THEIR THINKING BECAME WORTHLESS, AND THEIR SENSELESS HEARTS WERE DARKENED. CLAIMING TO BE WISE, THEY BECAME FOOLS.” —ROMANS 1:20-22**

As you better understand the nature of God's glory, you will start to move from chasing your glory to reflecting His glory.

## KEY ACTION

Take some time to reflect on the things you have been chasing as an athlete. Sincerely ask yourself what is motivating you to pursue these things and where God fits into your plans.



## CHALLENGE

I'm tempted to chase my own glory because I don't understand my true identity and purpose.

TRUTH

God lovingly created you for His glory and for a great purpose.  
(Ephesians 2:10)

## NOTES:

# GLO RY

*CHASING GLORY*  
**DISCOVERY BIBLE STUDY**

**WELCOME**

**1.** What are you thankful for?

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**2.** What are you struggling with?

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**WARM-UP**

**3.** How did you obey last week?

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**4.** Whom did you share with?

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**WORKOUT**

**TODAY'S SCRIPTURE:**

Genesis 1:1-2:4 (I'm created for God's glory, not chasing my own.)

**5. What does this say about God?**  
(Father, Son, Holy Spirit)

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**6. What does this say about people?**

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**WRAP-UP**

**7. By God's grace how will you obey God's Word this week?**

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**8. Whom will you share this Scripture passage with?**

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# GLORY ATHLETE'S MEETINGS

## REVEALED GLORY *PART 1*

**“THE WORD BECAME FLESH AND DWELT AMONG US. WE OBSERVED HIS GLORY, THE GLORY AS THE ONE AND ONLY SON FROM THE FATHER, FULL OF GRACE AND TRUTH.” —JOHN 1:14**

### WELCOME

We’ve talked about glory as something you can receive from others and chase as a means of fulfillment, but the other definition of glory is much bigger. It refers to the infinite essence of who God is.

And while His glory has been described in many ways throughout the Bible, the world didn’t get a true, real-life glimpse until Jesus (God in human form) came to earth to rescue us from the crushing weight of chasing our own glory and from the curse of sin and death.

### WARM-UP REVELATIONS

### WORKOUT GOD’S GLORY REVEALED

Approximately four thousand years after Adam and Eve sinned against God, a divine plan to redeem mankind back to a right relationship with the Creator unfolded when God’s Son, Jesus, came to earth in the form of a baby (Matthew 1-2). For thirty years, He lived quietly in Nazareth until His God-ordained ministry began.

As written in John 1:1-18, Jesus was the living, breathing Word of God and came to show the world His Father’s glory through miracles, spiritual teachings and the introduction of a new kind of Kingdom.

**“NO ONE HAS EVER SEEN GOD. THE ONE AND ONLY SON, WHO IS HIMSELF GOD AND IS AT THE FATHER’S SIDE—HE HAS REVEALED HIM.” —JOHN 1:18**

Scan for  
warm-ups



Many people couldn't comprehend that Jesus was a divine being, the Messiah sent to reveal God's glory and save the world. But those who caught the revelation were changed forever.

## **SHEDDING WEIGHTS**

Competing for your glory can be crushing, and hearing your name praised is never as rewarding as you think it will be. This truth often manifests itself through your athletic pursuits. You might reach the championship but feel let down when you fall short. You might win it all, but the emotional high is gone the next morning. This keeps you in an endless cycle of chasing individual pursuits.

You can see the contrast in the life of Jesus, someone who could have demanded praise and glory for His divine power but instead came to serve and be a sacrifice for the sins of this world.

**“JUST AS THE SON OF MAN DID NOT COME TO  
BE SERVED, BUT TO SERVE, AND TO GIVE HIS LIFE  
AS A RANSOM FOR MANY.” —MATTHEW 20:28**

When you see God's glory revealed through Jesus, you can shed the weight of those pursuits and instead begin competing for His glory and not your own.

- Q:** In what ways has chasing your own glory been overwhelming?
- Q:** Can you describe a time when competitive success turned out to be empty and unfulfilling?

## **WRAP-UP**

If you're tired of chasing your own glory, remember:

- **God's Glory Revealed:** God does this through the life of His Son, Jesus, who shows you a better way.

**“THE SON IS THE RADIANCE OF GOD’S GLORY AND THE EXACT EXPRESSION OF HIS NATURE, SUSTAINING ALL THINGS BY HIS POWERFUL WORD.” –HEBREWS 1:3**

As God’s glory is revealed to you, you will continue to move from chasing your glory to reflecting His glory.

## KEY ACTION

In your Huddle or in your quiet time, read through Psalm 104 and take note of some of the amazing things that highlight God’s glory. Think about how Jesus was that same God, but in the flesh, and how that revelation of Christ might impact your desire to chase your own glory through competition.

### PARENT CONNECTION

Parents have a conversation with your child about why he/she plays sports. Be honest about whether or not those motivations have been fulfilling and if you might need to consider a new approach.

## REVEALED GLORY *PART 2*

**“THE WORD BECAME FLESH AND DWELT AMONG US. WE OBSERVED HIS GLORY, THE GLORY AS THE ONE AND ONLY SON FROM THE FATHER, FULL OF GRACE AND TRUTH.” —JOHN 1:14**

## WELCOME

In the last meeting, you learned that Jesus was sent to reveal God’s glory to the world. But He also came so you could receive God’s glory and be reconciled back to a relationship with the Father. Everything can change because of His sacrifice and your surrender.

## WARM-UP

### TAKE A SEAT

## WORKOUT

### GOD'S GLORY RECEIVED

After living a sinless life and preaching the good news for three and a half years, it came time for Jesus to allow Himself to be sacrificed on the cross for the sins of the world.

**“FOR GOD LOVED THE WORLD IN THIS WAY: HE GAVE HIS ONE AND ONLY SON, SO THAT EVERYONE WHO BELIEVES IN HIM WILL NOT PERISH BUT HAVE ETERNAL LIFE.” —JOHN 3:16**

Because of that sacrifice, you can be saved from the eternal death the entire world deserves.

**“FOR ALL HAVE SINNED AND FALL SHORT OF THE GLORY OF GOD” —ROMANS 3:23**

All it takes to receive this gift is to call on His name, believe He died for your sins, receive His forgiveness, turn away from your sins and commit yourself to trusting God and obeying His Word.

### GOD'S GLORY RECONCILES

Jesus's death allowed for your sins to be forgiven. Three days later, His resurrection from the dead allowed for you to have new life in Christ, a restored relationship with God and the hope of eternity one day in Heaven.

**“FOR GOD WAS PLEASED TO HAVE ALL HIS FULLNESS DWELL IN HIM, AND THROUGH HIM TO RECONCILE EVERYTHING TO HIMSELF, WHETHER THINGS ON EARTH OR THINGS IN HEAVEN, BY MAKING PEACE THROUGH HIS BLOOD, SHED ON THE CROSS.” —COLOSSIANS 1:19-20**

That was the plan all along—for all humankind to experience the joy of God's presence. And now, thanks to Jesus's sacrifice, you no longer have to carry the weight of chasing your own glory. Instead, you can give Him your best and give Him all the glory no matter the outcome.

That's because God can do more with your sincerest surrender than He can with your best performance.

**Q:** What are some things you need to surrender to Christ?

**Q:** How would being reconciled to God through a relationship with Jesus change your perspective on competition and life in general?

## WRAP-UP

When you make this life-changing decision to trust in Jesus, it's important to remember:

- **God's Glory Received:** This means confessing that Jesus is your Savior and Lord and believing that His sacrifice on the cross is what allows you to be forgiven of your sins.

**“THEREFORE, SINCE WE HAVE BEEN JUSTIFIED BY FAITH, WE HAVE PEACE WITH GOD THROUGH OUR LORD JESUS CHRIST. WE HAVE ALSO OBTAINED ACCESS THROUGH HIM BY FAITH INTO THIS GRACE IN WHICH WE STAND, AND WE BOAST IN THE HOPE OF THE GLORY OF GOD.” —ROMANS 5:1-2**

- **God's Glory Reconciles:** As you surrender your will for His will, you will enjoy a restored relationship and unbroken fellowship with Him.

**“AND NOT ONLY THAT, BUT WE ALSO BOAST IN GOD THROUGH OUR LORD JESUS CHRIST, THROUGH WHOM WE HAVE NOW RECEIVED THIS RECONCILIATION.” —ROMANS 5:11**

As you begin this journey and walk out your new life in Christ, you will continue to move from chasing your glory to reflecting His glory.



## KEY ACTION

Go to [thefour.fca.org](https://thefour.fca.org) or turn to page 3 and go through The FOUR. If you haven't surrendered your heart to Jesus Christ, talk to your Huddle leader about making that life-changing decision today.

In your quiet time with God, read Romans 5:1-11. Reflect and journal about the blessing of salvation and the benefits of receiving His glory.

## NOTES:

# GLO RY

# REVEALED GLORY

## DISCOVERY BIBLE STUDY

### WELCOME

1. What are you thankful for?

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2. What are you struggling with?

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### WARM-UP

3. How did you obey last week?

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4. Whom did you share with?

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**WORKOUT**

**TODAY'S SCRIPTURE:**

John 1 (God's glory is revealed to me through Jesus, and I can have a relationship with Him.)

**5. What does this say about God?**  
(Father, Son, Holy Spirit)

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**6. What does this say about people?**

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**WRAP-UP**

**7. By God's grace how will you obey God's Word this week?**

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**8. Whom will you share this Scripture passage with?**

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# GLORY ATHLETE'S MEETINGS

## REFLECTING GLORY PART 1

**“WE ALL, WITH UNVEILED FACES, ARE LOOKING AS IN A MIRROR AT THE GLORY OF THE LORD AND ARE BEING TRANSFORMED INTO THE SAME IMAGE FROM GLORY TO GLORY; THIS IS FROM THE LORD WHO IS THE SPIRIT.” —2 CORINTHIANS 3:18**

### WELCOME

In our last meeting, we talked about surrendering our lives to Jesus in exchange for new life on earth and eternal life in Heaven. But you can't truly surrender to Him if you don't trust Him in all areas of your life—including your pursuits as a competitor.

### WARM-UP TRUST WALK

### WORKOUT LIFTING THE VEIL

In the thousands of years before Jesus walked the earth, God spoke to a select few people who then conveyed His commands to everyone else. One of those chosen leaders was Moses. In the Book of Exodus, he led God's people out of slavery in Egypt thanks to direct communication from the Lord and many incredible miracles.

Many years into his journey (found in Exodus 33), Moses asked if God would reveal Himself. God's glory was too much for any human to bear, but He allowed Moses to catch a partial glimpse of His back. For many days after, Moses had to wear a veil over his face because it shone so brightly from the encounter.

When Jesus came to earth, mankind got another glimpse of God's glory, but it wasn't fully revealed until His death and resurrection – that's when His glory was fully revealed.

Scan for  
warm-ups



The apostle Paul was a man who converted to the Christian faith after an incredible encounter with Jesus (Acts 9:1-10). In 2 Corinthians 3:12-16, he described the symbolism of the veil and how it is removed once you choose to follow Jesus:

**WE ARE NOT LIKE MOSES, WHO USED TO PUT A VEIL OVER HIS FACE TO PREVENT THE ISRAELITES FROM GAZING STEADILY UNTIL THE END OF THE GLORY OF WHAT WAS BEING SET ASIDE... BUT WHENEVER A PERSON TURNS TO THE LORD, THE VEIL IS REMOVED. — 2 CORINTHIANS 3:13, 16**

When you make the decision to trust in Jesus as your Savior and Lord, the veil over your heart is removed, the darkness that was once there is now replaced with the light of His truth and the power of His Spirit so you can begin to reflect His glory more each day.

### **REFLECTING HIS GLORY**

The first step to reflecting God's glory is surrendering to Him through trust and obedience.

**“TRULY I TELL YOU, UNLESS A GRAIN OF WHEAT FALLS TO THE GROUND AND DIES, IT REMAINS BY ITSELF. BUT IF IT DIES, IT PRODUCES MUCH FRUIT. THE ONE WHO LOVES HIS LIFE WILL LOSE IT, AND THE ONE WHO HATES HIS LIFE IN THIS WORLD WILL KEEP IT FOR ETERNAL LIFE.” —JOHN 12:24-25**

For you in your sport, that could mean:

- Putting your faith and confidence in God and not relying solely on your talent and hard work.
- Giving Him thanks in the moments when things don't go your way.
- Putting others first.
- Looking at your sport as a way to reach others for Jesus and not just a vehicle for your future plans.

No matter the situation, others will begin to see Jesus in you through your actions and responses. That's when God's reflected glory can shine brightest in your life as you continue to trust and obey Him and follow His Spirit.

**Q:** Where are some areas of your competitive life that you need to entrust to God?

**Q:** What are some specific ways you can reflect God's glory through your sport?

## WRAP-UP

When you go deeper in your new life with Jesus, remember you are:

- **Reflecting His Glory:** You do this through trusting God and obeying Him no matter what.

**“FOR IF THE MINISTRY THAT BROUGHT CONDEMNATION HAD GLORY, THE MINISTRY THAT BRINGS RIGHTEOUSNESS OVERFLOWS WITH EVEN MORE GLORY.” —2 CORINTHIANS 3:9**

As you trust God more with every aspect of your life, you will continue to move from chasing your glory to reflecting His glory.

## KEY ACTION

In your Huddle or in your quiet time, reflect on those things you need to surrender to God. Make a plan to truly trust Him as you seek to reflect His glory.

### CHALLENGE

I am tempted to boast in myself and my abilities instead of God and others.

### TRUTH

God's glory is reflected in my life as I become more like Him.  
(John 17:20-23)

# REFLECTING GLORY *PART 2*

**“WE ALL, WITH UNVEILED FACES, ARE LOOKING  
AS IN A MIRROR AT THE GLORY OF THE LORD AND  
ARE BEING TRANSFORMED INTO THE SAME IMAGE  
FROM GLORY TO GLORY; THIS IS FROM THE LORD  
WHO IS THE SPIRIT.” —2 CORINTHIANS 3:18**

## WELCOME

As you trust God more each day, it will show up in two areas of your life: how you manage your time and how you respond to others. Both are key in your desire to reflect His glory in competition and life.

## WARM-UP TIME TOSS

## WORKOUT REFLECTING HIS FREEDOM

As a competitor, it's easy to fall into the trap of believing you don't have enough time. You have to make space for family, school, sports and friendships while hoping to have time for recreation and rest. It can be even more overwhelming when you include the need for prayer, Bible reading and church community.

But when you trust God, you will experience the freedom to put Him first. It's all about living differently than what the sports culture tries to mandate and understanding that the most important thing you can do is show others who Jesus is.

**“IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS,  
SO THAT THEY MAY SEE YOUR GOOD WORKS AND GIVE  
GLORY TO YOUR FATHER IN HEAVEN.” —MATTHEW 5:16**

**Q:** What are some areas of your life where time seems to be scarce?

**Q:** How do you think allowing God to help you reprioritize some things might help bring you the time and freedom to reflect His glory?

## **REFLECTING HIS IMAGE**

One of the hardest things to do as a Christ-following competitor is reflect His character. The apostle Paul wrote a list of attributes that should be evident in the believer's life:

**“BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, AND SELF-CONTROL. THE LAW IS NOT AGAINST SUCH THINGS.” —GALATIANS 5:22-23**

Here's how the fruit of the Spirit might look for a competitor:

**LOVE:** having compassion for everyone including your opponents.

**JOY:** being content in both victory and defeat.

**PEACE:** not stressing out in difficult situations.

**PATIENCE:** remaining unbothered when things take a while.

**KINDNESS:** treating others with respect and care.

**GOODNESS:** having pure motives in your actions toward others.

**FAITHFULNESS:** not giving up when things get tough.

**GENTLENESS:** not responding harshly when receiving negative feedback.

**SELF-CONTROL:** not flying off the handle in the heat of competition.

This fruit can be hard to find in today's world, but having them evident in your life is what it means to reflect God's image.

**Q:** Which aspect of this fruit do you find most difficult to produce as a competitor?

**Q:** How do you think seeking to live out this fruit will help you reflect His image?



## WRAP-UP

When you seek to reflect God's glory, remember you are:

- **Reflecting His Freedom:** This will allow you to escape the performance trap and help you better prioritize your life and manage your time.

**“NOW THE LORD IS THE SPIRIT, AND WHERE THE SPIRIT OF THE LORD IS, THERE IS FREEDOM.” —2 CORINTHIANS 3:17**

- **Reflecting His Image:** This will change the way you respond to others as you allow Him to produce the fruit of the Spirit within your life.

**“WE ALL, WITH UNVEILED FACES, ARE LOOKING AS IN A MIRROR AT THE GLORY OF THE LORD AND ARE BEING TRANSFORMED INTO THE SAME IMAGE FROM GLORY TO GLORY; THIS IS FROM THE LORD WHO IS THE SPIRIT.” —2 CORINTHIANS 3:18**

As you become more like Jesus, you will continue to move from chasing your glory to reflecting His glory.

## KEY ACTION

As a Huddle or in your quiet time, read Ephesians 3:14-20. Then, write down and think about some of the benefits (peace, grace, hope, etc.) that come from your new life in Christ.

# GLORY

*REFLECTING GLORY*  
**DISCOVERY BIBLE STUDY**

**WELCOME**

**1.** What are you thankful for?

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**2.** What are you struggling with?

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**WARM-UP**

**3.** How did you obey last week?

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**4.** Whom did you share with?

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**WORKOUT**

**TODAY'S SCRIPTURE:**

2 Corinthians 3 (God's glory is reflected in my life as I become more like Him.)

**5. What does this say about God?**  
(Father, Son, Holy Spirit)

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**6. What does this say  
about people?**

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**WRAP-UP**

**7. By God's grace how will you  
obey God's Word this week?**

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**8. Whom will you share this  
Scripture passage with?**

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# GLORY ATHLETE'S MEETINGS

## LASTING GLORY PART 1

**“BUT SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS WILL BE PROVIDED FOR YOU.” —MATTHEW 6:33**

### WELCOME

Even after you've decided to follow Jesus, the temptation to fall back into the world's way of competing can be very strong. However, pursuing fake culture creates a lack of authenticity and often makes you hide behind your successes and failures.

God's way, however, is real and lasts far beyond the temporary highs you can experience in this life.

### WARM-UP IT'S ALL TRIVIAL

### WORKOUT TEMPORARY THINGS

Before following Jesus, the apostle Paul relied on his heritage, his education and his technical skills to gain wealth and power. But then, he traded those old ways of doing things for God's ways. Even though it wasn't the easiest path to take, he understood that accolades, acclaim, influence and comfort were all temporary things.

When writing to the Christians in Corinth, Paul used a sports analogy to make this point:

**“DON'T YOU KNOW THAT THE RUNNERS IN A STADIUM ALL RACE, BUT ONLY ONE RECEIVES THE PRIZE? RUN IN SUCH A WAY TO WIN THE PRIZE. NOW EVERYONE WHO COMPETES EXERCISES SELF-CONTROL IN EVERYTHING. THEY DO IT TO RECEIVE A PERISHABLE CROWN, BUT WE AN IMPERISHABLE CROWN.” —1 CORINTHIANS 9:24-25**

Scan for  
warm-ups



**Q:** What are some of your biggest accomplishments as a competitor?

**Q:** After an athletic success, how long does it take before you stop thinking about it and start thinking about your next goal?

## LASTING GLORY

Eventually, Paul was imprisoned and then martyred for publicly preaching the Gospel. In that moment, he was instantly with Jesus in Heaven. All of his troubles were gone. All of the material things Paul once pursued prior to following Jesus no longer mattered.

The same will be true for you one day. That's why it's important to remember that God's glory is a lasting, forever glory. It is the hope of Heaven and eternity with Jesus that will help you get through those times when you want to let up or even quit. As Paul also wrote:

**“THEREFORE WE DO NOT GIVE UP. EVEN THOUGH OUR OUTER PERSON IS BEING DESTROYED, OUR INNER PERSON IS BEING RENEWED DAY BY DAY. FOR OUR MOMENTARY LIGHT AFFLICTION IS PRODUCING FOR US AN ABSOLUTELY INCOMPARABLE ETERNAL WEIGHT OF GLORY.” —2 CORINTHIANS 4:16-17**

Competing for God's lasting glory is the extreme opposite of the world's way. But with His strength, you can compete for a greater prize—the promise of abundant life on earth (joy, peace, love, etc.) and eternal life in Heaven.

**Q:** What are some difficult challenges you think you might face on your journey as a competitor who has decided to follow Jesus?

**Q:** How might remembering God's promises for now and forever help you resist the temptation to let up or give up?

## WRAP-UP

When considering the long-term impact of your decision to follow Jesus, remember:

- **Lasting Glory:** It can only be found in a relationship with Him. Trophies, medals, news articles, and monetary gains will all fade away.

**“SO WE DO NOT FOCUS ON WHAT IS SEEN, BUT ON WHAT IS UNSEEN. FOR WHAT IS SEEN IS TEMPORARY, BUT WHAT IS UNSEEN IS ETERNAL.” —2 CORINTHIANS 4:18**

As you begin to understand the difference between the temporary things of this world and the eternal things of Heaven, you will continue to move from chasing your glory to reflecting His glory.

## KEY ACTION

In your Huddle or in your quiet time, write down your competitive goals in one column and your spiritual goals in another. Compare and contrast how each of those lists will impact your earthly future and your eternal future.

### PARENT CONNECTION

When you get home, talk to a parent/guardian about how you plan to focus less on competitive goals and more on spiritual goals.

## LASTING GLORY *PART 2*

**“BUT SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS WILL BE PROVIDED FOR YOU.” —MATTHEW 6:33**

## WELCOME

Chasing after your own glory produces temporary happiness and fulfillment. It can also lead to selfishness and pride. But when your hope is in God’s lasting glory, you will seek His Kingdom first and experience true joy and purpose.

## WARM-UP

### AMOEBA TAG

## WORKOUT

### KINGDOM FIRST

Our world is made up of two kingdoms—man’s kingdom and God’s Kingdom.

Another way to describe God’s Kingdom is the body of Christ or the Church. Being a part of this fellowship is one of the best ways to grow in your relationship with Jesus. It will change the way you approach your daily life and reset your priorities.

Most importantly, being a part of God’s Kingdom is where you join with other believers to reflect His glory for the rest of the world to see.

**“LET YOUR LIGHT SHINE BEFORE OTHERS, SO THAT THEY MAY SEE YOUR GOOD WORKS AND GIVE GLORY TO YOUR FATHER IN HEAVEN.” —MATTHEW 5:16**

The Church is for everyone who believes in Jesus and accepts Him as Savior and Lord. That’s why, as a follower of Christ, one of your responsibilities is to share the good news of salvation with others and invite them into God’s Kingdom.

**Q:** What do you think it means to be “the light of the world”?

**Q:** What are some specific ways you can share Jesus through your sport?

### FOR HIS GLORY

Everything you do in competition and life should be for God’s glory. This is the proper response to the gift of salvation through Jesus’s sacrifice on the cross and the gift of eternal life through His resurrection from death.

Doing everything for His glory should show up in your disciplines of prayer (talking to and listening to God), Bible study (reading His Word) and

community (fellowship with other believers). As Paul taught the early Christians, we do these things to be prepared to share Christ with others:

**“SO I DO NOT RUN LIKE ONE WHO RUNS AIMLESSLY OR BOX LIKE ONE BEATING THE AIR. INSTEAD, I DISCIPLINE MY BODY AND BRING IT UNDER STRICT CONTROL, SO THAT AFTER PREACHING TO OTHERS, I MYSELF WILL NOT BE DISQUALIFIED.” —1 CORINTHIANS 9:26–27**

We also do these things to stay built up and strong in our faith as a way of reflecting His glory in our lives.

**“WHATEVER YOU DO, DO IT FROM THE HEART, AS SOMETHING DONE FOR THE LORD AND NOT FOR PEOPLE” —COLOSSIANS 3:23**

- Q:** How often do you make prayer, Bible study and Christian fellowship a part of your life?
- Q:** How do you think doing those things more consistently might help you do more for His glory?

## WRAP-UP

As you reflect on God’s lasting glory, remember:

- **Kingdom First:** This means being a part of God’s Kingdom (the Church) and reflecting His image to the world around you.

**“WE ENCOURAGED, COMFORTED, AND IMPOLED EACH ONE OF YOU TO WALK WORTHY OF GOD, WHO CALLS YOU INTO HIS OWN KINGDOM AND GLORY.” —1 THESSALONIANS 2:12**

- **For His Glory:** This is the motivation behind everything you do—from the field of competition to all areas of your life.



**“FOR FROM HIM AND THROUGH HIM AND TO HIM ARE ALL THINGS.  
TO HIM BE THE GLORY FOREVER. AMEN.” —ROMANS 11:36**

As you walk out this journey with Jesus, you will continue to move from chasing your glory to reflecting His glory.

## KEY ACTION

In your Huddle or in your quiet time, read 2 Corinthians 4:7-18. Discuss what this passage is speaking to you about with the difference between temporary things on earth and the hope of eternity with Jesus.

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# LASTING GLORY

## DISCOVERY BIBLE STUDY

### WELCOME

1. What are you thankful for?

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2. What are you struggling with?

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### WARM-UP

3. How did you obey last week?

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4. Whom did you share with?

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**WORKOUT**

**TODAY'S SCRIPTURE:**

Matthew 6:25-33 (When my hope is in God's lasting glory, I will seek His Kingdom first.)

**5. What does this say about God?**  
(Father, Son, Holy Spirit)

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**6. What does this say about people?**

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**WRAP-UP**

**7. By God's grace how will you obey God's Word this week?**

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**8. Whom will you share this Scripture passage with?**

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# TRAINING TIME

## OVERVIEW

Every morning, set aside a special time called “quiet time” or spiritual “training time.” During this time, talk to God and let Him talk to you through the Bible and His Spirit. Many effective methods can be used for your daily time with God. The Discovery Bible Study Method used throughout this handbook can be used during Training Time as well.

We’ve prepared four devotions for you. If you commit to doing these, you will establish a powerful habit for your spiritual growth.

### TOPICS

Topics covered in the Training Time devotions were created to support this year’s theme: Glory.

### FORMAT

- **READY:** Focus—a verse, passage or thought to direct your heart and mind. (Turn to the Scripture reference in your Bible so you can read it within the overall context of the passage.)
- **SET:** Teaching—a story, training point or thought taken from a sports perspective.
- **GO:** Application—a prayer, question, thought or action to direct you on how to be like Christ.
- **OVERTIME:** Additional Bible reading to help you dig deeper and a prayer to help you connect with God.

I will commit to establishing this daily habit:

\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
(TODAY’S DATE)

*To receive a daily email sports devotion, go to [fcaimpactplay.org](http://fcaimpactplay.org).*

## TRAINING TIME 1

# PRESSURE TO PURPOSE

MINDY HOPMAN

### READY

**“LISTEN, ISRAEL: THE LORD OUR GOD, THE LORD IS ONE. LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, WITH ALL YOUR SOUL, AND WITH ALL YOUR STRENGTH.”  
—DEUTERONOMY 6:4-5**

### SET

As a competitor, does it seem like there is never enough time in the day to get it all done? How do I find time to train, keep up with my school, spend time in the Word, take care of myself, do things outside of my sport and breathe all in one day? From the moment the day begins, it is A LOT.

In the Old Testament, the day began at sundown. The Israelites had a different mindset when it came to daily obligations. In the evening, they would recite the Shema to remind their hearts that they are one with God, who is in control of everything, and their one job is to love Him with all of their heart, soul and strength. They gave it all to God and then went to sleep. When they woke up, they would recite the Shema again to remember they are one with God, and their job is to love Him.

When we seek God first, everything else falls into place. The enemy's strategy is to distract us by adding things that appear important but are not essential to our schedules. The pressure to perform comes at us from every angle, and we never have enough time. His main job is to deplete us physically, emotionally and spiritually so everything feels like extra work, and we cannot do Kingdom work. But God has given every believer Kingdom work

to do, and through the cross, everything we do becomes Kingdom work!

God sacrificed His Son on the cross and sent us the gift of the Holy Spirit to end the chaos in this world and return peace that transcends all understanding. When my daily focus shifts from self to Savior, the posture of my heart changes. I begin to understand that I am created to play the sport I love, and everything I do is for the good of the Kingdom and the glory of God!

### GO

- Q:** As a competitor, how can you identify and prioritize time with God amid the pressures and distractions of your daily schedule?
- Q:** What practical steps can be taken to maintain a focus on glorifying God in all aspects of your life, including sports?
- Q:** Considering the shift of focus from self to Savior, how do you see this impacting your approach and mindset to competition and life outside of sports?

### WORKOUT

Matthew 6:33; Ephesians 2:10;  
Colossians 3:1-4, 23

### OVERTIME

*Heavenly Father, I praise You for creating me just as I am to play the sport I love. As my focus shifts from self to Savior, may you continue to fill me with the power of the Holy Spirit. Amen.*

## TRAINING TIME 2

# FINDING VICTORY IN “LETTING GOD”

MIKEL HAWKS

### READY

**“THEN JESUS SAID TO HIS DISCIPLES, ‘IF ANYONE WANTS TO FOLLOW AFTER ME, LET HIM DENY HIMSELF, TAKE UP HIS CROSS, AND FOLLOW ME. FOR WHOEVER WANTS TO SAVE HIS LIFE WILL LOSE IT, BUT WHOEVER LOSES HIS LIFE BECAUSE OF ME WILL FIND IT.’” —MATTHEW 16:24-25**

### SET

In the greatest act of surrender, the world witnessed the greatest victory. Jesus reveals that God can do more with my surrender than my greatest performance.

That sounds upside down doesn't it? As coaches and athletes, we love to win. We believe that for God to love us or use us, we need to get better or work harder. Thankfully the good news is that our righteousness isn't measured by our good deeds but by the surrender of Christ. Because of His death and resurrection, those of us that trust Jesus as our King are covered in the priestly robes of Christ. By His surrender, we are now royalty!

All other religions say do, but Jesus says done. Now, winning is measured differently in the Kingdom. It's not about becoming better or working harder but surrendering more of our hearts to Jesus. The more we surrender, the more we become like Him in everything we do.

In Matthew, Jesus says those who try to hold tightly to the life they have will lose it, but whoever loses or surrenders it will

find life. How? When we surrender things to God, we create space for Jesus to be the true King of our life, and this good King always leads us into more life. In my time following Jesus, I have learned that God moves at the speed of our surrender, not in my ability to pick up and control. If we try to control, hold onto and white knuckle our life, we lose it, but with open hands and trust, God brings more life.

A great question to help you discern is, 'What comes to my mind when I am doing nothing at all?'

### GO

- Q:** As a coach or athlete, what are areas of your life that you have yet to give over to Jesus?
- Q:** How might surrendering these areas lead to a deeper connection with Him and a more fulfilling life?
- Q:** In what ways can you create intentional moments of surrender in your daily routine, allowing space for Jesus to work and lead you toward greater fulfillment and purpose as you compete?

### WORKOUT

Philippians 3:8-9; Galatians 2:20;  
Romans 12:1-2

### OVERTIME

*Jesus, what do I need to let go of to experience more of You? Make it clear to me Your purpose and plan for my life. In Jesus's name, amen.*

## TRAINING TIME 3

# NAMELESS LEADER

STEVE KO

### READY

**“HEARING THIS, JESUS WAS AMAZED AND SAID TO THOSE FOLLOWING HIM, ‘TRULY I TELL YOU, I HAVE NOT FOUND ANYONE IN ISRAEL WITH SO GREAT A FAITH.’” —MATTHEW 8:10**

### SET

Notre Dame football team, Penn State football team and New York Yankees baseball team. What is common among these teams? These teams did not (or do not) have names on their jerseys. Why no names? The teams believe that by putting names on the shirts, you are placing unnecessary attention on individuals rather than the team.

In the Bible, several individuals are praised by God and are well-known figures in the Scriptures. Abraham (Genesis 22:1-18), David (Acts 13:22), Solomon (1 Kings 3), Peter (Matthew 16). Another individual is mentioned in today's reading of God's Word. Jesus emphasized and praised this individual as having such great faith that had not been seen in all of Israel. Who was this person?

The name of this person, who perhaps exhibited the highest level of faith in Israel, is intentionally concealed. The Bible only speaks of his role as a centurion. The Bible doesn't provide detailed accounts of his actions.

Only one episode is mentioned, and Jesus awarded the MVP title in the realm of faith in Israel to the centurion. In Matthew 8:5-9, he looked after his people, knew

his place and understood the power of a single word from an authoritative figure. He was the leader. If we were to view his role in the sports world, he was a coach. He seems to have little interest in his name being revealed, and the Bible also doesn't explicitly mention his name.

Because we don't even know his name, we are more interested in the group he belongs to. “How awesome the team must be with such a leader!” “How much more amazing a leader must that superior be?” Team Jesus. As our names are hidden, our team attracts even more attention. And don't worry. God knows you by your name, even if nobody else does.

### GO

- Q:** Do you agree with the saying, “No one is greater than the team”? Why or why not?
- Q:** What does your name mean in your team?
- Q:** Do you believe God who made the universe knows you by your name? What does the fact that “God knows my name” mean?

### WORKOUT

Matthew 26:6-13; Matthew 15:21-28

### OVERTIME

*My Father, who knew me before I was formed, thank You for remembering me by my name. It is more than enough to be a part of Your glorious team. I'll gladly wear the jersey of Team Jesus. In Your name I pray. Amen.*



## TRAINING TIME 4

# NOTHING BEFORE CHRIST

MARK JONES

### READY

**“INDEED, THEY SOW  
THE WIND AND REAP THE  
WHIRLWIND.” —HOSEA 8:7**

### SET

There is so much in the world that pulls at our hearts. Some people love sports, for instance, but everyone has desires that pull. Maybe it's a desire to provide for family. Maybe it's focusing on one's career. Maybe we want to have fun and not work too hard or burn out.

Make no mistake, sports are good, providing for a family is good and even having fun is good. But if those things take our eyes off the Lord and worship away from Him, then we do so at a risk.

God warned Israel (and us) of such a risk. In Hosea 8, Hosea listed things Israel had done: installed kings, appointed leaders and built fortified cities and palaces. None of those are awful, but they did them without consulting or pursuing God. They also created idols and worshipped them. Then God said, “Indeed, they sow the wind and reap the whirlwind” (Hosea 8:7). He is saying that these things can lead us away from God like a tornado or whirlwind would do.

Our Savior and Lord Jesus Christ should be our main pursuit. Our whole lives are to be dedicated to Him in prayer and consultation with Him. When we chase Christ first and foremost, all that we hope for our lives will be conformed by Him and for Him.

When He is truly Lord of our lives, He gives us purpose and supplies every need. May we find deep joy in pursuing the Lord!

### GO

- Q:** What are your favorite things in life, in and outside of sports?
- Q:** Have you ever been distracted from chasing God? What was going on?
- Q:** Why is it important to you that Christ be the center of your life?

### WORKOUT

Ezekiel 14:3-4; Hosea 8

### OVERTIME

*Father, please help me to desire You above all else. Please help me to give myself to honoring You in all I do. Thank You for being my Lord. In Jesus's name, amen.*



# DISCIPLESHIP

All good coaches need a clear game plan. Without it, they won't stand a chance against their opponent. The same is true for our spiritual lives. In Matthew 28:19–20, Jesus gave us a clear command: go and make disciples. The game plan is clear, but the path may be uncertain. What is the first step in making disciples?

**E3 DISCIPLESHIP** is a simple, repeatable discipleship training process for coaches and athletes. It provides a series of plays and strategies to help you execute God's game plan by exploring twelve principles and patterns directly from Scripture, showcasing Jesus's model for making disciples. E3 Discipleship Training explains how to practically Engage, Equip and Empower coaches and athletes to make disciples who make disciples.

## ENGAGE



## EQUIP

## EMPOWER



Visit **E3.FCA.ORG**  
to access the  
course and start  
your journey today!

# 52-WEEK DISCOVERY BIBLE STUDIES

## CHASING GLORY

## REVEALED GLORY

<b>1</b> 2 Corinthians 3:18	<b>14</b> John 1:14
<b>2</b> Philippians 2:5-11; 21	<b>15</b> Romans 5:1-2
<b>3</b> Isaiah 43:7	<b>16</b> Romans 5:8-11
<b>4</b> Romans 1:20-23	<b>17</b> Ephesians 4:32
<b>5</b> 1 John 2:15-16; 3:1	<b>18</b> Romans 7:7
<b>6</b> Psalm 8:1	<b>19</b> Romans 3:21-24
<b>7</b> Psalm 19:1-6	<b>20</b> Job 42:5
<b>8</b> Mark 1:14-15	<b>21</b> Matthew 16:13-20
<b>9</b> Ephesians 2:10	<b>22</b> Habakkuk 2:14
<b>10</b> Isaiah 60:1	<b>23</b> Exodus 33:18-23
<b>11</b> Isaiah 6:3-5	<b>24</b> Hebrews 2:9
<b>12</b> 2 Corinthians 5:14-21	<b>25</b> Isaiah 53:1
<b>13</b> Revelation 7:9-17	<b>26</b> 1 Peter 4:12-13

## REFLECTING GLORY

## LASTING GLORY

<b>27</b> 2 Corinthians 3:7-9; 17-18	<b>40</b> Matthew 6:33
<b>28</b> Colossians 1:15-23	<b>41</b> 2 Corinthians 4:16-18
<b>29</b> Philippians 2:5	<b>42</b> Romans 8:18
<b>30</b> John 17:5	<b>43</b> Romans 11:36
<b>31</b> Romans 3:22-24	<b>44</b> Isaiah 35:1-10
<b>32</b> John 1:14	<b>45</b> Colossians 3:24
<b>33</b> Hebrews 1:3	<b>46</b> Hebrews 12:11
<b>34</b> Galatians 2:20	<b>47</b> Romans 11:36-12:2
<b>35</b> 1 Corinthians 10:31	<b>48</b> Romans 1:16
<b>36</b> John 15:4	<b>49</b> 2 Corinthians 3:18
<b>37</b> Matthew 5:16	<b>50</b> Colossians 1:27-29
<b>38</b> Exodus 14:10-22	<b>51</b> Romans 15:30
<b>39</b> Exodus 34:29	<b>52</b> Revelation 21:23-26

# THE CORE

## 8 ESSENTIALS TO STRENGTHEN YOUR FAITH

FCA desires to make disciples who make disciples. To help our coaches, athletes, volunteers and staff make this happen, FCA has developed a brand-new resource called The CORE. This simple, relevant resource helps new believers journey through eight core essentials of the Christian faith.

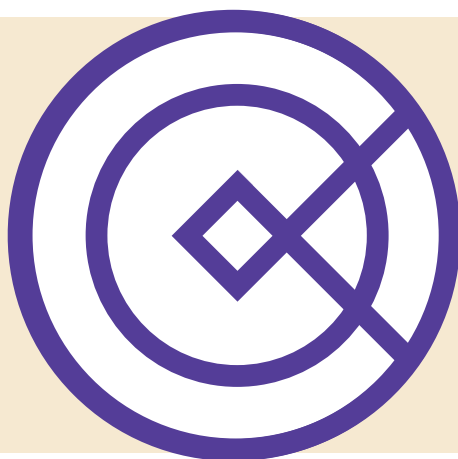
## WHERE TO FIND THE CORE

Visit [thecore.fca.org/#resources](https://thecore.fca.org/#resources) to:

- Order The CORE booklets.
- Access a downloadable PDF version of The CORE.
- Start The CORE YouVersion reading plan.

## WHAT ARE THE CORE ESSENTIALS?

- CORE 1** Join God's Team.
- CORE 2** Live with God's Power.
- CORE 3** Train Spiritually.
- CORE 4** Communicate with God.
- CORE 5** Study God's Playbook.
- CORE 6** Team Up with Others.
- CORE 7** Know Your Role.
- CORE 8** Share with Others.



## HOW TO USE THE CORE

**1-ON-1:** A 1-on-1 meeting occurs when two people commit to a mentoring relationship and go through the eight sessions together.

**HUDDLES:** Go through The CORE with a small group of athletes or coaches. Consistently meet to review each session and share what God is teaching everyone through the study.

**INDIVIDUAL:** The CORE can be used as a personal Bible study to grow in your walk with Christ.

## START THE JOURNEY

Athletes know this best: when you strengthen your core, everything else benefits. Start the life-changing discipleship journey at [thecore.fca.org](https://thecore.fca.org).



# GET TO KNOW FCA

Since 1954, FCA has been challenging coaches and athletes on the professional, college, high school, junior high and youth levels to use the powerful platform of sport to reach every coach and every athlete with the transforming power of Jesus Christ. FCA focuses on serving local communities around the globe by engaging, equipping and empowering coaches and athletes to make disciples who make disciples.

## VISION

To see the world transformed by Jesus Christ through the influence of coaches and athletes.

## MISSION

To lead every coach and athlete into a growing relationship with Jesus Christ and His church.

## VALUES

Integrity, Serving,  
Teamwork, Excellence



For general questions on FCA and how to find local FCA staff, visit **FCA.ORG** or call **1-800-289-0909**.



# GET INVOLVED WITH FCA

## DAILY IMPACT PLAY

Geared toward Christian coaches and athletes, **Daily Impact Play** is an email newsletter and social media outlet to engage, equip and empower readers to be stronger Christian competitors. Sign up to receive Daily Impact Play devotionals every day or follow @fcaimpactplay and our Facebook page.



## YOUVERSION

In partnership with the **YouVersion** Bible app, FCA's reading plans plug you into God's Word with a competitor mindset and offer you a variety of topics that relate to you and where you are in your spiritual journey as a coach or athlete. Start a reading plan today.



## FCA RESOURCES

Download the **FCA app** for FCA's top resources including Bible studies, videos, devotionals, reading plans, daily Bible challenges and more. Share the content with your FCA Huddle or other coaches and athletes through the group feature. With the FCA app, you can track your progress, customize your discipleship experience and more!



## YOUTUBE

The FCA **YouTube** channel unites your two passions, faith and athletics, to impact the world for Jesus Christ through video.



**GLO****RY**



# COMPETITOR'S CREED

## I AM A CHRISTIAN FIRST AND LAST.

I am created in the likeness of God Almighty to bring Him glory. I am a member of Team Jesus Christ. I wear the colors of the cross.

## I AM A COMPETITOR NOW AND FOREVER.

I am made to strive, to strain, to stretch and to succeed in the arena of competition. I am a Christian Competitor and as such, I face my challenger with the face of Christ.

## I DO NOT TRUST IN MYSELF.

I do not boast in my abilities or believe in my own strength. I rely solely on the power of God. I compete for the pleasure of my Heavenly Father, the honor of Christ and the reputation of the Holy Spirit.

## MY ATTITUDE ON AND OFF THE FIELD IS ABOVE REPROACH—MY CONDUCT BEYOND CRITICISM.

Whether I am preparing, practicing or playing, I submit to God's authority and those He has put over me. I respect my coaches, officials, teammates and competitors out of respect for the Lord.

## MY BODY IS THE TEMPLE OF JESUS CHRIST.

I protect it from within and without. Nothing enters my body that does not honor the Living God. My sweat is an offering to my Master. My soreness is a sacrifice to my Savior.

## I GIVE MY ALL—ALL THE TIME.

I do not give up. I do not give in. I do not give out. I am the Lord's warrior—a competitor by conviction and a disciple of determination. I am confident beyond reason because my confidence lies in Christ. The result of my efforts must result in His glory.

## LET THE COMPETITION BEGIN. LET THE GLORY BE GOD'S.



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