



FELLOWSHIP OF CHRISTIAN ATHLETES

PROVEN in Him

FCA 2026–2027 WEEKLY TALK CURRICULUM

YEAR THEME: PROVEN

From proving my worth to being proven in Him. You don't need to prove anything; Jesus has proven it all.

OUR FOUR FOCUSES

1. Connect to Christ & Others
2. Cultivating Christ-Like Character
3. What We Choose Matters
4. Stay Committed

School Year: August 17, 2026 – May 14, 2027

AUGUST	Who Am I?	SEPTEMBER	Connect to Christ and Others
OCTOBER	Cultivating Christ-Like Character	NOVEMBER	Christ-Like Character in Action
DECEMBER	The Gospel: Jesus Proved It All — Christmas Series	JANUARY	What We Choose Matters
FEBRUARY	Choosing Who God Called Me to Be	MARCH	Stay Committed
APRIL	The Gospel: Easter Series	MAY	Living Proven In Him



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**AUGUST**

WEEK 1

August 17, 2026

You Don't Have to Prove Yourself

Scripture **Ephesians 2:10**

BIG IDEA

You are God's workmanship—you don't have to earn your worth.

CHALLENGE

Stop trying to prove who you are and start living from who God says you are.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does it mean that you are God's workmanship?
2. What are some ways students try to prove their worth?
3. How is living from God's approval different from living for it?
4. Why is it hard to believe you are valuable without accomplishing something?
5. What would change if you truly believed you didn't have to prove yourself?

**AUGUST**

WEEK 2

August 24, 2026

Your Identity Isn't Your Performance

Scripture **Romans 8:1**

BIG IDEA

Your wins, losses, grades, stats, popularity, and mistakes don't determine your value.

CHALLENGE

Identify one thing you use to measure your worth and surrender it to God.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What things do people use to decide whether they are good enough?
2. What does Romans 8:1 say about condemnation?
3. How can winning or losing affect how we see ourselves?
4. How does Jesus change how we view failure?
5. What area do you need to stop allowing performance to define?



AUGUST

WEEK 3

August 31, 2026

Known & Loved

Scripture **Psalm 139:13-18**

BIG IDEA

God knows everything about you and still chooses to love you.

CHALLENGE

Stop hiding from God and start connecting with Him.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What stands out about God knowing you completely?
2. Why can being fully known feel uncomfortable?
3. What does it mean that God knows everything and still loves you?
4. How can this truth change the way you handle insecurity?
5. What truth from this passage do you need to remember this week?



SEPTEMBER

WEEK 4

September 7, 2026

Abide

Scripture **John 15:4-5**

BIG IDEA

You can't produce Christ-like fruit without staying connected to Christ.

CHALLENGE

Build a daily habit of connecting with Jesus.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does Jesus mean by "abide" in Him?
2. Why can't we produce Christ-like fruit on our own?
3. What disconnects students from Jesus?
4. What does staying connected to Christ look like during a school week?
5. What habit could help you spend more time with Jesus?



SEPTEMBER

WEEK 5

September 14, 2026

Don't Do Life Alone

Scripture **Ecclesiastes 4:9-10**

BIG IDEA

God created us for community, not isolation.

CHALLENGE

Find someone who can encourage you and someone you can encourage.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why did God design us for community?
2. What can happen when we try to handle everything alone?
3. Who has helped you when you were struggling?
4. What does being a good Christian friend look like?
5. Who could you encourage this week?



Iron Sharpens Iron

Scripture **Proverbs 27:17**

BIG IDEA

The people around us influence who we're becoming.

CHALLENGE

Ask yourself: "Are my closest friends helping me become more like Christ?"

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does "iron sharpens iron" mean?
2. How do your closest friends influence your choices?
3. What qualities should you seek in spiritually healthy friends?
4. Are you the kind of friend who helps others grow?
5. How can you encourage a friend toward Christ?



Be the Friend

Scripture **John 15:12-13**

BIG IDEA

Christian community isn't just about what we receive; it's about what we give.

CHALLENGE

Intentionally encourage someone this week.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does Jesus teach about loving others?
2. Why is putting others first difficult?
3. What does sacrificial friendship look like on a team?
4. How can we love someone who doesn't treat us well?
5. Who needs you to "be the friend" this week?

**OCTOBER****WEEK 8**

October 5, 2026

Character When Nobody Is Watching

Scripture **Luke 16:10**

BIG IDEA

Character is who you are when no one is keeping score.

CHALLENGE

Do the right thing when nobody will ever know.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does faithfulness in little things have to do with character?
2. Why is it easier to do right when people are watching?
3. What does your private character say about your relationship with Jesus?
4. How does integrity affect your reputation?
5. What small area needs greater integrity?

**OCTOBER****WEEK 9**

October 12, 2026

Humility Over Hype

Scripture **Philippians 2:3-5**

BIG IDEA

Jesus modeled humility instead of constantly trying to prove Himself.

CHALLENGE

Look for an opportunity to put someone else first.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. How does the world define greatness?
2. How does Jesus define greatness differently?
3. Why is humility difficult?
4. What would humility look like on a sports team?
5. Who can you put before yourself this week?

**OCTOBER**

WEEK 10

October 19, 2026

Your Words Matter

Scripture **Colossians 4:6**

BIG IDEA

Our words reveal our character and can either build people up or tear them down.

CHALLENGE

Speak life into three people this week.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why do words have so much power?
2. How can words encourage someone who is struggling?
3. What words can tear down a teammate or friend?
4. How do social media comments fit this verse?
5. How could every conversation become an opportunity to represent Jesus?

**OCTOBER**

WEEK 11

October 26, 2026

Integrity

Scripture **Proverbs 10:9**

BIG IDEA

Integrity means your public life and private life match.

CHALLENGE

Ask, "Would I do this if Jesus were physically standing beside me?"

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What is integrity?
2. Why does integrity matter when nobody is watching?
3. What happens when private and public life don't match?
4. What situations tempt students to compromise?
5. Where is God asking you to be more honest or consistent?



NOVEMBER

WEEK 12

November 2, 2026

Serve, Don't Just Be Served

Scripture **Mark 10:45**

BIG IDEA

Greatness in God's kingdom looks like serving others.

CHALLENGE

Serve someone without expecting recognition.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does Jesus teach about leadership?
2. Why do people want recognition for serving?
3. What does serving look like on a team?
4. How is serving for love different from serving for attention?
5. Who can you serve without expecting anything back?



Gratitude Changes Your Perspective

Scripture 1 Thessalonians 5:18

BIG IDEA

Gratitude shifts our attention from what we don't have to what God has already given us.

CHALLENGE

Start a daily gratitude list.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why is gratitude a choice, not just a feeling?
2. How can gratitude change your attitude?
3. What are three things you take for granted?
4. How could gratitude change how you view your team or school?
5. What can you thank God for today?



NOVEMBER

WEEK 14

November 16, 2026

Respond, Don't React

Scripture **James 1:19-20**

BIG IDEA

Christ-like character shows up in how we respond under pressure.

CHALLENGE

Pause and pray before reacting when you're frustrated.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What is the difference between reacting and responding?
2. Why is being slow to anger difficult?
3. How can anger lead to regret?
4. What does pausing and praying before responding look like?
5. How could you respond differently to a recent frustrating situation?



Thankful Even When...

Scripture **Philippians 4:11-13**

BIG IDEA

Contentment isn't about our circumstances changing—it's about learning to trust God in every season.

CHALLENGE

Choose gratitude and trust in the middle of a hard or uncertain circumstance this week.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What is the difference between happiness and contentment?
2. What circumstances make contentment difficult?
3. What did Paul learn about contentment?
4. How can circumstances distract us from God?
5. What difficult thing can you choose to trust God with?



NOVEMBER

WEEK 16

November 30, 2026

Who Are You Becoming?

Scripture **Galatians 5:22-23**

BIG IDEA

The goal isn't just to look like a Christian—it is to become more like Christ.

CHALLENGE

Choose one fruit of the Spirit to intentionally cultivate.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Which fruit of the Spirit is easiest for you?
2. Which is hardest?
3. How does the Holy Spirit develop Christ-like character?
4. Which fruit would most improve your relationships?
5. How can you cultivate that fruit this week?



The Promise

Scripture **Isaiah 9:6**

STORY

God's promise of a Savior.

BIG IDEA

Jesus wasn't God's backup plan. He was God's plan from the beginning.

GOSPEL CONNECTION

We needed a Savior because sin separated us from God.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does this prophecy tell us about Jesus?
2. Why did humanity need a Savior?
3. Why can't we prove ourselves good enough for God?
4. What does God's promise reveal about Him?
5. How does Christmas connect to "Proven in Him"?



The Savior Is Here

Scripture **Luke 2:1-20**

STORY

The birth of Jesus and the shepherds.

GOSPEL CONNECTION

Jesus came to earth to save us—not because we proved ourselves worthy, but because God loved us.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why do you think shepherds heard the news first?
2. What does Jesus' humble birth tell us about God's kingdom?
3. Why is Jesus' birth good news for everyone?
4. What does Christmas reveal about God's love?
5. What do we need to be rescued from?



DECEMBER

WEEK 19

December 21, 2026

Mary Said Yes

Scripture **Luke 1:26-38**

BIG IDEA

Mary trusted God with an outcome she couldn't see—and said yes anyway.

CHALLENGE

Say yes to whatever God is asking of you, even without knowing how it turns out.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What do you admire about Mary's response?
2. Why is obedience difficult when we don't know the outcome?
3. What did Mary have to trust God with?
4. Is there something God may be asking you to trust Him with?
5. What would saying "yes" to God look like this week?



DECEMBER

WEEK 20

December 28, 2026

Why Jesus Came

Scripture **John 3:16-17**

BIG IDEA

God sent Jesus because of love, not because we earned it.

CHALLENGE

Be ready to explain in your own words why Jesus matters to someone this week.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What motivated God to send Jesus?
2. What does it mean to believe in Jesus?
3. Why did Jesus come into the world?
4. How does this verse challenge the idea that we earn God's love?
5. How would you explain to someone why Jesus matters?



New Year, Same Jesus

Scripture **Hebrews 13:8**

BIG IDEA

Your circumstances may change, but Jesus remains faithful.

CHALLENGE

Don't just make resolutions—make spiritual commitments.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does it mean that Jesus never changes?
2. What changed in your life over the past year?
3. Why is Jesus' constancy comforting?
4. What spiritual goal would you like to develop?
5. What commitment can help you grow closer to Christ?



Every Choice Has a Direction

Scripture **Galatians 6:7-8**

BIG IDEA

Our choices are seeds, and eventually we live with what we plant.

CHALLENGE

Ask: Where is this choice taking me?

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does "reap what you sow" mean?
2. How can small choices become big consequences?
3. What choices today can affect your future?
4. Where are your current choices taking you?
5. What is one choice you need to change?



Choose Your Influences

Scripture **1 Corinthians 15:33**

BIG IDEA

What surrounds you eventually influences you.

CHALLENGE

Evaluate your friends, entertainment, social media, and influences.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why do people around us influence us?
2. What influences besides friends affect our choices?
3. How can social media influence identity?
4. What makes someone a positive influence?
5. Is there an influence you need to limit?



When Temptation Comes

Scripture **1 Corinthians 10:13**

BIG IDEA

Temptation isn't sin; what we choose to do with temptation matters.

CHALLENGE

Prepare your escape plan before temptation arrives.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does this verse teach about temptation?
2. Why recognize temptation before we're in it?
3. What temptations do students commonly face?
4. What does God promise when we are tempted?
5. What is your escape plan?



Courage to Stand Alone

Scripture **Daniel 3:16-18**

BIG IDEA

Sometimes following Jesus means standing when everyone else sits.

CHALLENGE

Decide what you believe before you're pressured to compromise.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What made Shadrach, Meshach, and Abednego courageous?
2. Why is peer pressure powerful?
3. What does standing for God alone look like?
4. Where might students face pressure to compromise?
5. What would you stand for even if nobody joined you?



Don't Trade Your Purpose

Scripture **Genesis 25:29-34**

BIG IDEA

Don't trade something valuable for something temporary.

CHALLENGE

Identify one temporary thing that is competing with your purpose.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why did Esau trade something valuable for something temporary?
2. What temporary things distract students from God's purpose?
3. Why trade long-term blessings for short-term pleasure?
4. What valuable gift from God do you need to protect?
5. What choice today can benefit your future?



Grace When You Mess Up

Scripture 1 John 1:9

BIG IDEA

A bad choice doesn't mean you're a bad person or that God is finished with you.

CHALLENGE

Confess it, receive grace, learn from it, and move forward.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why is admitting mistakes difficult?
2. What does God promise when we confess?
3. What is the difference between conviction and shame?
4. How does grace help us get back up?
5. Is there something you need to confess and leave with God?



MARCH

WEEK 28

March 1, 2027

Don't Quit in the Middle

Scripture **Galatians 6:9**

BIG IDEA

Faithfulness matters even when you don't see immediate results.

CHALLENGE

Keep going where you're tempted to quit.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why do people quit when results are slow?
2. What does "don't grow weary" mean?
3. Where do you need perseverance?
4. How can faith help you keep going?
5. What do you need to refuse to quit?



MARCH

WEEK 29

March 8, 2027

Discipline Over Feelings

Scripture **1 Corinthians 9:24-27**

BIG IDEA

Commitment isn't based on feelings.

CHALLENGE

Do what you committed to do—even when you don't feel like it.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why compare following Jesus to athletic training?
2. Why can't we depend on motivation?
3. What spiritual disciplines help us grow?
4. How does discipline show commitment?
5. What spiritual habit needs more consistency?



MARCH

WEEK 30

March 15, 2027

Keep Your Eyes on Jesus

Scripture **Hebrews 12:1-2**

BIG IDEA

We stay committed by fixing our eyes on Jesus rather than our circumstances.

CHALLENGE

Identify what is distracting you from Christ.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does fixing our eyes on Jesus mean?
2. What distracts students from Christ?
3. What "weight" might you need to lay aside?
4. How did Jesus demonstrate perseverance?
5. What would keeping your eyes on Jesus look like this week?



MARCH

WEEK 31

March 22, 2027

The Cross

Scripture **Luke 23:32-49**

BIG IDEA

Jesus took our place. We don't have to prove our worth because Jesus proved His love on the cross.

CHALLENGE

Reflect on what the cross says about God's love.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What stands out about Jesus' response during crucifixion?
2. Why was the cross necessary?
3. What does the cross demonstrate about God's love?
4. How does the cross connect to "Jesus has proven it all"?
5. What does Jesus' sacrifice mean personally to you?



MARCH

WEEK 32

March 29, 2027

HE IS RISEN!

Scripture **Luke 24:1-12**

STORY

The resurrection.

BIG IDEA

Jesus defeated sin and death.

GOSPEL CONNECTION

The resurrection is the foundation of our hope.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. Why is the resurrection essential to Christianity?
2. How might the women have felt at the empty tomb?
3. What does the resurrection prove about Jesus?
4. How should the resurrection change our lives?
5. What does "He is risen" mean for your hope?



APRIL

WEEK 33

April 12, 2027

Because He Lives

Scripture **1 Corinthians 15:20-22**

BIG IDEA

The resurrection changes how we live today.

CHALLENGE

Let the reality of the resurrection shape your choices.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What hope do we have because Jesus defeated death?
2. How would life differ if Jesus had not risen?
3. How does the resurrection affect fear?
4. How should Jesus being alive affect our choices?
5. Where do you need greater hope?



APRIL

WEEK 34

April 19, 2027

You Don't Have to Earn God's Love

Scripture **Romans 5:8**

BIG IDEA

God demonstrated His love before we could ever prove ourselves worthy.

CHALLENGE

Live from God's acceptance, not for God's acceptance.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. When did Christ demonstrate His love?
2. Did we have to become good enough before Jesus loved us?
3. Why do people feel they must earn God's love?
4. How is God's love different from human approval?
5. What would change if you truly believed you were already loved?



APRIL

WEEK 35

April 26, 2027

Your Story Can Point Someone to Jesus

Scripture **2 Corinthians 5:17-20**

BIG IDEA

God can use your story to help someone else find Christ.

CHALLENGE

Share what Jesus has done in your life with someone.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does being a new creation mean?
2. What has Jesus changed in your life?
3. Why can personal stories help share the Gospel?
4. What does being an ambassador for Christ mean?
5. Who could you encourage or point toward Jesus?



MAY

WEEK 36

May 3, 2027

Finish What You Started

Scripture **Philippians 1:6**

BIG IDEA

God isn't finished with you yet.

CHALLENGE

Finish the school year with faithfulness rather than coasting.

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does this verse tell us about God's work in us?
2. Why is finishing strong important?
3. Where are you tempted to coast?
4. How can you stay faithful when motivation disappears?
5. What would finishing strong look like spiritually?

**MAY****WEEK 37**

May 10, 2027

PROVEN IN HIM — The Final Challenge

Scripture **2 Timothy 4:7**

BIG IDEA

The goal isn't to prove ourselves to everyone else. The goal is to faithfully follow Jesus.

CHALLENGE

Ask: Am I connected to Christ? Am I connected to others? Am I becoming more like Christ? Are my choices honoring God? Am I staying committed when things get hard?

SMALL GROUP DISCUSSION

ICEBREAKER How have you seen God working in your life or in others' lives this past week?

1. What does it mean to fight the good fight?
2. What has God taught you about your identity this year?
3. Which pillar do you most need to keep growing in?
4. What does "proven in Him" mean to you now?
5. What commitment do you want to make to Jesus for the next season?



RESOURCE

Suggested Student Talk Format

- 1 THE WORD 3–5 minutes**
Read the Scripture and tell the biblical story.

(Step 2 was not legible on the source page — let me know its content and I'll add it.)
- 3 THE TRUTH 2 minutes**
One clear takeaway students can remember.
- 4 APPLY 3 minutes**
What does this look like at school, on my team, with my friends, and at home?
- 5 CHALLENGE 1 minute**
Give students one specific thing to do that week.
- 6 PRAYER 1–2 minutes**
Close by praying over the students and their teams.

YEAR-END MESSAGE

You don't have to prove yourself.

You don't have to prove you're good enough, talented enough,
strong enough, or worthy enough.

Jesus has already proven it all.

He proved His love through the cross. He proved His power
through the resurrection. He proved our worth by choosing to
pursue us.



So don't live to prove yourself.
Live because you are already PROVEN IN HIM.