

## *Proven: For the Athlete*

Think of a significant sports memory in your life. How does it compare to a meaningful experience you've had with Jesus? What stands out when you place them side by side?

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Can you share a time when a teammate, coach, or your team was personally blessed because you lived out your faith and proved to be a disciple of Jesus Christ?

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Who in your life has clearly modeled discipleship to Jesus for you? How did their example impact or bless you?

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Which fruit of the Spirit do you currently live out well in your sport or daily life? Which fruit represents an area where God may be inviting you to grow?

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What is one intentional next step you can take to more fully prove you are a disciple of Jesus and glorify God? (For example: leading or joining a Bible study, committing to a local church, spending more consistent time with Jesus, or practicing greater self-control in emotionally charged moments.)