

## *Proven Sacrifice*

What are some lies you've believed about where your worth comes from (performance, stats, approval, comparison)?

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What Scripture can you meditate on that reminds you of who God says you are in Him?

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What does it look like for you to offer yourself as a "living sacrifice" to God each day—on and off the field or court?

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What is one practical way you can shift your mindset from proving yourself to giving God the glory?

How can you remind yourself of this during practices or games?