

Competitor's Creed Study 1: Identity

The following study is designed to take you through The Competitor's Creed line by line to help you better understand what The Creed means and how it applies to you as athletes and coaches. Our hope is that you would not only sign [The Competitor's Creed](http://www.fca.org) at www.fca.org, but that you would live it out to the fullest.

Competitor's Creed Study 1: Identity

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 Christian first and last.

What does it mean to be a Christian "first and last?"

What does Jesus encourage us to do in [Matthew 6:33a](#)?

I am created in the likeness of God Almighty to bring Him glory.

What is one attribute God has given you that you are thankful for?

How does [Psalm 139:13-16](#) make you feel about the way God created you?

How did David feel (v.14)?

I am a member of Team Jesus Christ.

What is the best athletic team you have ever been on? Why?

What are some key elements of great teams?

In what way is sacrifice important to a team?

What does [Galatians 2:20](#) say about being a member of Team Jesus Christ?

I wear the colors of the cross.

What is the purpose of wearing your school's colors when you compete?

What does it mean to "wear the colors of the cross?"

What are some practical ways you can "wear the colors of the cross" as an athlete?

What is Paul saying in [Romans 14:8](#)?

Live It Out

What is the main theme of this lesson?

How can this lesson help you be a Competitor for Christ?

(What is one step you plan to take?)

Competitor's Creed Study 2: Competitors

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 am a Competitor now and forever.

What is the dictionary definition of a Competitor? How does this compare with your definition of a Competitor?

When I was coaching we had a cartoon on the coaches' office window that epitomized my view of a competitor. There was a frog inside the mouth of a pelican with one hand around the pelican's neck. The caption read, "Don't ever give up!"

Name one athlete or coach who fits your definition of a competitor.

Read [2 Samuel 23:8-17](#). Which definition of a competitor would be most accurate for David's mighty men? Why?

What did the Lord do for Eleazar and Shammah in their battles (vv.10, 12)?

I am made to strive, to strain, to stretch and to succeed in the arena of competition.

What are you striving and straining for as an athlete/coach?

What is Paul "straining" for in [Philippians 3:13-14](#)? How does this apply to you as an athlete/coach?

Read [2 Kings 18:5-7](#). What was it that made King Hezekiah successful?

How do you think God defines success in the arena of competition? How can this be accomplished?

I am a Christian Competitor and as such, I face my challenger with the face of Christ.

Does your definition of a Competitor from above conflict with what it means to be a Christian? Why or why not?

As Competitors in athletics, we must face our challengers head on, not shying away from anyone. We should fear no opponent. With that said, what does it mean to face our challengers with the face of Christ? (Read [2 Corinthians 4:6](#) to see if this helps.)

On a side note, as Christian Competitors, our challenger is not always the person lined up across from us. Paul writes in [Ephesians 6:12](#), “For our struggle is not against flesh and blood, but against the rulers...the authorities...the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” Similar to our preparation for competition, we must be prepared to take a stand against the devil and his schemes by putting on the armor of God ([Eph. 6:10-18](#)).

Live It Out

What was one thing that struck you from this lesson? How can this help you be a Competitor for Christ?

Competitor's Creed Study 3: Steal or Reveal

*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.*

I do not trust in myself.

How important is trust to your success in athletics?

What are some ways you can show trust to those on your team and your coaching staff?

Read [Psalm 20:7-8](#). What are the “chariots” and “horses” that some are trusting in today? As David prepared for battle, who was he trusting in for victory? What was the result of those who trusted in “chariots” and “horses” verses those who trusted in the Lord? (v.8).

When you compete, who or what are you trusting in for victory?

I do not boast in my abilities or believe in my own strength.

What are some harmful effects of boasting in our athletic/coaching abilities?

Read [Luke 18:9-14](#). What is the difference between these two men who came to God in prayer? What did Jesus say would happen when we boast in ourselves?

Going into my 8th-grade-wrestling season I was a returning state qualifier and had high expectations of being an undefeated state champion. In preparation for the season, I had the words “Bad to the Bone!” put on the back of my warm up shirt for everyone to see. God had the perfect opportunity to humble this brash young boy and he did in only my third match of the season when I lost 4-2. At our next practice my coach played the song “Bad to the Bone” as we warmed up, just for good measure. The shirt got trashed and I ended up finishing 4th at state that year, and learned a very valuable lesson in the process. How about you? When has God had to humble you?

What does God say about boasting in [Jeremiah 9:23-24](#)?

What do you think Paul means when he says in [Galatians 6:14](#), “May I never boast except in the cross of our Lord Jesus Christ?”

I rely solely on the power of God.

Who comes to mind when you think of someone with extraordinary physical power?

How would you describe God’s power? How does Paul describe God’s power in [2 Corinthians 4:7](#)?

How can God’s power help you as a competitor? (Read [Isaiah 40:28-31](#))

I compete for the pleasure of my Heavenly Father, the honor of Christ, and the reputation of the Holy Spirit.

As Christian Competitors, we have to remember that our #1 goal in competing is to please our Heavenly Father, as Paul states in [2 Corinthians 5:9](#). This brings honor to Christ and upholds the reputation of the Holy Spirit. How does Paul pray for the Colossians to please God ([Col 1:10](#))? How can you please God when you compete?

Live It Out

Boasting in our abilities steals the glory that God deserves in our lives and is not pleasing to Him. When you compete, are you stealing God’s glory or are you revealing it?

Are there any changes that need to be made in you to reveal more of God’s glory?

Competitor's Creed Study 4: Attitude

*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 attitude on and off the field is above reproach – my conduct beyond criticism.
Read [Titus 2:6-8](#). What is God saying to you through this passage?

How does this passage apply to athletics?

How can your attitude and conduct impact your team?

Are you pleased with the example you are setting for those on your team?

Do you think God is pleased with your example? Why or why not?

Take a serious look at your life and ask yourself, "Is there anything I am doing that, if found out by others, could potentially destroy my life?" If so, read and follow [James 5:16](#) and [1 John 1:9](#).

Whether I am preparing, practicing or playing; I submit to God's authority and those He has put over me.

What is the most difficult thing you have to do in preparation for competition?

In [2 Timothy 4:2](#), Paul writes "be prepared in season and out of season."
How does this apply to you as a coach or athlete?

How about as a Christian?

What would your sport be like if there were no rules?

How is God's authority like the rules in your sport?

What does [Job 34:12-15](#) say about God's authority?

Read [Romans 13:1-2,5](#). How does Paul instruct us to act toward those God has put over us? Why?

When is it acceptable not to submit to the authorities ([Acts 5:27-29](#))?

I respect my coaches, officials, teammates and competitors out of respect for the Lord.
Which of these groups above do you have the hardest time showing respect to? Why?

The word respect is used twice in this line of the creed. Is there a difference in the meaning of these references? What?

Read [1 Peter 2:17](#). How can you show "proper respect" to (value) coaches, officials, teammates & competitors?

Live It Out

What is one way that God spoke to your heart through this lesson? How can you apply this in your life?

The "attitude adjustment" challenge – read [Philippians 2:5-8](#) and memorize verse 5.

Competitor's Creed Study 5: The Temple

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.

My body is the temple of Jesus Christ.

How would you describe God's temple to someone?

How is it described in [1 Corinthians 3:16-17](#)?

What does it mean to say, "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.

What are some things you try to "protect" your body from?

How do you protect it from these things?

We must work to protect our bodies from within (mentally) and without (physically). Protection from within comes when we take every thought that enters our minds captive and make it obedient to Christ ([2 Corinthians 10:5](#)). This is the key to the transformation that Paul writes about in [Romans 12:2](#). Because the mind is the control center of our thoughts, feelings, attitudes and actions, it is the primary line of defense for protecting our bodies from things that do not honor God. Protection from without comes from working to keep our bodies healthy through exercise and eating right, and from keeping harmful substances out of our bodies.

Is it harder for you to protect your body from within or without? Why?

According to [1 Corinthians 6:19-20](#), why should we honor God with our bodies?

My sweat is an offering to my Master.

My soreness is a sacrifice to my Savior.

What is the purpose of the intense training we go through as athletes and coaches?

In [Colossians 3:23](#), how hard does Paul say we should work? Who are we to work for?

Do you view your sweat and your soreness as an offering to the Lord? How so?

Read [Romans 12:1](#). What does Paul urge us to do with our bodies? Why?

Live It Out

In what way are you currently treating your body as a temple of Jesus Christ?

What is one step you plan to take to honor God with your body?

Competitor's Creed Study 6: The Lord's Warrior

*I give my all – all of 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 results of my efforts must result in His glory.*

I give my all – all of the time. I do not give up. I do not give in. I do not give out.
When is it most difficult for you to give your all in athletics? Why?

How can you apply [Galatians 6:9](#) to athletics?

I am the Lord's warrior – a competitor by conviction and a disciple of determination.
What are the characteristics of a warrior in athletics?

As you read through [1 Samuel 17:32-37](#) & [45-50](#), what are some things that affirm the warrior in David?

I am confident beyond reason because my confidence lies in Christ.
On a scale of 1-10, how confident are you in your ability to perform well in athletics? Explain your answer.

What causes your confidence to go up or down?

How confident was David as he went into battle with Goliath? Why? ([1 Sam.17:37](#), [46-7](#))

How can your relationship with the Lord strengthen your confidence in competition?

The results of my efforts must result in His glory.

Read [1 Corinthians 10:31](#). Through what activities are we to give God glory?

Do your efforts in competition generally result in God's glory? How so?

In [Matthew 5:16](#), what is the reason Jesus tells us to let our lights shine?

Live It Out

As you reflect on this lesson, how can you be "the Lord's warrior" in competition?

We are the Lord's warriors. We must compete as His representatives and for His purposes. We must give our all for Him, be confident in the task He has called us to and carry it out in a way that results in His glory.