



FCA Elementary Commit

If the world hates you, understand that if it hated Me before it hated you. If you were of the world, the world would love you as its own. However, because you are not of the world, but I have chosen you out of it, the world hates you.
John 15:18-19

Workout: With Others

Have you ever faced a team that seems to hate your guts? Being a Christian puts us on a team, God's team. God is the coach, and we are the athletes. In most sports, there is an opposing team. With Christianity, the opposing team belongs to our enemy, Satan. He hates us because we are on God's team, and Satan does not like God.

Jesus is speaking to His disciples (and us), "If you were of the world, the world would love you as its own. However, because you are not of the world, but I have chosen you out of it, the world hates you" (John 15:19). Those who are on God's team are special because God handpicked them, and the world (Satan) hates that!

Think of a game of soccer: there are two captains. God is one of those captains, and Satan is the other. Those teams battle it out to see who will win. Satan really wants to win because he wants both teams for himself so he can have all the control. He's not a good captain. He is selfish and wants his athletes to suffer because of it. God is the perfect captain and a loving coach who takes great care of His athletes in every way.

If you were part of the opposing team, those teammates would welcome you as their own. But since you are on God's team, you are not accepted. The opposing team can make life pretty hard for you. Sometimes they call you a "goody two-shoes" or they try to get you to mess up so they can laugh at you.

Warm Up

1 minute Plank Challenge

We know how to stay committed to Jesus and our teammates while going against the opposing team.

When others act in a way that displeases God, is it hard to go against the crowd and follow God?

What if it is your teammates making choices that displease God?

How do you respond?

How do you help your teammates make choices that please God?



How do you react when someone makes fun of you? How should God's team react when going against the opposing team? They listen to God and always keep their eyes on Him. They do what He says. They stick together as a team, building each other up, encouraging one another, and looking out for each other. They love each other and make wise decisions as they play against the opposition.

The secret here is to focus more on playing with your team than on playing against the other team. When you focus on teamwork and being the best teammate you possibly can be, a bit of the pressure comes off because it becomes about playing WITH the best team in history.

What are some benefits of good teammates? Being a Christian is hard because there will always be an opposing team. Friends may discourage you from trying to do things God's way. They might call you names for not joining in on making fun of someone. But when we stick close to God and listen to and do exactly as He says, we win at life and play well. The best part is we do not have to play the game alone. On God's team, we have a world of fellow believers who are on the same team—God's. We might feel alone during hard moments, but all we have to do is keep our eyes on God and look next to us to see our fellow believers—our teammates. We are not alone!

Ever had an intense moment in a game? How did your team handle it? During the rough moments of a game, our coach tells us what to do. In life, we take those hard moments to God, the perfect Coach, and let Him protect us. We stay committed to what He says even during the rough parts of life, and when we do that, we don't have to be afraid. We can live and play fully and joyfully!

Connect

If the world hates you, understand that it hated me before it hated you. John 15:18

When the counselor comes, the one I will send to you from the father--the spirit of truth who proceeds from the father--He will testify about Me. John 15:26

Warm Up

2 minute Plank Challenge

We know how to stay committed to Jesus and our teammates while going against the opposite team.



THE FOUR

The Four is the Gospel explained in four simple truths

- God loves you
- Sin separates you
- Jesus rescues you
- Will you trust in Jesus

Workout: On Our Own

We have talked about the opposition we have faced because we are on God's team. Being on God's team can be seen as a team sport because we have a world of fellow believers playing on the same team, but it can also be seen as an individual sport. Think of cross country or running. Granted, you are a part of the team: everyone wears the same jersey. Being in the sport is individual because the competition is at every athlete's own pace. This makes cross country a somewhat lonely sport.

God exists as three separate persons in one God: God the Father, God the Son, and God the Holy Spirit. God the Father created everything simply by speaking it into existence. God the Son (Jesus) helped Him (the Father) create the world and then came to earth to die for our sins so we could have a relationship with the Father. The Holy Spirit is like a coach who runs the race with us. When we choose to follow Jesus and surrender our lives to Him, He gives us His Spirit to live inside of us. Now we have the Coach in our hearts to help us know what to do, how to do it, and to help us not feel so alone as we run.

How much better could you run if you had the coach instructing you from inside your heart and mind? In the scripture for today, Jesus is speaking about the Holy Spirit when He says the Counselor is coming. Counselor is a good name because that truly is who and what He is to us. Think back to the cross-country runner idea: The Holy Spirit runs with us and talks and listens to us along the way. We don't have to go through any course or path on our own because He is with us. He is the coach who lives within our hearts to help guide us every single day. We are no longer alone when we accept Jesus as our Savior and Lord because He gives us His Spirit to live inside of us!

Wrap Up

God has proven His great love for us by sending His Son, Jesus, to die for us and save us from our sins.

- How will we live our lives as His proven disciples?
- Will we listen to Him as He coaches our everyday lives?
- Will we be the teammates others need as Jesus has been to us?
- Will we stay committed during the intense seasons of life when the opposing team is trying to defeat us?
- How does it make you feel that you are handpicked for God's team?
- How can you better handle the challenges that come from the opposing team?

Cool Down

When we are on Jesus' team, we should choose to share how incredible that is with others (John 15:12-17)

- What does this Scripture say about God?
- What does it say about people?
- By God's grace, how will you obey God's Word this week?
- Whom will you share this Scripture passage with?
- What are you thankful for
- What are you struggling with?
- Whom did you obey last week?

and how did it impact your week?