



YOUNG ATHLETE'S HANDBOOK

PROVEN

JOHN 15:8

Young Athlete's Handbook: Proven Edition

FCA Group Meetings and Training Time

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PROVEN

JOHN 15:8



YOUNG ATHLETE'S CONTENTS HANDBOOK

- | | | | |
|-----------|--------------------------------|-----------|---------------------------------|
| 2 | Proven Overview | 50 | Prayer Activity |
| 3 | The FOUR | 51 | Proven Defined |
| 4 | Discovery Bible Study Training | 52 | 52-Week Discovery Bible Studies |
| 6 | Young Athlete's Meetings | 54 | Parent Guide |
| 49 | ACTS Prayer Pattern | 55 | Get to Know FCA |
| | | 56 | Get Involved with FCA |

THE JOURNEY

Once Upon a Time, I believed love and acceptance were based on my performance.

And Every Day I felt exhausted and empty trying to prove myself.

Until One Day I found unconditional love through God's gift of salvation from the perfect life, death and resurrection of Jesus.

And Now I am already proven and remain connected to Jesus, producing fruit to point others to Him.

FROM PROVING MY WORTH TO PROVEN IN HIM

CONNECT MEETING 1

We're proven when we understand how God is connected to us and we compete with Him, not just for Him.

John 15:4

CULTIVATE MEETING 2

We're proven by prioritizing spiritual training and trusting that Jesus is a greater source of joy than sports.

John 15:8

CHOOSE MEETING 3

We're proven by who we love and how we love them.

John 15:12

COMMIT MEETING 4

We're proven through being resilient in the face of hardship and by learning about God's Spirit and listening to Him.

John 15:19

PROVEN

JOHN 15:8
"MY FATHER IS GLORIFIED BY THIS: THAT YOU PRODUCE MUCH FRUIT AND PROVE TO BE MY DISCIPLES."

HOW TO USE THE MEETINGS



At Camp: These four concepts are designed to fit together for a complete message at camp. It's not recommended to completely skip any of the topics. You can choose to break up the concepts to fit the number of meeting times for your camp or event. The DBS sets can be used as additional meetings or individual study times.

In Huddles: These four topics are intended to lead you on the journey from proving your worth to being proven in Him. Each meeting can be studied with your Huddle over a semester or a sports season. The additional key actions and DBS sets allow more intentional study at a slower pace.

Discovery Bible Study (DBS): A Discovery Bible Study template is added to the end of each meeting. This inductive Bible study method is focused on diving deeper into God's Word. You can use these with athletes and coaches within camps, Huddles or any ministry program.

Leader Guide: For best practices, a breakdown of each core concept and how to connect with your Huddle, scan the QR code in the banner on this page.

THE FOUR

THE GOSPEL EXPLAINED IN FOUR SIMPLE TRUTHS



The **FOUR** is a simple, repeatable way for anyone to share the Gospel.



GOD LOVES YOU

God made you and loves you! His love is boundless and unconditional. God is real, and He wants you to personally experience His love and discover His purpose for your life through a relationship with Him.

Genesis 1:27; John 3:16



JESUS RESCUES YOU

Jesus died, but He rose to life again. Jesus offers you peace with God and a personal relationship with Him. Through faith in Jesus, you can experience God's love daily, discover your purpose and have eternal life after death.

*Romans 5:8; 1 Corinthians 15:3-8;
1 Peter 3:18*



SIN SEPARATES YOU

Sin damages your relationships with other people and with God. It keeps you from experiencing the fulfilling life God intends for you. The result: you are eternally separated from God and the life He planned for you.

Isaiah 59:2; Romans 3:23; 6:23



WILL YOU TRUST JESUS?

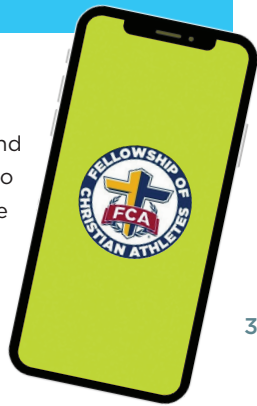
You choose to trust Jesus when you believe and confess that Jesus is Lord and surrender your life to Him. Are you ready to place your trust in Jesus?

*John 1:12; Romans 10:9-10;
Ephesians 2:8-9; Revelation 3:20*



The **FAITH RESPONSE TOOL** is for coaches and athletes who have recently made a decision to **START** a relationship with Jesus or they desire to **GROW** in their relationship with Jesus.

To use the tool, simply **SCAN THE QR CODE**.



DISCOVERY BIBLE STUDY **TRAINING**

Use the guide below to study the Bible using the Discovery Bible Study method. If you are in a group, distribute the Discovery Bible Study template to those in your group.

1. WHAT ARE YOU THANKFUL FOR?

2. WHAT ARE YOU STRUGGLING WITH?

Questions 1 and 2 are designed to foster connection. After discussion, spend time in prayer for one another and for what you are about to study.

3. HOW DID YOU OBEY LAST WEEK?

4. WHO DID YOU SHARE WITH?

Discuss questions 3 and 4 for the purpose of checking in on how others obeyed and who they shared with since the last meeting. *(Note: these questions won't be used until your second meeting.)*

- **READ** - Have someone read the passage aloud while everyone else follows along with the Scripture using their eyes.
- **REREAD** - One person rereads the passage a second time, but this time everyone else closes their eyes and listens.
- **RETELL** - Together, without looking at the Bible, retell the passage, in as much detail as possible from memory.

5. WHAT DOES THIS SAY ABOUT GOD (FATHER, SON, HOLY SPIRIT)?

6. WHAT DOES THIS SAY ABOUT PEOPLE?

Look back at the Scripture and use questions 5 and 6 to discuss. Be sure to reference the specific verse in your answer. (An example using John 1: *“Verse 1 says that the Word was God and was with God.”*) This is not about your personal interpretation or application, but specifically about what the Scripture is saying.

7. BY GOD'S GRACE HOW WILL YOU OBEY GOD'S WORD THIS WEEK?

- **PRAY** and ask God what truth He wants you to focus on this week.
- **WRITE** a one-sentence, “I will . . .” statement on the Discovery Bible Study sheet capturing this conviction. Your response will be discussed at the next meeting in question 3.

8. WHO WILL YOU SHARE THIS SCRIPTURE PASSAGE WITH THIS WEEK?

- **PRAY** and ask God who needs to hear this.
- **WRITE** down one name and be intentional about sharing with that person. Your response will be discussed at the next meeting in question 4.

DISCOVERY BIBLE STUDY *TEMPLATE*



Use this QR code to download and print this template.

1. What are you thankful for?

2. What are you struggling with?

3. How did you obey last week?

4. Whom did you share with?

TODAY'S SCRIPTURE:

5. What does this say about God?
(Father, Son, Holy Spirit)

6. What does this say
about people?

7. By God's grace how will you
obey God's Word this week?

8. Whom will you share this
Scripture passage with this week?

PROVEN
JOHN
15 **MEETINGS**

CONNECT 15:4
CULTIVATE 15:8
CHOOSE 15:12
COMMIT 15:19

CONNECT

PART 1

“REMAIN IN ME, AND I IN YOU. JUST AS A BRANCH IS UNABLE TO PRODUCE FRUIT BY ITSELF UNLESS IT REMAINS ON THE VINE, NEITHER CAN YOU UNLESS YOU REMAIN IN ME.” —JOHN 15:4

PROVEN YOUNG ATHLETE'S MEETINGS



WARM-UP

We will start our time together by learning who the True Vine is and how He provides the life we desperately need.

AMOEBIA TAG

Q: HOW HARD WAS IT TO NOT GET TAGGED?

It seemed like once you got free, someone else was running to tag you again, right? That's what life on earth is like with sin. We're tagged as sinners, stuck in the current position and unable to break ourselves free. Jesus frees us, and then we're free to run! Sin continues to try and tag us in life, but we flee with Christ and help our fellow teammates be free too!

WORKOUT

WHO IS THE TRUE VINE?

Has anyone ever asked you to “prove it?” Maybe you're arguing with a friend, trying to determine who's the fastest. How do you find out? You prove it. You tie your shoes tight and start running. And whoever wins, that's who's the fastest. Proving something is just applying the evidence.

God has done so much to prove that He loves us and wants a relationship with us. He might not have put on Nikes and started running, but He did send His Son, Jesus, to save us from our sins, something we really needed God to do because we couldn't do it on our own.

Q: DO YOU KNOW WHAT SIN IS?

It's when we do things our own way instead of God's way. This looks like disobeying, lying, hurting others and being selfish. Think of a garden: there's bound to be weeds in it. The way our hearts come when we're born, they're like a garden growing up with weeds that spread out and choke the good plants that are trying to grow.

Q: WOULD YOU WANT WEEDS IN YOUR GARDEN?

Think of some weeds that might grow in the lives of an athlete: bad habits such as bullying other kids on the team, talking back to the coach or even calling others names when they don't do well. These weeds take over the garden of an athlete's heart, not allowing anything good to grow, only sharp thorns that prick them and others. Our hearts need to be tended by a gardener, and it's too much for us to handle on our own.

In John 15:1, Jesus says, *"I am the true vine, and my Father is the gardener."* Jesus is speaking and He is the Vine. He is our connection to life. His life made it possible for us to have a relationship with the Father, the gardener. He is the TRUE Vine. There are many other things that try to act as vines (sources of life) in this world: entertainment, money, food, sports, relationships, being the coolest kid in your neighborhood, but all of these things don't have life in them. They don't provide the true life that empowers us to live and grow the way God has planted us to.

The Father is the gardener; He's the one who tends to us. Just like your coach works with you to help you grow stronger as an athlete, God tends to our hearts and helps us grow as His people. He guides us to be the best athletes on His team. He's like a gardener who provides water and necessary nutrients so that all the plants can grow to become what they were put in the garden for in the first place.

Q: WHAT ARE SOME NUTRIENTS (THINGS THAT WE NEED) IN ORDER TO GROW?

Athletes need to drink plenty of water, eat their fruits and vegetables, get enough rest and exercise daily so they can stay healthy. They must also look out for weeds (bad habits) that keep them from growing into the athlete they're capable of becoming!

God is the gardener of our hearts. He provides for our needs, our growth and He helps us pull up the things in our lives that keep us from growing into who He planted us to be.

WRAP-UP

Q: DO YOU BELIEVE THE GARDENER (GOD) LOVES YOU AND WANTS YOU TO GROW CLOSE TO THE VINE (JESUS)?

God wants a relationship with you so you can experience His love and all the life, nutrients, and growth that comes from being connected to Him. Only in Him can we grow to become who He planted us to be. An athlete is destined for greatness when they're truly connected to the coach! If you have not started your relationship with God or have questions about how to do this, talk to your leader.

CONNECT



PART 2

“REMAIN IN ME, AND I IN YOU. JUST AS A BRANCH IS UNABLE TO PRODUCE FRUIT BY ITSELF UNLESS IT REMAINS ON THE VINE, NEITHER CAN YOU UNLESS YOU REMAIN IN ME. I AM THE VINE; YOU ARE THE BRANCHES. THE ONE WHO REMAINS IN ME AND I IN HIM PRODUCES MUCH FRUIT, BECAUSE YOU CAN DO NOTHING WITHOUT ME.” —JOHN 15:4-5

WARM-UP

10 QUESTIONS

Because you spent time asking questions and listening to answers, you got to know someone better. Spending time with someone and speaking/ listening to them helps your relationship grow stronger. The same thing is true when we talk to and listen to God!

WORKOUT

GROWING WITH THE VINE

Q: WHAT WOULD HAPPEN IF YOU AND YOUR COACH SWITCHED PLACES FOR THE DAY?

How fun would that be! (For the first few minutes). Being in charge for the day sounds awesome, doesn't it? But being a coach isn't an easy job. Your coach is older than you and knows a good bit more about your sport than you do. That is why he or she signed up to be a coach: to teach you how to be better at your sport and help you grow with the team.

Our verse for today is spoken by Jesus. In it He gives us our roles. He is the Vine. We are the branches. The Vine tells the branches how to grow, just like a coach tells the athletes how to play.

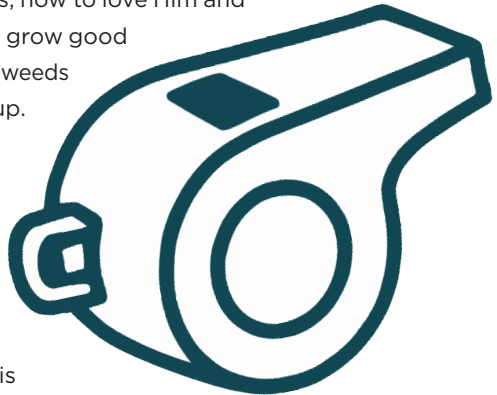
Q: WHAT WOULD HAPPEN IF A TEAM DIDN'T HAVE A COACH?

They'd be lost in the game. A team needs a coach to teach them the rules of the game. They need someone to help them practice and master the skills needed for the game. They need someone to guide them as the game plays out, someone to encourage them when they get tired and don't want to play anymore.

That is what Jesus does for us in life. When we stick close to Him (remain in Him) He provides for our every need and teaches us everything we need to know for our lives. Just like a coach, He teaches us the rules of life. These are found in the Bible. They are commands from Him that help us know how to treat others, how to love Him and how to live our lives. He helps us grow good things in our hearts instead of the weeds (bad habits) that often sprout up.

Q: WHEN YOU LISTEN TO YOUR COACH, DO YOU PLAY BETTER OR WORSE?

Jesus tells us that if we remain in Him, we will produce much fruit. Just like if we listen to and obey our coach when he or she is trying to help us become a better athlete, we perform better. The more time we spend listening to the coach, the better athlete we will be. The more time we spend listening to Jesus, the more fruitful our lives will be. Fruit is the evidence that we listened and obeyed Jesus.



Q: WHAT IS YOUR COACH TEACHING YOU TODAY TO HELP YOU BETTER PERFORM IN YOUR SPORT?

Q: ARE YOU LISTENING TO AND OBEYING THEM OR DOING THINGS YOUR OWN WAY?

An athlete can do nothing without the coach. We must remember our place on the team and not become prideful by rejecting help and instruction when we need it. John 15:2 tells us that God prunes every branch that produces fruit so it will produce more fruit.

Pruning is when the gardener cuts off unnecessary parts of a branch that are weighing it down so it can be healthy and produce more fruit. In sports, pruning looks like your coach giving you feedback on your performance. We have to be willing to hear from coach the different areas in our sport where we need to improve.

Q: IS IT EASY OR HARD TO CHANGE BAD HABITS? DO YOU THINK A BRANCH IS COMFORTABLE WHEN IT IS BEING PRUNED BY THE GARDENER?

It might be a little uncomfortable to hear from your coach about the ways you need to improve. But think how fresh that branch feels once all the excess is cut off of and it isn't weighed down so it can produce more fruit. That's what God does for us. He helps us get rid of the excess so that we can focus on doing what He's created us to do.

And if we listen and do the things the coach is asking us to do and the things God is asking us to do, our skills will grow, our hearts will be filled and the game (and our lives) will benefit.

WRAP-UP

- God proved His love for us by sending His Son Jesus to die for our sins.
- Jesus is the Vine. God the Father is the Gardener. We are the branches.
- We need to listen to and obey God (remain in Him), He is the coach, and we are the athletes. We need Him because He provides for our every need and teaches us everything we need to know.

Q: How can you remain in God today?

PROVEN

TODAY'S SCRIPTURE:

John 15:1-8 (Connecting to Jesus and relying on Him helps us grow good things in our hearts.)

5. What does this say about God?
(Father, Son, Holy Spirit)

6. What does this say
about people?



7. By God's grace how will you
obey God's Word this week?

8. Whom will you share this
Scripture passage with?



CONNECTED TO THE VINE

Jesus is the Vine. God the Father is the Gardener. We are the branches.

Label the branches with the different activities and roles you have (son, daughter, sister, brother, friend, center, goalie, etc.). Label the fruit with the different Fruit of the Spirit you want to reflect in those activities and roles. (love, serving, etc). On pruned branches below, put areas for improvement.

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WORD SEARCH

JOHN 15:1-8

Find each of the words listed below in the puzzle. Each word is a visual that will help you understand how to grow in your relationship with God:

VINE • GARDENER • BRANCH
REMAIN • NOTHING
FRUIT • PRUNE • PRODUCE

B	R	A	N	C	H	U	Z	O	
W	F	K	Y	U	V	O	A	W	L
R	U	K	Y	C	I	L	L	L	N
K	B	L	K	P	N	G	U	Y	E
U	R	N	V	I	E	M	A	U	D
G	A	R	D	E	N	E	R	C	K
A	B	X	O	M	J	U	U	E	U
S	K	S	P	E	K	C	H	Q	K
V	C	A	R	I	Z	N	E	J	R
L	B	N	O	T	H	I	N	G	E
T	V	I	D	P	Y	F	K	H	M
L	C	A	U	R	G	R	C	Y	A
S	U	T	C	U	M	U	K	Z	I
M	S	Y	E	N	H	I	F	O	N
C	S	D	Y	E	N	T	N	L	X

CULTIVATE

PART 1

“MY FATHER IS GLORIFIED BY THIS:
THAT YOU PRODUCE MUCH FRUIT AND
PROVE TO BE MY DISCIPLES.” —JOHN 15:8

PROVEN YOUNG ATHLETE'S MEETINGS

WARM-UP

COPY CAT

In life, our goal is to become like Christ: producing much fruit and proving to be His disciples. As we become like Him, we can look in a mirror and see His reflection instead of our own.



WORKOUT

FRUIT IS PRODUCED

Share about a time when something you did in a game made your coach really happy.

How did that make you feel to see your coach so excited? For many athletes, it makes them feel like they're on top of the world! If you think about a young athlete playing a new sport, he or she is definitely going to keep their eyes on the coach. They want to do their job well in competition and have fun, but they also really care about pleasing the coach and learning everything they can from him or her.

Our verse for today says, *“My Father is glorified by this: that you produce much fruit and prove to be my disciples”* (John 15:8). It makes God really happy when we produce much fruit and show ourselves to be on His team.

Q: WHAT FRUIT IS JESUS TALKING ABOUT?

He's not talking about the apples and bananas you eat before a game for energy. He's talking about the Fruit of the Spirit. This is basically evidence, the proof, that you are connected to the Vine (Jesus). Galatians 5:22-23 tells us that the Fruit of the Spirit is *“love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

Q: THINK OF A TEAM: DO THE ATHLETES ALL LOOK ALIKE?

Of course there are differences in height, skin color and hair color, but they're all wearing the same jersey, right? You can tell who is on what team because they have matching jerseys or shirts.

When we are on God's team, we begin to look like Him. We wear His jersey. The fruit we are talking about is from the Spirit and those traits begin to grow in our hearts and minds as we are connected to the Vine (Jesus), and we spend time with God, the Gardener.



Q: WHAT DOES IT LOOK LIKE TO SPEND TIME WITH GOD?

We spend time with God when we read the Bible, pray to Him and tell Him about our day and how our heart is feeling. We can also sing to Him! Three simple ways to spend time with God each day are to read the Bible, talk to Him about everything throughout the day and then take a walk at the end of the day to enjoy His creation. Time with God each day helps to pull the weeds and bad habits out of our heart while also helping grow the Fruit of the Spirit.

Q: IF WE THINK OF THE DIFFERENCE BETWEEN FRUIT AND WEEDS, WHICH IS GROWN BY GOD AND WHICH IS GROWN BY SIN IN OUR LIFE?

When He sees this fruit growing in our hearts, it makes Him so happy. He looks at us as His team and cheers us on. He loves us wearing His jersey, He loves us being on His team and He loves being our coach!

WRAP-UP

Q: What is something you have learned about the Fruit of the Spirit?

Q: What is your favorite Fruit of the Spirit?

Q: How will you spend time with God today?

CULTIVATE

PART 2



“IF YOU KEEP MY COMMANDS YOU WILL REMAIN IN MY LOVE, JUST AS I HAVE KEPT MY FATHER’S COMMANDS AND REMAIN IN HIS LOVE. I HAVE TOLD YOU THESE THINGS SO THAT MY JOY MAY BE IN YOU AND YOUR JOY MAY BE COMPLETE.” —JOHN 15:10-11

WARM-UP

Previously, we learned that through our connection to the Vine (Jesus), we produce much fruit and prove to be His disciples. Today, we are going to talk about how that affects our daily lives.

FREEZE TAG

When you play freeze tag, how hard is it for you to stay still once you're frozen? Almost impossible! You can't move one inch until someone comes by to unfreeze you, and that's a challenge. It's hard to remain in one place for a long time because we like to move around.

WORKOUT

JOY IS THE RESULT

Jesus tells us, *“If you keep my commands you will remain in my love, just as I have kept my Father’s commands and remain in his love”*

(John 15:10).

To remain in something means to stay in it.

Sometimes we run from God; we don't stay in His love. We run off because we don't like to sit still, we like to do what we want. We don't always want to do what God says. But Jesus tells us if we keep His commands we will stay in His love, and when we do that His joy will be in us and we will have complete joy!

Q: WHAT HAPPENS WHEN YOUR COACH TELLS YOU TO DO SOMETHING IN A GAME AND YOU CHOOSE TO NOT DO IT BUT INSTEAD DO WHAT YOU WANT?

You miss out on the game and how it was created to be played. When everyone listens to the coach and plays the game the way it was created to be played, everyone gets to experience the joy of the game. The joy of the game is the why it was created in the first place.

Your coach has experience in the sport you are playing; if he or she is telling you to do something or even not to do something, it's for a purpose and a reason. When you disobey or don't listen, most times the coach will sit you out and let you think about it for a little while.



Q: HOW DO YOU FEEL IN A SITUATION LIKE THIS?

Jesus tells us to keep His commands, and when we do this, we will stay in His love. His commands for us aren't just a lame group of rules we must follow in life. He actually knows the ways of life better than we do; in fact, He's the one who created it! He knows all the secrets to helping us get the most out of our life with Him.

You might be wondering where to start learning His commands so that you can stay in His love. Start out by reading the book of John. In this book of the Bible, you will learn about the life of Jesus: how He lived, how He treated people, how He loved them and how He loves you. Before you start reading, ask God to speak to you and tell Him that you want to learn more about Him today.

When we listen to the coach and do all that he or she says we can expect to get the most out of our position, our sport and our time with our teammates.

- Q: If I am always disobeying the coach, talking over him or her while they speak, and not listening to anything they tell me, how close of a relationship will I have with them?**
- Q: Will I have joy in that relationship, or will I dread being around the coach? Why?**

We've got to give God a chance. He knows what we need. He knows our hopes and dreams. He truly wants us to live and experience His joy.

WRAP-UP

- Q: Create a list of worship songs, books of the Bible, and prayers. Use that list to spend time with God each day.**

**KEY
IDEA**

CULTIVATED IN THE VINE

Our spot on team Jesus is proven through the Fruit of the Spirit in our lives which are grown through spending time with Him.

**MY FATHER
IS GLORIFIED
BY THIS:**

**THAT YOU PRODUCE
MUCH FRUIT**

**& PROVE TO BE MY
DISCIPLES.**

JOHN 15:8

CHOOSE

PART 1

PROVEN YOUNG ATHLETE'S MEETINGS

“THIS IS MY COMMAND: LOVE ONE ANOTHER AS I HAVE LOVED YOU. NO ONE HAS GREATER LOVE THAN THIS: TO LAY DOWN HIS LIFE FOR HIS FRIENDS.” —JOHN 15:12-13

WARM-UP

**Q: WHAT ARE SOME THINGS THAT YOU LOVE?
WHY DO YOU LOVE THEM?**

**Q: WHO ARE SOME PEOPLE THAT YOU LOVE?
WHAT MAKES YOU LOVE THEM?**

WORKOUT

OUR FRIENDS

Picture this: You just played a long game on a hot afternoon. You played your hardest on the field and now you are the thirstiest you've ever been in your life. You go to the concession stand with money your parent gave you and buy the most beautiful large slushie. It has little pieces of ice crushed and slushed along with the tangiest and most thirst-quenching flavor. You take one sip, and then another and then another. You run back to the field and tell your teammate they just HAD to try it. Your teammate drinks some too and you both agree, it is the best slushie you've ever tasted.

You couldn't keep it to yourself because it was just that good—you loved it that much!

The first part of our Scripture for today is Jesus speaking: *“This is my command: Love one another as I have loved you”* (John 15:12).

Q: HOW HAS JESUS LOVED US?

The last part of the verse answers the question: *“No one has greater love than this: to lay down his life for his friends”* (John 15:13). That is what Jesus did for us. He laid down His life for us by dying on the cross to save us from our sins. His death made it possible for us to be free

from sin and to have a relationship with God the Father. Jesus' life had value, but our lives were of more value to Him than His own. Because He loves us that much, we are to share that love with everyone else.

Think back to the delicious slushie. You could've kept it to yourself. Remember, you sipped on it for a good while and it was quite valuable to you. But your teammate was thirsty too and their parent couldn't go to the game that day, so they didn't have any money to buy a drink. You sharing your slushie with your teammate is one way we can live out the verse Jesus is teaching us. You loved that slushie, but you loved your friend more than that. So you shared.

If we bring Jesus into this, you're at the concession stand after a very long, hot game. You don't have any money. There's no water fountain and no cooler of drinks that day. You're so thirsty you can't take another step, let alone play another game. You're in line, wanting

that ice cold water so bad, but knowing that you don't have any money to pay for it, you start to walk away. Before you get too far, a teammate comes

running up to the concession stand with the most beautiful dollar you ever did see and says, "Here, take this!" To make the story even crazier, it's the teammate you were ugly to throughout the whole game. Wow! Later, you find out it was their last dollar, and they chose to give it to you so you could have something to drink.

That is what it looks like to lay down your life for your friends. That is also what Jesus did for us. We couldn't do anything to buy or earn forgiveness for our sins, but what we can do is accept Jesus' free gift.

And when we accept that gift, the refreshing water flows into the dry parts of our hearts!



Q: WHAT WOULD IT LOOK LIKE FOR YOU TO LOVE OTHERS LIKE JESUS LOVED YOU?

Maybe for you it means not trying to be first in everything. Maybe it looks like giving your friend a chance to try before you take over. Maybe it looks like helping a teammate get better at a skill that you've already mastered instead of moving on to learn another one. Maybe it looks like sharing your slushie with someone who really needs it.

Because the love of Jesus is so good, we just have to share it!

WRAP-UP

Q: How will you love a teammate like Jesus loves you? List five ways and choose one for each practice or competition.

Q: Share in the slushie on page 29 what it means to you that Jesus would lay down His life for you.

CHOOSE



PART 2

“YOU ARE MY FRIENDS IF YOU DO WHAT I COMMAND YOU . . . THIS IS WHAT I COMMAND YOU: LOVE ONE ANOTHER.”

—JOHN 15:14; 17

WARM-UP

SIMON SAYS

WORKOUT

HIS FRIEND

There is always a popular kid on the team, right? Someone who is easily athletic, talented in all the skills, always does well no matter what is going on. Being friends with the popular kid does something to boost our hearts.

Q: DO YOU HAVE A LOT OF FRIENDS? ARE YOU A GOOD FRIEND?

Here's the coolest thing: Jesus wants to be OUR friend. Jesus—the Son of God, the Creator of every cell in every being—wants to be YOUR friend! How cool is that?

Imagine for a moment that you're struggling in your sport. You don't have any friends on the team. You can't seem to learn the skill everyone else is learning. There's an older kid on the team who is naturally athletic, joyful, kind, experienced in the sport and who has mastered all of the

skills. The older kid comes up and starts talking to you, asking questions about your life, favorite sport and hobbies. They try to get to know more about you. You form a friendship with the older kid and for the rest of the season, you are buddies. The older kid ends up helping you master the skill you couldn't get, as well as teaching you other helpful tips of the sport in-between games and practices. By the end of the season, you're confidently skilled and even helping other kids who are struggling. And more than all of that, you begin to enjoy your sport. You look forward to games and practices. You are the kind and joyful kid on the team now.

Q: HAVE YOU EVER HAD A FRIEND LIKE THAT IN YOUR LIFE, ONE WHO GREATLY INFLUENCED YOU?

This is what Jesus is for us. Being His friend completely changes our lives and our whole mindset. Being friends with Jesus helps us grow.



It helps us not feel so alone. It helps us treat others how we want to be treated. He influences us as we spend time with Him. He is the cooler, older kid on the team. And He wants a relationship with YOU.

Q: WHAT DOES THIS LOOK LIKE?

Jesus says, *“You are my friends if you do what I command you. . . . This is what I command you: Love one another”* (John 15:14, 17).

Command is just another word for instruct. What do coaches do? They instruct you in your sport. What do teachers do? They instruct you on the material. So Jesus is simply saying here, “You are my friends if you do what I instruct you.”

Think about a friend: how does a relationship grow over time? You talk to each other, you spend time with each other, you listen and speak to each other. A relationship takes effort, communication and time.

Q: HOW DO WE SPEND TIME WITH GOD?

We spend time with God through prayer, reading our Bibles and talking to Him throughout our day. And as we spend time with Him, He will influence us just like that older kid on the team. We will start to want to be like Him. That older kid got to know you and helped you in your struggles (loved you) and you began to treat others that same way (you loved them). The older kid helped you, and now you are helping others. We are Jesus’ friends if we do what He commands us to do. One of those commands is to love others.

WRAP-UP

Q: How does it make you feel that you have a friend like Jesus who wants to be there for you?

Q: What teammate could you love like this today?

PROVEN

TODAY'S SCRIPTURE:

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

5. What does this say about God?
(Father, Son, Holy Spirit)

6. What does this say about people?



7. By God's grace how will you obey God's Word this week?

8. Whom will you share this Scripture passage with?

**KEY
IDEA**

CHOOSE TO EXTEND THE VINE

When we are on Jesus' team, we should choose to share how incredible that is with others.

THIS IS MY COMMAND:

**LOVE ONE
ANOTHER**

AS I HAVE LOVED YOU.

NO ONE HAS

GREATER LOVE

THAN THIS: TO

**LAY DOWN HIS LIFE
FOR HIS FRIENDS.**

JOHN 15:12-13

Match each of Fruit
of the Spirit with
the correct definition.

PROVEN DEFINITION MATCH UP

GAL. 5:22-23

1. LOVE

waiting on
God's timing

2. JOY

trusting in God,
being loyal and
true to your word

3. PEACE

loving things
that please God,
avoiding things
that displease God

4. PATIENCE

deeper than just being
happy, this is not
based on circumstances

5. KINDNESS

more of an action
than just a feeling

6. GOODNESS

being humble,
teachable,
compassionate,
and understanding

7. FAITHFULNESS

discipline that
helps fight against
temptation

8. GENTLENESS

a sense of calmness
because you know
God is in control

9. SELF-CONTROL

showing genuine care
and concern for others

KEY: 4 7 6 1 8 9 3 5

COMMIT

PART 1

PROVEN YOUNG ATHLETE'S MEETINGS

“IF THE WORLD HATES YOU, UNDERSTAND THAT 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

WARM-UP

1 MINUTE GROUP PLANK CHALLENGE

WORKOUT

WITH OTHERS

Q: HAVE YOU EVER FACED A TEAM THAT TRULY SEEMED TO HATE YOUR GUTS?

That’s a pretty rough feeling, right? 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 his athletes suffer because of it. God, on the other hand, 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're on God's team, you're 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 just so they can laugh at you.

Q: 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 playing against the other team. When you focus on teamwork and being the best teammate you can possibly be, a bit of the pressure comes off because it becomes about playing WITH the best team in history.

Q: 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 and do exactly as He says, we win at life and play well. The best part is we don't 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 the 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!

***Q: 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!

WRAP-UP

Q: How does it make you feel that you are hand-picked for God's team?

Q: How can you better handle the challenges that come from the opposing team?

COMMIT



PART 2

“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 opposing team. Now we will learn how to deal with opposition when it is just us.

WORKOUT

ON OUR OWN

We've talked about the opposition we face 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 we are, but it can also be seen as an individual sport. Think of cross country or running. Granted, you are part of the team: everyone wears the same jersey. But the sport is individual because the competition is at every athlete's own pace. This makes cross country a somewhat lonely sport.

Being a Christian can be lonely at times because where you're at in the race might not be where your friends are at. In cross country, the coach doesn't follow the athlete on the course. But do you know a cool thing about God?

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. (If



you were God and you were super hungry after a practice and said "Cheeseburger," a cheeseburger would appear, and it would be the most beautiful cheeseburger there ever was.) God the Son (Jesus) helped Him (the Father) create the world and then came to earth to die for our sins so that 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 we 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.

Q: 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 that 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!

Q: HOW MUCH BETTER COULD YOU COMPETE IF YOU HAD AN INTERNAL CONNECTION TO YOUR COACH?

We'd be unstoppable! The Christian life is a challenging one, but we don't have to do it alone. We have been given the wonderful gift of the Holy Spirit to always be with us in our hearts, in and through every challenge that awaits us. He stands with us against every opposing team, encouraging us and strengthening us along the way. We can be victorious no matter what challenges come our way because of Who is within us.

Let us run our race with confidence, knowing that we are not alone in any step!

WRAP-UP

In this series, we have learned to stay connected to the Vine (Jesus), to be cultivated in the Vine (so that fruit is produced), to choose to extend the Vine (to our friends), and to stay committed to the Vine (through the help of the Holy Spirit).

God has proven His great love for us by sending His Son Jesus to die and save us from our sins. How will we live our lives as His proven disciples? Will we wear His jersey with joy? Will we listen to Him as He coaches us in our everyday lives? Will we be the teammate others need, just like Jesus has been to us? Will we stay committed during the intense seasons of life when the opposing team is fighting hard to defeat us?

Q: In the space below, write three things you want to remember from this series.

PROVEN

TODAY'S SCRIPTURE:

John 15:18-27 (We can stay committed to Jesus even when facing opposition because we have teammates around the world and the Holy Spirit within us.)

5. What does this say about God?
(Father, Son, Holy Spirit)

6. What does this say about people?



7. By God's grace how will you obey God's Word this week?

8. Whom will you share this Scripture passage with?

**KEY
IDEA**

COMMITTED TO THE VINE

We can stay committed to Jesus even when facing opposition because we have teammates around the world and the Holy Spirit within us.

**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!**

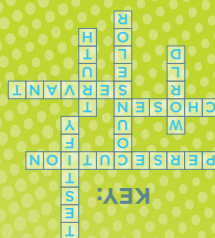
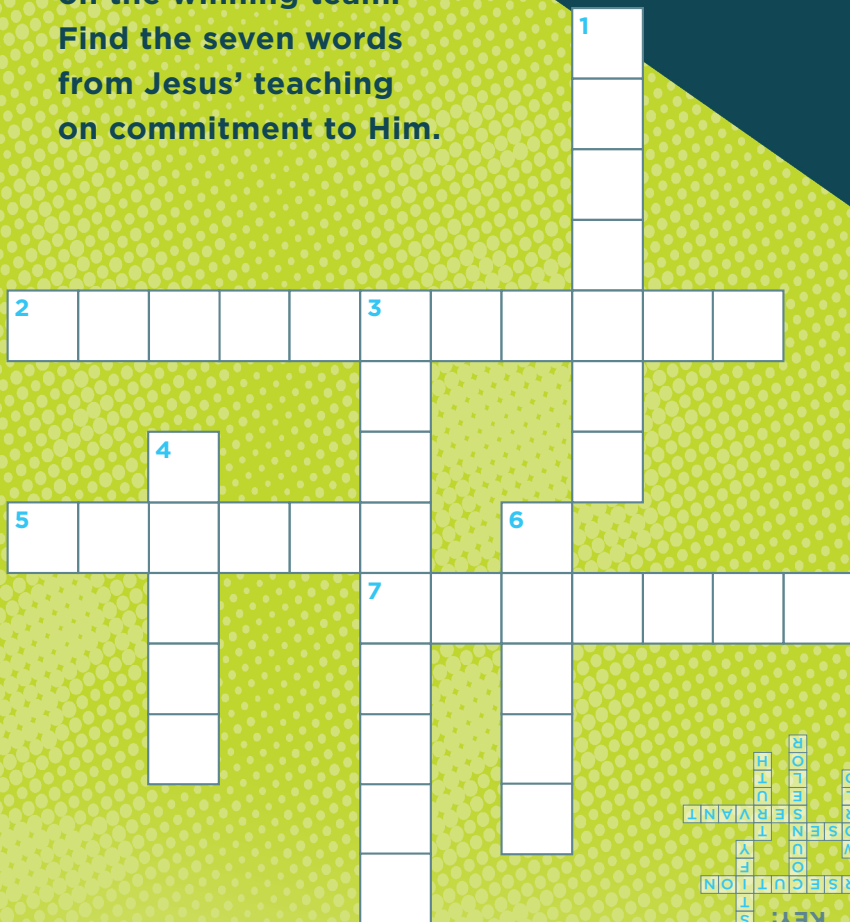
JOHN 15:26

PROVEN

CROSSWORD

JOHN 15:18-27

Our commitment to Team Jesus will bring hardship, but we're on the winning team. Find the seven words from Jesus' teaching on commitment to Him.




DOWN

- 1 The Holy Spirit will _____ about Jesus.
- 3 Jesus will send the _____ to us.
- 4 If the _____ hates us, it is because it hated Jesus first.
- 6 The Spirit of _____ proceed from the Father.

ACROSS

- 2 If we suffer _____, it is because Jesus did first.
- 5 Jesus has _____ us out of this world.
- 7 A _____ is not greater than his master.

My Father
is glorified
by this:
that you
produce
much
fruit
and prove
to be
my disciples.



JOHN 15:8

ACTS PRAYER PATTERN

ADORE CONFESS THANK SUPPLY

Praise God
for His
character traits.

Tell God what's
affecting your
relationship
with Him.

Praise God
for what He
has done.

Ask God to
provide or meet
your needs
and desires.

Consider Ephesians 6:18 to help you learn how to pray:

“Pray at all times in the Spirit with every prayer and request.”

1. PRAY

- A sacred term for conversation with God.
- A two-way conversation where you speak and listen to God.

2. AT ALL TIMES

- Derives from Greek words meaning “in every season” or always.
- Represents words Jesus used consistently.
- Luke 21:36 is another example: *“But be alert at all times, praying that you may have strength to escape all these things that are going to take place and to stand before the Son of Man.”* —Luke 21:36

3. IN THE SPIRIT

- This represents that God (the Holy Spirit) lives in us and enables us to pray.

- In literal terms this means “to be joined with.”
- Romans 8:15, 26 is another example: *“Instead, you received the Spirit of adoption, by whom we cry out, ‘Abba, Father!’ . . . In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit himself intercedes for us with inexpressible groanings.”*

4. WITH EVERY PRAYER

- Use the Adoration, Confession, Thanksgiving, Supplication (ACTS) prayer pattern.
- Try this by recording your prayers on the next page.

5. AND REQUEST

- Has a root word of “supply” to meet needs.
- Represents us receiving blessings from God and averting evils or fears.

PROVEN:

DEFINITIONS & QUESTIONS

WHAT DOES IT MEAN TO BE PROVEN?

If something is proven it is demonstrated by evidence to be true.

WHAT DOES IT LOOK LIKE TO BE PROVEN IN CHRIST?

To be proven in Christ means we are connected to Him and there is evidence of His influence in our lives.

WHO DOES THE PROVING, US OR GOD?

Both! John 15:8 says we prove to be disciples when we produce fruit and obey Jesus' commands. But Jesus provided the way for us to be proven when He died on the cross for our sins and was raised on the third day.

CONCEPT 1: **CONNECT**

REMEMBER: Connecting to Jesus and relying on Him helps us grow good things in our hearts. **REFLECT:**

- Q:** Do you know how to connect with Jesus, the True Vine?
- Q:** How can remaining connected to Jesus help you change bad habits?

CHALLENGE: If you are not sure about being connected to Jesus, go to thefour.fca.org or page 3 of this handbook.

CONCEPT 2: **CULTIVATED**

REMEMBER: Our spot on Jesus' team is proven through the Fruit of the Spirit in our lives which are grown through spending time with Him. **REFLECT:**

- Q:** How can you make sure you spend time each day with Jesus?
- Q:** Which Fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control) do you need to work on cultivating the most?

CHALLENGE: Cultivating the Fruit of the Spirit in your life will not happen by accident. **TRUTH:** Time spent with Jesus in prayer and Bible reading is never wasted time.

CONCEPT 3: **CHOOSE**

REMEMBER: When we are on Jesus' team, we should choose to share how incredible that is with others.

REFLECT:

- Q:** What is something you love so much that you want everyone to know?
- Q:** Who on your team or in your life needs to hear about Jesus?

CHALLENGE: Sharing about Jesus can be intimidating and a little scary. **TRUTH:** When we feel scared and nervous about sharing, we need to remember that Jesus calls us friend and promises to be with us.

CONCEPT 4: **COMMIT**

REMEMBER: We can stay committed to Jesus even when facing opposition because we have teammates around the world and the Holy Spirit in us. **REFLECT:**

- Q:** Have you ever faced teasing because you love Jesus?
- Q:** How does the Holy Spirit help those who are on Jesus' team?

CHALLENGE: Jesus tells His team that hard times, like teasing and being left out because of Him, are coming. **TRUTH:** Jesus tells us that the Holy Spirit is living in us, so we are never alone, and we have teammates around the world too!

52-WEEK **DISCOVERY** BIBLE STUDIES

CORE CONCEPT 1 **CONNECT**

- 1 True Vine/Branches
JOHN 10:11-18
- 2 Parable of Lost Sheep
LUKE 15:1-7
- 3 Two Ways
PSALM 1:1-6
- 4 Who is God
PSALM 103:6-14
- 5 Trust in Lord
PROVERBS 3:5-6
- 6 Noah
GENESIS 6:17-22
- 7 Yoke
MATTHEW 11:26-30
- 8 Way, Truth, Life
JOHN 14:1-6
- 9 Christ Died for Us
ROMANS 5:6-11
- 10 Saved by Faith
EPHESIANS 2:4-10
- 11 Benefit of Connection
JEREMIAH 17:7-8
- 12 Granted through Faith
ROMANS 4:13-25
- 13 God so Loved
JOHN 3:14-18

CORE CONCEPT 2 **CULTIVATE**

- 1 Known by Fruit
MATTHEW 7:15-20
- 2 Wisdom
JAMES 3:13-18
- 3 Fruit of Spirit vs. Flesh
GALATIANS 5:16-26
- 4 Greatest Command
MARK 12:28-31
- 5 Salt and Light
MATTHEW 5:13-16
- 6 Truth
MATTHEW 5:33-37
- 7 Repent
ACTS 17:28-31
- 8 Golden Rule
MATTHEW 7:12
- 9 Serve
MARK 10:42-45
- 10 What to Focus on
PHILIPPIANS 4:4-9
- 11 Faith Grows
ROMANS 5:2-5
- 12 Traits
2 PETER 2:3-8
- 13 Christian Life
COLOSSIANS 3:12-17

CORE CONCEPT 3 **CHOOSE**

- 1 Love One Another
JOHN 13:31-35
- 2 Washing Feet
JOHN 13:12-20
- 3 Humility and Service
PHILIPPIANS 2:2-8
- 4 Love
1 PETER 4:8-11
- 5 Established in Love
EPHESIANS 3:14-19
- 6 Christ Serves
MARK 10:42-45
- 7 Love Enemies
LUKE 6:27-33
- 8 Elijah and Widow
1 KINGS 17:8-16
- 9 Great Commission
MATTHEW 28:16-20
- 10 Use Freedom Well
GALATIANS 5:13-15
- 11 Unity
EPHESIANS 4:1-6
- 12 Love for Saints & Growth
COLOSSIANS 1:3-12
- 13 Loving and Working
1 THESSALONIANS 4:9-12

CORE CONCEPT 4 **COMMIT**

- 1 Persecution Coming
MARK 13:9-13
- 2 Shadrach, Meshach, Abednego
DANIEL 3:8-18; 24-26
- 3 Daniel
DANIEL 6:6-16, 19-22
- 4 Prayer of Distress
PSALM 142
- 5 Trials and Maturity
JAMES 1:2-18
- 6 Believer's Triumph
ROMANS 8:31-39
- 7 Beatitude: Persecuted
MATTHEW 5:10-12
- 8 Christian Suffering
1 PETER 4:12-19
- 9 Treasure in Clay Jars
2 CORINTHIANS 4:7-18
- 10 Sows and Reaps
GALATIANS 5:6-10
- 11 Light vs. Darkness
EPHESIANS 5:6-14
- 12 Discern
PSALM 119: 65-72
- 13 Stand Firm
1 THESSALONIANS 2:13-16

PARENT GUIDE PRACTICE AT HOME

KNOW:

In competitive sports, young athletes face various tensions and expectations. As parents, you play a crucial role in helping them manage these pressures while prioritizing their relationship with Jesus. This guide is an opportunity to grow at home with your child by offering Bible-centered questions and reflections to explore together.

GROW:

MANAGING EXPECTATIONS:

“So whether you eat or drink, or whatever you do, do everything for the glory of God.” —1 Corinthians 10:31

Q: Parent: How can you help your young athlete(s) manage the expectations placed on them in sports?

Q: Athlete: How can you glorify God through your performance, knowing that your worth isn't defined by wins?

SURRENDERING TO CHRIST'S POWER:

“I am able to do all things through him who strengthens me.” —Philippians 4:13

Q: Parent: How can you encourage your child to rely on Christ's strength rather than their abilities?

Q: Athlete: How can you surrender your fears and insecurities to Jesus, trusting Him to work through you in every game and practice?

BALANCING PRIORITIES: *“But seek first the kingdom of God and his righteousness, and all these things will be provided for you.”* —Matthew 6:33

Q: Parent: How can you help your child prioritize their relationship with God amidst the demands of sports and other commitments?

Q: Athlete: How can you avoid the trap of trying to be everything to everyone, instead focusing on your connection with God above all else?

CULTIVATING AUTHENTIC COMMUNITY: *“Iron sharpens iron, and one person sharpens another.”* —Proverbs 27:17

Q: Parent: How can you foster authentic relationships within your child's sports community, where they can grow both as athletes and disciples of Jesus?

Q: Athlete: How can you seek out and contribute to a supportive community of teammates, coaches and mentors who encourage you in your faith journey?

SEEKING A DEEPER RELATIONSHIP WITH JESUS:

“I pray that your participation in the faith may become effective through knowing every good thing that is in us for the glory of Christ.”
—Philemon 1:6

Q: Parent: How can you create opportunities for your child to deepen their relationship with Jesus, both individually and within your family?

Q: Athlete: How can you pursue a deeper connection with Jesus through prayer, Bible study and fellowship with other believers?

GO:

Spend time in prayer together. Ask the Lord to lead you as you may encounter some challenges as a competitor.

GET TO KNOW **FCA**

Since 1954, FCA has been challenging coaches and athletes on the professional, college, high school, junior high and youth levels to use the powerful platform of sport to reach every coach and every athlete with the transforming power of Jesus Christ. FCA focuses on serving local communities around the globe by engaging, equipping and empowering coaches and athletes to make disciples who make disciples.

VISION

To see the world transformed by Jesus Christ through the influence of coaches and athletes.

MISSION

To lead every coach and athlete into a growing relationship with Jesus Christ and His church.

VALUES

Integrity, Serving,
Teamwork, Excellence



For general questions on FCA and how to find local FCA staff, visit **FCA.ORG** or call **1-800-289-0909**.

GET INVOLVED WITH **FCA**



DAILY IMPACT PLAY

Geared toward Christian coaches and athletes, **Daily Impact Play** is an email newsletter and social media outlet to engage, equip and empower readers to be stronger Christian competitors. Sign up to receive Daily Impact Play devotionals every day.



YOUVERSION

Follow FCA in the Bible app. FCA's reading plans plug you into God's Word with a competitor mindset and offer you a variety of topics that relate to you and where you are in your spiritual journey as a coach or athlete. Start a reading plan today.



FCA RESOURCES

Visit **FCA Resources** to access Bible studies, videos, devotionals, reading plans, daily Bible challenges and more. Share the content with your FCA Huddle or other coaches and athletes through the group feature. With the FCA app, you can track your progress, customize your discipleship experience and more!

PROVEN

JOHN 15:8



COMPETITOR'S CREED

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 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 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.

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 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.

I GIVE MY ALL—ALL 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 result of my efforts must result in His glory.

LET THE COMPETITION BEGIN. LET THE GLORY BE GOD'S.



CHRISTIAN
STANDARD
BIBLE

HOLMAN
BIBLES

