



# ULTIMATE TRAINING CAMP

Names and #s of those in my small group

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# THE AIA PRINCIPLES

*The Gospel applied to sport,  
experienced through sport,  
In the language of sport*

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# INTRODUCTION

Christians involved in sport often have difficulty knowing how their relationship with Christ relates to their sport. The Christian athlete faces several tough questions:

- What should be my motivation in competition?
- How do my faith and my sport mix?
- Will God keep me from getting injured in competition?
- Am I spending too much time on my sport?
- What differentiates competition that pleases God from that which doesn't please God?

The Principles that you are about to learn will hopefully guide you in answering these questions and many more. Each of the five principles takes a different story from the Bible and applies the Biblical principle from that story to sport and competition. They cover topics like: idolatry, motivation, identity, growth, pain and perspective.

As you experience these principles and begin to live them out, they can literally transform your life. Romans 12:1, 2 tells us that we should not try to conform to the pattern of the world, but instead be transformed by God's renewing truth.

The beautiful thing about these principles is that they are God's principles from His word and they don't just apply to sport. They can be applied to any area of life. So, don't limit them to your sports career. Apply them to your studies, business career, relationships, finances —every area of life.

**THE AIA PRINCIPLES are:**

**The Gospel *applied* to sport,  
The Gospel *experienced* through sport,  
The Gospel *spoken* in the language of sport.**







# Audience of One

## Ao1

Are you ready to live and compete with a new perspective and a new audience?

We all live out our life in front of an audience. Whether it's neighbors, roommates, family, social media or fans in the stands. People watch and evaluate us everyday. It's easy to get caught up in trying to please these audiences. But you need to realize an amazing truth...that there has been Someone else watching you for a long time. The Almighty God, over all creation, made you and has seen everything you have ever done (*Psalms 139*). He really is your "Audience of One" as He watches everything you do.

God as your Audience of One doesn't mean that you are playing *for* God, in the sense that you must impress Him, as if His acceptance of you is based on your athletic performance. You may think that the harder you play the more God is pleased with you, like He is the heavenly scout watching your every play and, when you fail athletically, He drops his head and shakes it in disappointment. This is not the case at all.

You don't need to perform or compete in order to try and receive love. Check this...if you are surrendering your life to Jesus Christ, then God is fully satisfied with you. God's love for you is complete. He loves you unconditionally and lives in you eternally, because of what Jesus has done on your behalf through His life, death and resurrection. (*Ephesians 2:8,9; Romans 8:1-4; 1 Corinthians 6:19*) Your sin is forgiven and you are a new person, who is being renewed every single day (*2 Corinthians 5:17; 4:16*). You also have a new identity as a child of God. When you choose to listen to God's voice above all others and live in the identity that He gives you, then you will experience the true freedom that He created you for.

Every day and every play, you have the opportunity to respond to God with thankfulness for His love, through your attitude, effort,

focus and actions, in the arena of competition...as well as outside the arena (*Psalm 100:4; Colossians 3:23; Luke 10:27*). You don't need to be motivated by fear...fear of what your coaches will think, your teammates will think, scouts will think, or your family will think (*1 John 4:18*). You are now free to be motivated by God's love for you...because no matter what happens in your sport, you are fully loved by Him (*Psalm 103:17; 1 John 4:19*). This should free you to compete to your full potential. (*Galatians 5:1*)

Jesus' power and love can overflow through your life in all that you do (*2 Timothy 1:7; Galatians 5:22*). This love doesn't make you play softer, it is a love that *roars deep* inside of you, waiting to be unleashed...it drives you intrinsically to live and compete with passion, power and purpose (*Colossians 1:29; Ephesians 2:4-7*).

God is our ever-present Audience of One; who lives in us and shines through us for His glory!



# **PRINCIPLE #1**

## **AUDIENCE OF ONE**

### **God Alone Is Worthy of Your Worship**

#### **PRE-GAME WARM UP**

**Context:** In many ways the whole story of the Bible can be seen as a struggle, conflict or even competition, between faith in God (trusting in the God revealed in the Bible) and idolatry (trusting in someone or something other than God to bring deep satisfaction, significance, and success).

Elijah was a prophet who served God during the reign of an evil king named Ahab. The people of God had been straying away from Him and begun worshiping the false gods that had crept into their culture. God tells Elijah to go have a confrontation with the priests/prophets of these false gods.

**Read:** 1 Kings 18:17-39

<sup>17</sup> When Ahab saw Elijah, Ahab said to him, "Is it you, you troubler of Israel?" <sup>18</sup> And he answered, "I have not troubled Israel, but you have, and your father's house, because you have abandoned the commandments of the Lord and followed the Baals. <sup>19</sup> Now therefore send and gather all Israel to me at Mount Carmel, and the 450 prophets of Baal and the 400 prophets of Asherah, who eat at Jezebel's table." <sup>20</sup> So Ahab sent to all the people of Israel and gathered the prophets together at Mount Carmel. <sup>21</sup> And Elijah came near to all the people and said, "How long will you go limping between two different opinions? If the Lord is God, follow him; but if Baal, then follow him." And the people did not answer him a word. <sup>22</sup> Then Elijah said to the people, "I, even I only, am left a prophet of the Lord, but Baal's prophets are 450 men. <sup>23</sup> Let two bulls be given to us, and let them choose one bull for themselves and cut it in pieces and lay it on the wood, but put no fire to it. And I will prepare the other bull and lay it on the wood and put no fire to it. <sup>24</sup> And you call upon the name of your god, and I will call upon the name of the Lord, and the God who answers by fire, he is God." And all the people answered, "It is well spoken." <sup>25</sup> Then Elijah said to the prophets of Baal, "Choose for yourselves one bull and prepare it first, for you are many, and call

upon the name of your god, but put no fire to it.”<sup>26</sup> And they took the bull that was given them, and they prepared it and called upon the name of Baal from morning until noon, saying, “O Baal, answer us!” But there was no voice, and no one answered. And they limped around the altar that they had made.<sup>27</sup> And at noon Elijah mocked them, saying, “Cry aloud, for he is a god. Either he is musing, or he is relieving himself, or he is on a journey, or perhaps he is asleep and must be awakened.”<sup>28</sup> And they cried aloud and cut themselves after their custom with swords and lances, until the blood gushed out upon them.<sup>29</sup> And as midday passed, they raved on until the time of the offering of the oblation, but there was no voice. No one answered; no one paid attention.

<sup>30</sup> Then Elijah said to all the people, “Come near to me.” And all the people came near to him. And he repaired the altar of the Lord that had been thrown down.<sup>31</sup> Elijah took twelve stones, according to the number of the tribes of the sons of Jacob, to whom the word of the Lord came, saying, “Israel shall be your name,”<sup>32</sup> and with the stones he built an altar in the name of the Lord. And he made a trench about the altar, as great as would contain two seahs of seed.<sup>33</sup> And he put the wood in order and cut the bull in pieces and laid it on the wood. And he said, “Fill four jars with water and pour it on the burnt offering and on the wood.”<sup>34</sup> And he said, “Do it a second time.” And they did it a second time. And he said, “Do it a third time.” And they did it a third time.<sup>35</sup> And the water ran around the altar and filled the trench also with water.

<sup>36</sup> And at the time of the offering of the oblation, Elijah the prophet came near and said, “O Lord, God of Abraham, Isaac, and Israel, let it be known this day that you are God in Israel, and that I am your servant, and that I have done all these things at your word.”<sup>37</sup> Answer me, O Lord, answer me, that this people may know that you, O Lord, are God, and that you have turned their hearts back.”<sup>38</sup> Then the fire of the Lord fell and consumed the burnt offering and the wood and the stones and the dust, and licked up the water that was in the trench.<sup>39</sup> And when all the people saw it, they fell on their faces and said, “The Lord, he is God; the Lord, he is God.”

1. Reread v21-24. How would you characterize or describe the people's commitment to God (18:21-24)?

What was their problem?

2. Many different things (good and bad) compete for our attention, our allegiance, our time, etc. Who or what competes most strongly for your attention?

3. What do you stand to lose most by letting go of your idols?

**PRINCIPLE #1**  
**AUDIENCE OF ONE**  
**God Alone Is Worthy of Your Worship**

**Ask:** Who or what do I worship?

**Read:** 1 Kings 18:20-40 “Elijah and the prophets of Baal”

**Live It:** Learning to turn away from false idols and toward the true God transforms sport into worship

What is an “idol”?

How do we define “worship”?

I. PROBLEM! \_\_\_\_\_ Worship: Choosing between the living God or counterfeit gods (18:21-24)

*“The greatest danger... is not that we become atheist, but that we ask God to co-exist with idols in our hearts.” (Tim Keller)*

II. WARNING! \_\_\_\_\_ Idols: Counterfeits don’t ultimately deliver what they promise (18:25-29)

Idols are \_\_\_\_\_, but still strong (v27)

Idols are \_\_\_\_\_, but still promise life (v28)

How does sport become an idol?

**Extreme pressure + Powerful influence +  
Passion to win + Intoxicating emotions**

III. RESPONSE! \_\_\_\_\_ Surrender: Believe that God is  
supreme and worthy of my continual submission (18:30-39)

IV. REVELATION! \_\_\_\_\_ Savior: Following Jesus  
changes everything

John 14:6

6 Jesus said to him, "I am the way, and the truth, and the life. No one  
comes to the Father except through me.





# PRINCIPLE #1

# LIVE IT

<b>Sport = Idol</b>	<b>Sport = Opportunity for Worship</b>
<i>Use God as rabbit's foot/good-luck charm for your personal gain, win or power</i>	<i>God chooses you to reflect His excellent character through your effort, attitude, intensity and sportsmanship</i>
<i>Disrespect for the rules (often ignoring or breaking them) and only abide by the rules when it is to your advantage or you might get caught if you publicly violated the rules</i>	<i>Compete by the rules all the time because they express what is fair, just and orderly (God's character) in order for the game to flourish</i>
<i>Winning is everything and the only thing</i>	<i>Competing to win consists of a serious challenge while enjoying the pursuit</i>
<i>Happy when your opponent competes poorly or is hurt because your only concern is your welfare (winning)</i>	<i>Want the best for your team and your opponent, because everyone is striving together toward excellence</i>
<i>Unrealistic expectations for yourself/team and fail to acknowledge your physical limitations</i>	<i>Accept your God-given abilities and your physical limitations</i>
<i>Give 100% only when coach, scout, family, friends, media, others are watching</i>	<i>Give 100% both publicly and privately because God is your Audience of One</i>
<i>Do whatever it takes to win because the end justifies the means</i>	<i>What matters most is how you approached and played the game</i>
<i>View your opponent as the enemy and competition like war</i>	<i>View your opponent as co-competitor who deserves your respect</i>
<i>Celebrating victory gets expressed through taunting, strutting and forms of showboating because it is all about you</i>	<i>Celebrating victory is expressed respectfully, appreciatively, and joyfully because it is about more than you</i>
<i>Jealous of other's success because it means they are out-performing you</i>	<i>Thankful for others' success because it pushes you to perform better</i>
<i>See sport as a right and something you must have in order to make it in life</i>	<i>See competition/sport as a privilege and an opportunity</i>
<i>Unteachable spirit and disrespectful toward coach/authority</i>	<i>Teachable spirit and respectful toward coach/authority</i>
<i>Sport is your ticket to escape from your past, your bad circumstances or your family situation</i>	<i>God is the One who redeems your life circumstances and carries your burdens. Sports can become a place where you experience struggle and true victory in Christ.</i>

**PRINCIPLE #1**  
**AUDIENCE OF ONE**  
**God Alone Is Worthy of Your Worship**

**LAB REFLECTION TIME**

1. The first move in dealing with idols of the heart is to recognize and acknowledge how we might be manufacturing idols in our minds/hearts/imagination. How might your sport, or other areas of your life, be functioning as a substitute for God?

2. Read through the “LIVE IT” chart on the last page. Which areas continue to compete against God being your Audience of One?

3. God desires to be your “Audience of One” (read the Ao1 article on page 7 of these notes) in sport, life, work and relationships. In our story in 1 Kings, the people begin to see their need to turn from their idols and start trusting fully in God alone. This “turning from idols” involves a change of your mind, your heart and your will with respect to what is most important.

The Bible says: “If we confess our sins, God is faithful and righteous to forgive us our sins and cleanse us from all unrighteousness” (1 John 1:9).

Take a moment to confess what was true from #1 above and experience God coming down like fire in your life to remove the idols from your heart.



## **PRINCIPLE #2**

### **INSIDE GAME**

#### **God's Love Moves You from Fear to Freedom**

### **PRE-GAME WARM UP**

**Read:** Luke 15:11-32

<sup>11</sup> Jesus continued: "There was a man who had two sons. <sup>12</sup> The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them.

<sup>13</sup> "Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. <sup>14</sup> After he had spent everything, there was a severe famine in that whole country, and he began to be in need. <sup>15</sup> So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. <sup>16</sup> He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

<sup>17</sup> "When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death! <sup>18</sup> I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. <sup>19</sup> I am no longer worthy to be called your son; make me like one of your hired servants.' <sup>20</sup> So he got up and went to his father.

"But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

<sup>21</sup> "The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'

<sup>22</sup> "But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. <sup>23</sup> Bring the fattened calf and kill it. Let's have a feast and celebrate. <sup>24</sup> For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.

<sup>25</sup> "Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. <sup>26</sup> So he called one of the servants and asked him what was going on. <sup>27</sup> 'Your brother has come,' he replied,

'and your father has killed the fattened calf because he has him back safe and sound.'

<sup>28</sup> "The older brother became angry and refused to go in. So his father went out and pleaded with him. <sup>29</sup> But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. <sup>30</sup> But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!'

<sup>31</sup> "'My son,' the father said, 'you are always with me, and everything I have is yours. <sup>32</sup> But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.'"

1. The younger son left his home to experience "life". What do you think he was looking for? Did he find it? Why or why not?

2. How did the father respond when the younger son came home? What do we learn about the father's view of the son as a result of his response?

3. Why was the older son angry?

4. Who can you identify with most in this story? Why?

## PRINCIPLE #2 INSIDE GAME

### God's Love Moves You from Fear to Freedom

**Ask:** What motivates me?

**Read:** Luke 15:11-32 "The Story of the Defiant Sons"

**Live It:** Understanding your identity in Christ fuels an entirely new motivation for competition

What motivates you?

Recognition	Money	Coach	Goals
Fear of failure	Pride	Winning	Teammates
Revenge	Parents	Fear of losing	Friendships
Success	Anger	Accomplishment	Fame

Luke 15:11-32

The Younger Son...

I. Motivated by \_\_\_\_\_ . Looking for life  
\_\_\_\_\_ of his father.

A. The pursuit of a life independent of his father (v11-13)

B. The result of a life independent of his father (v14-16)

The Older Son...

II. Motivated by \_\_\_\_\_ . Looking for life by  
\_\_\_\_\_ for his father.

A. The pursuit of a life of performance (v29)

B. The result of a life of performance (v30)

The Father...

III. Motivated by \_\_\_\_\_ with his sons. Looking for \_\_\_\_\_ with his sons.

A. The father restores his Pleasure-Seeking son (v20,22)

B. The father reminds his Performance-Driven son (v28,31)

John 1:12

<sup>12</sup> But to all who did receive him, who believed in his name, he gave the right to become children of God

Romans 8:14-17

<sup>14</sup> For all who are led by the Spirit of God are sons of God. <sup>15</sup> For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

<sup>16</sup> The Spirit himself bears witness with our spirit that we are children of God, <sup>17</sup> and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

## **Two Formulas for Your Identity**

1) *The World's Formula for Your Identity =*

Your Performance + Other's Opinions about You

2) *God's Formula for Your Identity =* What God Says about You





## PRINCIPLE #2

### INSIDE GAME

#### God's Love Moves You from Fear to Freedom

#### LIVE IT

<p><i>I must gain my acceptance by proving that I deserve it since my value is always earned, never given.</i></p>	<p><i>In Christ, <b><u>I am accepted</u></b> by God as a result of His grace toward me - never a result of works - so I do not need to work harder or prove my worth to anyone else. (Ephesians 2:8,9)</i></p>
<p><i>I am constantly weighed down by the expectation to perform perfectly, a bondage made worse by the fact that my coach — whose responsibility is to push me toward perfection-- determines whether I play or not.</i></p>	<p><i>In Christ, <b><u>I am secure</u></b> because God is in control of the circumstances of my life even when things feel out of control, even when I'm not getting the results I had hoped for in my sport. (Isaiah 40:28-31, 1 Peter 2:18-23)</i></p>
<p><i>I must compete and live by my own power and strength at all times.</i></p>	<p><i>In Christ, <b><u>I have the power of God</u></b> within me, and can turn to Him for courage, peace, patience, confidence, self-control and other strengths in any situation, whether in competition or in life. (Colossians 1:29)</i></p>
<p><i>I am aware of a sense of competitive loneliness sparked by various internal fears and insecurities - even though I may have teammates and coaches. Deep inside I'm afraid that the only one who truly cares about the real me is the one looking back at me in the mirror.</i></p>	<p><i>In Christ, <b><u>I am never alone</u></b> because His Spirit lives within me and is a constant presence with me no matter what I deserve or how I perform. (1 Corinthians 6:19; Hebrews 13:5)</i></p>
<p><i>I may never be free from my past and may always be marked by my sports mistakes (dropping the ball, missing the play, false start, losing the game, etc.) throughout my career and beyond.</i></p>	<p><i>In Christ, <b><u>I am completely forgiven</u></b> for every moral mistake (sins committed against our holy God that have eternal consequences--self-centeredness, dishonesty, doing harm, stealing, judging, hating, pride, etc.) whether in the past, present or future, and I can live free from the burden of my own brokenness and imperfection, in both life and sports. (1 John 1:9, Matthew 5:21-28)</i></p>

<p><i>I am significant if I am a starter and praised for producing positive results.</i></p>	<p><i>In Christ, <b><u>I am significant</u></b> because God gives me purpose that transcends my performance, a purpose that flows out of playing a role in His unfolding story. (Ephesians 2:10; Ephesians 1:11)</i></p>
<p><i>I exist in a world where you only live once and what's happening at this moment - in sports or life - is the most important thing. I must compete with everyone around me in order to get what's mine right now.</i></p>	<p><i>In Christ, <b><u>I have eternal life</u></b>, a life that begins now and extends forever into the future long after my earthly body dies, so I should invest in the spiritual lives of people instead of just the material pursuit of trophies. (1 John 5:13)</i></p>
<p><i>I am relentlessly pursuing personal goals with the hope that they will provide lasting satisfaction. I chase a contentment that depends on gaining enough accolades to validate my success—even though I know that no amount of worldly achievement will ever be enough.</i></p>	<p><i>In Christ, <b><u>I am satisfied in Him</u></b>, content to find my identity in what He says is true about me, being freed to passionately pursue goals without expecting those goals to ultimately complete me. (Psalm 34:8-10, Philippians 4:11,12)</i></p>
<p style="background-color: black; color: black;">[Redacted]</p>	<p style="background-color: black; color: black;">[Redacted]</p>

## PRINCIPLE #2

### LIVE IT - Part 2

#### WHAT THE BIBLE SAYS IS TRUE OF YOU IN CHRIST

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##### IN CHRIST, ***I AM ACCEPTED***

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”  
*Ephesians 2: 8,9*

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##### IN CHRIST, ***I AM SECURE***

“Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” *Isaiah 40: 28-31*

“Servants, be subject to your masters with all respect, not only to the good and gentle but also to the unjust. For this is a gracious thing, when, mindful of God, one endures sorrows while suffering unjustly. For what credit is it if, when you sin and are beaten for it, you endure? But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. He committed no sin, neither was deceit found in his mouth. When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.” *1 Peter 2: 18-23*

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##### IN CHRIST, ***I HAVE THE POWER OF GOD***

“For this I toil, struggling with all his energy that he powerfully works within me.” *Colossians 1:29 27*

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**IN CHRIST, I AM NEVER ALONE**

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own.” *1 Corinthians 6:19*

“Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.” *Hebrews 13:5*

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**IN CHRIST, I AM COMPLETELY FORGIVEN**

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” *1 John 1:9*

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**IN CHRIST, I AM SIGNIFICANT**

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” *Ephesians 2:10*

“In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will...” *Ephesians 1:11*

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**IN CHRIST, I HAVE ETERNAL LIFE**

“I write these things to you who believe in the name of the Son of God that you may know that you have eternal life.”  
*1 John 5:13*

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**IN CHRIST, I AM SATISFIED IN HIM**

“Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! Oh, fear the LORD, you his saints, for those who fear him have no lack! The young lions suffer want and hunger; but those who seek the LORD lack no good thing.” *Psalms 34: 8-10*

“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.” *Philippians 4:11,12*

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## PRINCIPLE #2

### INSIDE GAME

## Expanded list of what God declares is true about you as you live in Christ

1. I am accepted and worthy *Romans 15:7; Psalm 139*
2. I am never alone *Hebrews 13:5b; Romans 8:38,39*
3. I am adequate *2 Corinthians 3:5-6; Philippians 4:13*
4. I have boldness and confidence *Proverbs 3:26; Hebrews 10:19*
5. God is faithful to me *Philippians 1:6; 2:13; 2 Thessal. 3:3*
6. I have the mind of Christ *1 Corinthians 2:16; 2 Timothy 1:7*
7. I have hope *Ps. 62:5; Romans 15:13; Coloss. 1:27*
8. I am seen as perfect *Hebrews 10:14; Colossians 2:13*
9. I have been chosen and set apart *Ephesians 1:4; 1 Peter 2:9*
10. I lack nothing *Philippians 4:19*
11. I am free from fear *Psalm 34:4; 2 Timothy 1:7*
12. I live by faith *Romans 1:17; 2 Corinthians 5:7*
13. I have strength *2 Samuel 22:33; Psalm 28:7*
14. I have victory *Proverbs 2:7-8; Romans 8:37*
15. I have wisdom *Proverbs 2:6-7; 1 Corinthians 1:30*
16. I am free *2 Corinthians 3:17; Romans 6:18*
17. I have comfort *2 Corinthians 1:3,4*
18. I am protected *Psalm 18:2; 32:7*
19. I am perfectly loved *Romans 8:38,39; Eph. 2:4-5; 5:1-2*
20. I am an adopted child of God *Romans 8:16; Gala. 4:6-7; Eph. 1:5*
21. I am totally forgiven *Psalm 103:12; Ephesians 1:7*
22. I have been declared righteous *Romans 3:24; 1 Corinthians 1:30*
23. The Holy Spirit lives inside of me *Acts 1:8; Galatians 4:6; 1 Corin. 3:16*
24. I have direct access to God *Ephesians 2:6; Hebrews 4:16*
25. I am blameless *Jude 1:24; Romans 8:1*
26. I have been created for good works *Ephesians 2:10*
27. I am a new creation *2 Corinthians 5:17*
28. I have authority over Satan *1 Peter 5:8-9; 1 John 4:4*
29. I have peace with God *Romans 5:1-2*
30. I am a light in the world *Matthew 5:14*
31. I have an eternal inheritance *Romans 8:16-17; Ephesians 1:14,18*
32. I have been raised with Christ *Romans 6:4-8; Galatians 2:20*
33. I will be with Christ in heaven *2 Corinthians 5:1; Philippians 3:20*
34. I have eternal security *1 John 5:11-13*
35. I have spiritual gifts for His service *1 Corinthians 12*

## **PRINCIPLE #2**

### **INSIDE GAME**

#### **God's Love Moves You from Fear to Freedom**

#### **LAB REFLECTION TIME**

1. As you heard the talk today, what did you identify as the main motivational lie that typically fuels you in competition? Others' acceptance of you? Building self-worth? Something else?

How might what God says is true about you combat that lie?

2. Take a look at the "Expanded List of God's Truth Chart" on the page before this and choose a truth on the left that impacts your identity the most. Now take a moment and read the verses that are connected to that truth.

How would memorizing this truth (and the verses) help you live a different way?

3. What is the greatest challenge in believing God's voice towards you versus believing the "other" voices of the world?

If you did believe God's truth about you, how might that produce a new freedom in you as you compete?





## **PRINCIPLE #3**

### **HOLY SWEAT (WHOLLY SURRENDER)**

#### **God Provides Resources for Soul Training to Help You Grow**

#### **PRE-GAME WARM UP**

**Read:** 1 Timothy 4:8

<sup>8</sup> for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

**Read:** John 14:15-26

<sup>15</sup> “If you love me, you will keep my commandments. <sup>16</sup> And I will ask the Father, and he will give you another Helper, to be with you forever, <sup>17</sup> even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

<sup>18</sup> “I will not leave you as orphans; I will come to you. <sup>19</sup> Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. <sup>20</sup> In that day you will know that I am in my Father, and you in me, and I in you. <sup>21</sup> Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.” <sup>22</sup> Judas (not Iscariot) said to him, “Lord, how is it that you will manifest yourself to us, and not to the world?” <sup>23</sup> Jesus answered him, “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. <sup>24</sup> Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father’s who sent me.

<sup>25</sup> “These things I have spoken to you while I am still with you. <sup>26</sup> But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

**Read:** Galatians 5:16-25

<sup>16</sup> But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> Now the works of the flesh are

evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

<sup>25</sup> If we live by the Spirit, let us also keep in step with the Spirit.

**Read:** 2 Timothy 3:16-17

<sup>16</sup> All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, <sup>17</sup> that the man of God may be complete, equipped for every good work.

1. List 3-5 training activities you engage in to grow as an athlete in your sport? How have you seen growth in areas of your sport as you have been disciplined to train well?

2. What types of training activities do you engage in to grow in your faith? Why might it be important to discipline yourself in these activities?

3. What are some of the words that Jesus uses to describe the Holy Spirit?

4. What are some results of following, or not following, the Spirit?

5. According to these verses, why does God give us the Bible (Scriptures)?

## PRINCIPLE #3

### Holy Sweat (Wholly Surrender)

#### God Provides Resources for Soul Training to Help You Grow

**Ask:** How do I grow?

**Read:** 1 Timothy 4:8 "Body and Soul Training"

**Live It:** Train yourself spiritually by allowing the Spirit of God and the Word of God to transform your life and sport

1 Timothy 4:8

How do we train spiritually and grow our soul?

Who is the Spirit of God?

He is the third member of the trinity (Father, Son, Holy Spirit)

He is fully God, and co-equal with God the Father and Jesus the Son

He is the active presence of God in the world

I. Surrender to the \_\_\_\_\_ (His Power)

A. What He does (John 14:15-26)

He lives in us (v17)

He counsels/helps us (v16)

He teaches us (v26)

He reminds us (v26)

B. How we workout (Galatians 5:16-25)

Walking in the "flesh" (v19-21)

Walking by the Spirit (v22-23)

Sweat and surrender at the same time (Colossians 1:29)

What is the Word of God (Bible)?

It is God's Word to us

It tells us who God is and who we are

It shows us how to live

II) Surrender to the \_\_\_\_\_ (His Plan)

A. What it does (2 Timothy 3:16)

The Bible shows us:

What's right (teaching)

What's wrong (rebuking)

How to get right (correcting)

How to stay right (training)

B. How we workout

Study it:

Store it:



**PRINCIPLE #3**  
**HOLY SWEAT (WHOLLY SURRENDER)**

**LIVE IT**

<b>COMPETITION IN THE FLESH...</b>	<b>COMPETITION IN THE SPIRIT...</b>
<i>In the flesh, I believe it's true that if you're not cheating, you're not trying.</i>	<i>In the Spirit, I believe doing the right thing and honoring God is more important than acquiring victory, status, or attention by any means necessary.</i>
<i>In the flesh, I need to subtly demean or undermine my teammates in order to position myself better.</i>	<i>In the Spirit, I am secure enough in myself and in God's sovereignty over my situation that I can minister to my teammates and help them succeed while still trying to be number one on the depth chart.</i>
<i>In the flesh, I use conjured hatred toward my opponent as a motivation to compete, especially against my rivals.</i>	<i>In the Spirit, I compete to the fullest of my abilities in God's strength and am motivated to bring my best. I see this as a means of valuing my opponent, especially my rivals - as we push each other towards excellence.</i>
<i>In the flesh, I talk too much to try justifying my actions or to prove myself to others.</i>	<i>In the Spirit, I am careful with what I say and try to use words to build others up. If praise comes to me, I will let it be from the mouths of others and not from my own.</i>
<i>In the flesh, I am incredibly impatient with both myself and others, frustrated that things aren't perfect.</i>	<i>In the Spirit, I understand that I am in process - just like everyone else - and change takes time.</i>

<i>In the flesh, no matter the circumstances, I am unable to maintain peace because I cannot control what happens.</i>	<i>In the Spirit, no matter the circumstances, I experience peace because I can rest knowing God is in control of what happens.</i>
<i>In the flesh, I lose the battle with self-control: of my mind, of my mouth, of my body.</i>	<i>In the Spirit, I have access to victory - moment by moment - over my mind, my mouth, my body.</i>
<i>In the flesh, competition is all about me and getting mine, whether on the field or off.</i>	<i>In the Spirit, competition ultimately provides an opportunity to influence others and serve God, whether on the field or off.</i>
<i>In the flesh, I find myself inwardly pouting when I don't play, when we lose, when others get what I want.</i>	<i>In the Spirit, I can rejoice even in moments when things don't go my way.</i>
<i>In the flesh, I cut corners when no one is looking, whether in the weight room, the classroom, or the dorm room.</i>	<i>In the Spirit, I believe my character is developed when no one is looking—I am who I am when no one else is around.</i>
<i>In the flesh, I think more highly of myself than I ought, and tend to look down on others who aren't on the team.</i>	<i>In the Spirit, I thank God for the opportunity that I've been given, realizing that it could easily be taken away, and feel a genuine sense of humility when I'm with others who don't have that same opportunity.</i>
<i>In the flesh, I pretend to be something that I am not when I'm with others, highlighting my strengths and hiding my weaknesses.</i>	<i>In the Spirit, I never act like anything other than what I am--a combination of both good things and bad, saved by God's grace toward me.</i>

## **PRINCIPLE #3**

### **HOLY SWEAT (WHOLLY SURRENDER)**

**God Provides Resources for Soul Training to Help You Grow**

#### **LAB REFLECTION TIME**

1. As you look at the “Live It” chart above, do an honest inventory of your sport and answer this question: How do I tend to operate within my own power (*the flesh*) vs. God’s power (*the Spirit*)? Which one to three categories stick out to you?

In what other areas of my life do I tend to rely upon my own power? Why is it important for us to identify other areas of our lives, not just sport?

What seems to be the biggest hurdle to living in God’s power instead of your own power?



2. What are the natural “down times” in your sport?

How can you begin to get into a consistent rhythm of “re-setting and pressing on” so that it becomes a habit in your competition?

3. What is your truth from Principle #2? How could the use of a focal point help you remember these truths?



## **PRINCIPLE #4**

### **HURTIN' FOR CERTAIN**

#### **God Redeems Suffering for Our Good and His Glory**

### **PRE-GAME WARM UP**

**Read Genesis 37-50**

**Life of Joseph Summary** - *A summary of 13 chapters of Joseph's life from the book of Genesis.*

At 17 years old Joseph was his father's favorite son among 12 brothers. Joseph had several dreams that one day he would rule over his brothers. So he tells his brothers about these dreams of him ruling over them one day. They got so angry with him that they decided to get rid of him and they sold him into slavery. He is shipped off to Egypt where he ends up as a slave to a man named Potiphar, who was the captain of the guard for Pharaoh. Joseph was a handsome young man (good looking brother) and he ended up getting framed for rape and sent off to prison and forgotten about. He continued to have dreams from God. 13 years later Pharaoh, the king of Egypt had a disturbing dream that no one could interpret or explain for him. But one of his servant's had met a prisoner, named Joseph, who could interpret dreams for people. Pharaoh summoned Joseph, and was so impressed with his insights that he removed him from prison and elevated him to be governor over Egypt. With God's wisdom, Joseph wisely stored up grain in Egypt for seven years before a famine struck the Middle East. Because of his leadership decisions, Egypt was able to help provide food for themselves and other nations during the famine. And in the process, Joseph's brothers showed up one day to buy food, totally unaware that Joseph was standing in front of them as governor of Egypt, just as he had dreamed would one day happen. Joseph revealed his identity to his family and they were reunited once again, by the hand of God.

# **PRINCIPLE #4**

## **HURTIN' FOR CERTAIN**

### **PRE-GAME WARM UP**

Read Genesis 37

Joseph has dreams

Becomes the favorite son

Brothers get jealous, put him in a pit, sell him as a slave

Genesis 39:1-15

Becomes property

Accused of rape and ends up in prison

While in prison, he interprets a dream for Pharaoh Gets released

Genesis 41:39-43

Joseph is second in command of Egypt

Is in charge of all grain, a position of prominence 13 years after his dream.

During the famine, he provides grain for all the people, including his brothers.

Genesis 45:1-7

Joseph proclaims himself to his brothers

1. How would you feel if you were in Joseph's shoes?

2. What do you learn about Joseph's inner character as you read about his life?

3. What are 1-3 circumstances in your own life, big or small, that have been challenging?

4. How do you tend to respond when something doesn't go your way?

## PRINCIPLE #4

### HURTIN' FOR CERTAIN

#### God Redeems Suffering for Our Good and His Glory

**Ask:** How do I deal with suffering?

**Read:** Genesis 37-50 "The Life of Joseph"

**Live It:** God uses suffering in life and sports to make us more like Christ

I. Reality: Life is beautiful and at the same time full of brokenness and \_\_\_\_\_

**Suffering:** the experience of pain or hardship

**Pain:** something we feel that hurts

A. Satan is our adversary (enemy) who loves to see us suffer

- He has limited power, but his influence is strong

- His mission is to steal, kill, and destroy

B. Suffering is complex and comes at us from many different directions

- Personal choices

- Others' choices

- Different circumstances

***The challenge is not to avoid or manage our suffering, but to lean into God when we encounter it.***

II. Response: Trusting God's \_\_\_\_\_ is our best response to suffering.

**Sovereignty:** to reign or rule over all.

A. God's power and presence anchor His followers in the face of suffering:

- God promises to bring about "good" in every circumstance for those who love Him.

- God is present with us all the time and especially in our suffering.

B. How we respond to suffering reveals our trust in God's Promises:

- Bitter or Better?

- Medicate or Meditate?

III. Redemption: God will \_\_\_\_\_ our suffering for our good and His glory

**Redeem:** To take something broken and make it whole again; to buy something back through payment

A. Suffering is a refining process that can produce growth in us

It can bring about Christ-likeness and perspective

It can strengthen our faith for the next challenge

## B. God's greatness is reflected

- God uses the suffering and details of our lives to bring about His ultimate plan in history

- God transforms our lives into something beautiful in His perfect timing



**PRINCIPLE #4**  
**HURTIN' FOR CERTAIN**  
**God Redeems Suffering for Our Good and His Glory**

**LIVE IT**

*What is your default response to personal suffering?*

<b>BITTERNESS</b>	<b>REVENGE</b>	<b>MEDICATE</b>
Self-centered	Hurting others	Abusing alcohol
Entitled	Hurting self	Abusing sex
Complain	Trash talk	Social media addiction
Make excuses	Hate speech	Over-training
Pouting	Gossip	Overly competitive
Constantly judging	Passive revenge	Binge eating
Other	Other	Other



## **PRINCIPLE #4**

### **HURTIN' FOR CERTAIN**

**God Redeems Suffering for Our Good and His Glory**

## **LAB REFLECTION TIME**

Read through the “LIVE IT” chart on the last page.

1. What is your default response to personal suffering when it hits you? Why?

2. What did you learn about God’s perspective on suffering?

3. What about embracing suffering with God’s perspective is most difficult for you?

4. Think of a time you experienced challenges or suffering/pain in your sport. What happened and how did you respond?

5. What adjustments do you need to make in your perspective and your response to suffering the next time it happens in sport or life?

6. What are some specific challenges or struggles that typically happen to athletes in your sport? List them and describe how you can prepare yourself to respond to these according to God's perspective.



## PRINCIPLES OF RELATIONAL AND SEXUAL INTEGRITY: INTRO

**Integrity** means \_\_\_\_\_ or undivided

**The main purpose** for our relationships and sexuality is to create a \_\_\_\_\_ picture of God's relationship with His people and how He interacts with us.

**The goal** for this area of our life is...

### **The Creator**

**Beauty** - Genesis 1:27 says that God created them (us) male & female.

Why did God make us sexual beings?

Why did He create sexuality?

What does He want to do with our human sexuality?

**Culture vs Creator:** The culture says that we exist to express \_\_\_\_\_ . My image, my glory.

But the Bible says we exist to express \_\_\_\_\_. His image, His glory.

**Key question** "Do you want to express God with your life?"

### **Genesis 2:22-25**

**Marriage Metaphor** - Isaiah 54:5. Isaiah 62:5

## **Single Devotion**

**Broken** - Genesis 3:4-13

**Restoration-** Colossians 1:20

**Key Question:** Does God have the right to tell us how to live relationally and sexually?

## **DATING & SINGLENESS**

# **MARRIAGE**

## **SEX**

# **SHAME/REPENTANCE/RESTORATION**



## **RELATIONSHIP RESOURCES**

### **Books:**

Relationship Goals (*Michael Todd*)  
Rethinking Sexuality (*Juli Slattery*)  
Kingdom Marriage (*Tony Evans*)  
Gay Girl Good God (*Jackie Hill Perry*)  
Embodied (*Preston Sprinkle*)  
Sex and the Single Girl (*Juli Slattery*)  
The Mingling of Souls (*Matt Chandler*)  
Boundaries in Dating (*Cloud & Townsend*)

### **Websites:**

<https://christian-sexuality.com/>  
<https://www.centerforfaith.com/>

## **PRINCIPLE #5**

### **VICTORY BEYOND COMPETITION**

#### **God Requires Total Investment Today for Eternal Return Tomorrow**

#### **PRE-GAME WARM UP**

**Read:** Matthew 25:14-30

<sup>14</sup>“For it will be like a man going on a journey, who called his servants and entrusted to them his property. <sup>15</sup>To one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. <sup>16</sup>He who had received the five talents went at once and traded with them, and he made five talents more. <sup>17</sup>So also he who had the two talents made two talents more. <sup>18</sup>But he who had received the one talent went and dug in the ground and hid his master's money. <sup>19</sup>Now after a long time the master of those servants came and settled accounts with them. <sup>20</sup>And he who had received the five talents came forward, bringing five talents more, saying, ‘Master, you delivered to me five talents; here, I have made five talents more.’ <sup>21</sup>His master said to him, ‘Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.’ <sup>22</sup>And he also who had the two talents came forward, saying, ‘Master, you delivered to me two talents; here, I have made two talents more.’ <sup>23</sup>His master said to him, ‘Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.’ <sup>24</sup>He also who had received the one talent came forward, saying, ‘Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you scattered no seed, <sup>25</sup>so I was afraid, and I went and hid your talent in the ground. Here, you have what is yours.’ <sup>26</sup>But his master answered him, ‘You wicked and slothful servant! You knew that I reap where I have not sown and gather where I scattered no seed? <sup>27</sup>Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. <sup>28</sup>So take the talent from him and give it to him who has the ten talents. <sup>29</sup>For to everyone who has will more be given, and he will have an abundance. But from the one who has not, even what he has will be taken away. <sup>30</sup>And cast the worthless servant into the outer darkness. In that place there will be weeping and gnashing of teeth.’

*Note: While a “talent” in this story literally refers to a sum of money, in our modern context the application refers to the sum of our lives —gifts, abilities, resources, etc.*

1. How do you feel about letting other people borrow things that are valuable to you?

How do you feel when someone lets you borrow their important stuff?

2. Does it seem like what happened to the guy with one talent was fair? Why or why not?

3. Just like the occasional random drug test that may occur in your sport, what would be the result of a random examination of your life and how you are using it right now?

## PRINCIPLE #5

### VICTORY BEYOND COMPETITION

#### God Requires Total Investment Today for Eternal Return Tomorrow

**Ask:** How do I live for God's Kingdom instead of my kingdom?

**Read:** Matthew 25:14-30 "The Parable of the Talents"

**Live It:** Investing your sport and life in God's Kingdom aligns you with God's mission in the world

Matthew 25:14-30

"Talent" then: A sum of money equal to 20 years wages--  
millions in today's currency

"Talent" now: Refers to a broader group of things including  
your money, abilities, opportunities, personality, passions, etc

1 Corinthians 12:8-10, 28-30; Romans 12:6-8

S \_\_\_\_\_

H \_\_\_\_\_

A \_\_\_\_\_

P \_\_\_\_\_

E \_\_\_\_\_

I. God gives his servants a choice:

*Invest His talents or bury His talents (Matthew 25:16-18)*

**Stewardship:** To be entrusted with the possessions of another person to watch over or use for a time

A. Invest His talents \_\_\_\_\_

B. Invest His talents \_\_\_\_\_

*“God wants all of you. God doesn’t want a part of your life. He asks for ALL your heart, ALL your soul, ALL your mind, and ALL your strength. God is not interested in half-hearted commitment, partial obedience, and the leftovers of your time and money. He desires your full devotion, not little bits of your life.”* (Purpose Driven Life, Rick Warren)

II. God evaluates your investments: Gain rewards or suffer consequences (Matthew 25:19-30)

A. There are \_\_\_\_\_ to be gained  
(v19-23)

B. There are \_\_\_\_\_ to be suffered  
(v24-30)



## **PRINCIPLE #5**

### **VICTORY BEYOND COMPETITION**

#### **God Requires Total Investment Today for Eternal Return Tomorrow**

#### **LAB REFLECTION TIME**

1. As you listened to this Principle being taught, did you become aware of any hidden or forgotten talents that God has given you? List them out.

2. What would stop you from investing your talents immediately and completely?

3. If you knew you only had one year left, who would you invest your life in, and what would you do?

4. How can your involvement in sports be an opportunity to impact others for eternity?

5. What kind of legacy do you want to leave behind after your career is over?

6. What kind of legacy do you want to leave behind after your life is over?





## Principles Appendix Resources



## PRINCIPLE #2

### INSIDE GAME

#### Expanded list of what God declares is true about you as you live in Christ

- |  |   |
|--|---|
| 1. I am accepted and worthy                | <i>Romans 15:7; Psalm 139</i>                 |
| 2. I am never alone                        | <i>Hebrews 13:5b; Romans 8:38,39</i>          |
| 3. I am adequate                           | <i>2 Corinthians 3:5-6; Philippians 4:13</i>  |
| 4. I have boldness and confidence          | <i>Proverbs 3:26; Hebrews 10:19</i>           |
| 5. God is faithful to me                   | <i>Philippians 1:6; 2:13; 2 Thessal. 3:3</i>  |
| 6. I have the mind of Christ               | <i>1 Corinthians 2:16; 2 Timothy 1:7</i>      |
| 7. I have hope                             | <i>Ps. 62:5; Romans 15:13; Coloss. 1:27</i>   |
| 8. I am seen as perfect                    | <i>Hebrews 10:14; Colossians 2:13</i>         |
| 9. I have been chosen and set apart        | <i>Ephesians 1:4; 1 Peter 2:9</i>             |
| 10. I lack nothing                         | <i>Philippians 4:19</i>                       |
| 11. I am free from fear                    | <i>Psalm 34:4; 2 Timothy 1:7</i>              |
| 12. I live by faith                        | <i>Romans 1:17; 2 Corinthians 5:7</i>         |
| 13. I have strength                        | <i>2 Samuel 22:33; Psalm 28:7</i>             |
| 14. I have victory                         | <i>Proverbs 2:7-8; Romans 8:37</i>            |
| 15. I have wisdom                          | <i>Proverbs 2:6-7; 1 Corinthians 1:30</i>     |
| 16. I am free                              | <i>2 Corinthians 3:17; Romans 6:18</i>        |
| 17. I have comfort                         | <i>2 Corinthians 1:3,4</i>                    |
| 18. I am protected                         | <i>Psalm 18:2; 32:7</i>                       |
| 19. I am perfectly loved                   | <i>Romans 8:38,39; Eph. 2:4-5; 5:1-2</i>      |
| 20. I am an adopted child of God           | <i>Romans 8:16; Gala. 4:6-7; Eph. 1:5</i>     |
| 21. I am totally forgiven                  | <i>Psalm 103:12; Ephesians 1:7</i>            |
| 22. I have been declared righteous         | <i>Romans 3:24; 1 Corinthians 1:30</i>        |
| 23. The Holy Spirit lives inside of me     | <i>Acts 1:8; Galatians 4:6; 1 Corin. 3:16</i> |
| 24. I have direct access to God            | <i>Ephesians 2:6; Hebrews 4:16</i>            |
| 25. I am blameless                         | <i>Jude 1:24; Romans 8:1</i>                  |
| 26. I have been created for good works     | <i>Ephesians 2:10</i>                         |
| 27. I am a new creation                    | <i>2 Corinthians 5:17</i>                     |
| 28. I have authority over Satan            | <i>1 Peter 5:8-9; 1 John 4:4</i>              |
| 29. I have peace with God                  | <i>Romans 5:1-2</i>                           |
| 30. I am a light in the world              | <i>Matthew 5:14</i>                           |
| 31. I have an eternal inheritance          | <i>Romans 8:16-17; Ephesians 1:14,18</i>      |
| 32. I have been raised with Christ         | <i>Romans 6:4-8; Galatians 2:20</i>           |
| 33. I will be with Christ in heaven        | <i>2 Corinthians 5:1; Philippians 3:20</i>    |
| 34. I have eternal security                | <i>1 John 5:11-13</i>                         |
| 35. I have spiritual gifts for His service | <i>1 Corinthians 12</i>                       |

## FOCAL POINTS

**FOCAL POINT:** A visual reminder to keep a Godly perspective

**Ask:** How can I keep my focus on Christ during competition?

**Read:** Hebrews 12:1-2 “Focus your eyes on Jesus”

**Theme:** A focal point can help reframe your perspective

**Live It:** Pick a focal point and look at it as often as needed

Throughout the Bible, God exhorts us to remember His presence with us and remember all that He has done. Hebrews 12:1,2 tells us to “focus our eyes on Jesus”. A Focal Point can help with this. A Focal Point is a visual reminder of a Biblical truth. Using a focal point can help remind you that God is present with you, wherever you are. It can also remind you of your identity in Christ.

A visual focal point could be a cross on your shoe, a scar on your arm, tattoo on your body, a piece of sporting equipment, or a tree by your practice field, etc. You want to make sure that whatever you pick for a focal point is something that can quickly bring your mind back to God with just a quick look. A focal point isn't supposed to take your focus off of the game you are in. Rather it should help you focus your intensity more in the right direction, with added motivation that comes from remembering who you are and why God has put you in your sport. It also needs to be located in a spot that is easy for you to see it, so that when you need to refocus, you can simply glance at it and keep going.

In preparation before your practice or competition starts, you'll want to take a couple of minutes to locate a good focal point and think through what it will remind you of and how that will motivate you. Some people use a different one each day. Some use the same one for awhile. Soon you will have several favorite ones to choose from that work best for you.

Down Time is Reset Time: depending on your sport, the best time to look at your focal point is when there is “down time” or a break in the action (time out, out of bounds, penalty shots, etc.). Just like anything it will take practice, practice, practice. As you get more comfortable using a focal point, it will get easier for you to know how it works best for you.

## **PRINCIPLE #3**

### **HOLY SWEAT (WHOLLY SURRENDER)**

#### **Reference Verses:**

**1 Timothy 4:8 (NIV)** - For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

**John 14:15-26 (ESV)** - 15 “If you love me, you will keep my commandments. 16 And I will ask the Father, and he will give you another Helper, to be with you forever, 17 even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be<sup>[b]</sup> in you. 18 “I will not leave you as orphans; I will come to you. 19 Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. 20 In that day you will know that I am in my Father, and you in me, and I in you. 21 Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.” 22 Judas (not Iscariot) said to him, “Lord, how is it that you will manifest yourself to us, and not to the world?” 23 Jesus answered him, “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. 24 Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father’s who sent me. 25 “These things I have spoken to you while I am still with you. 26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

**Galatians 5:16-24 (ESV)** - 16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And

those who belong to Christ Jesus have crucified the flesh with its passions and desires.

**Colossians 1:29 (NASB)** - 29 For this purpose also I labor, striving according to His power, which mightily works within me.

**2 Timothy 3:16 (ESV)** - 16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.

**Psalms 119:11 (ESV)** - 11 I have stored up your word in my heart, that I might not sin against you.



## RESOURCES FOR FURTHER STUDY

### PRINCIPLE 1: AUDIENCE OF ONE

Our God is Awesome (*Tony Evans*)

Holier Than Thou (*Jackie Hill Perry*)

The Christian Athlete (*Brian Smith*)

Counterfeit Gods (*Timothy Keller*)

Desiring God (*John Piper*)

Idols of the Heart: Learning to Long for God Alone (*Elyse Fitzpatrick*)

The Unquenchable Worshiper (*Matt Redman*)

No God But God (*Os Guinness and John Seel*)

The World according to God (*Greg Johnson*)

The Transforming Vision (*Walsh and Middleton*)

Creation Regained (*Al Wolters*)

### PRINCIPLE 2: INSIDE GAME

Identity Theft (*Jen Wilkin*)

The Return of the Prodigal Son (*Henri Nouwen*)

The Bondage Breaker (*Neil T. Anderson*)

Your Identity in Christ (*Neil T. Anderson*)

Walking in Victory (*Dennis McCallum*)

His Image My Image (*Josh McDowell*)

The Search for Significance (*Robert McGee*)

What's So Amazing About Grace (*Phillip Yancey*)

### **PRINCIPLE 3: HOLY SWEAT/WHOLLY SURRENDER**

Unleashed (*Eric Mason*)

Holier Than Thou (*Jackie Hill Perry*)

With (*Skye Jethani*)

Spirit of the Disciplines (*Dallas Willard*)

The Pursuit of Holiness (*Jerry Bridges*)

Conformed to His Image: Biblical and Practical Spiritual Formation  
(*Ken Boa*)

The Life You've Always Wanted (*John Ortberg*)

Spiritual Disciplines for the Christian Life (*Donald Whitney*)

### **PRINCIPLE 4: HURTIN' FOR CERTAIN**

Unshaken (*Crawford Loritts*)

Walking With God Through Pain and Suffering (*Timothy Keller*)

The Problem of Pain (*C.S. Lewis*)

Three Philosophies of Life (*Peter Kreeft*)

As Silver Refined (*Kay Arthur*)

The Hidden Smile of God (*John Piper*)

Disappointment with God (*Philip Yancey*)

### **PRINCIPLE 5: VICTORY BEYOND COMPETITION**

Kingdom Man (*Tony Evans*)

Kingdom Woman (*Tony Evans & Chrystal Evans Hurst*)

The Divine Conspiracy (*Dallas Willard*)

For a Time We Cannot See (*Crawford Loritts*)

Futureville (*Skye Jethani*)

An Incomplete Guide to the Rest of Your Life (*Stan D. Gaede*)

The Rest of Your Life (*Patrick M. Morley*)

## WHAT NOW?



UTC 2023 Survey QR Code



# SEMINAR #1



## **SEMINAR #2**



## **Additional Growth Resources**

Videos of the principles in one place -

[athletesinaction.org/principles](https://athletesinaction.org/principles)

Our partner website with great christian athlete content -

<https://www.thechristianathlete.com/devotionals>

UTC Vimeo Page with lots of videos and content -

[vimeo.com/ultimatetrainingcamp](https://vimeo.com/ultimatetrainingcamp)

Online store for UTC Gear -

<https://www.premierspecialties-mn.com/stores/aia>

Helping female athletes know their identity and live it out -

<https://fierceathlete.org>

AIA International Sports Teams -

<https://athletesinaction.org/trips-info/international/>

Start AIA on your campus -

<https://athletesinaction.org/campus/sportinc/>

Don't forget to download and check out the **Ao1 Life App** for resources to help you live the Ao1 life



# PREPARE YOUR TESTIMONY



## HOW TO PREPARE AND PRESENT YOUR PERSONAL TESTIMONY

### I. WHY ARE YOU QUALIFIED TO TESTIFY?

- A. In 1 Peter 3:15, the Apostle Paul instructs us to always be ready “to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence.”
- B. Your personal testimony is one of the most effective means you have for making such a defense of your faith in Jesus Christ. There are times when an individual is not willing to sit down and go through a Gospel tract or when doing so would be inappropriate. However, people are often more interested in knowing your story: how you came to put your faith in Christ and the difference that decision has made in your life.
- C. There are numerous examples of individuals sharing their testimony throughout the New Testament. Who is giving the following testimonies and who is listening to them?
1. John 4:39-42
  2. John 9:24-34
  3. Galatians 11:13-2:21
  4. Acts 21:40-22:21
  5. Acts 24:10-16; 24:24
- D. What are some situations where you might be able to share your personal testimony?

### II. A BIBLICAL EXAMPLE OF A THREE POINT TESTIMONY

The Apostle Paul’s testimony serves as a good example. When he shared his story, he presented a logical and simple defense for the hope within him. Generally he spoke of his life before Christ, how he came to know Christ, and his life since accepting Christ.

- A. Notice the outline in Acts 21:37-22:21:
1. Acts 22:1-5: Paul shares about his life before accepting Christ.
  2. Acts 22:6-11: Paul shares how he became a believer.
  3. Acts 22:12-22: Paul shares how his life changed after accepting Christ.
- B. Can you find a similar outline in Acts 26:2-29?

### III. HOW TO WRITE YOUR OWN TESTIMONY

As shown above, your testimony can logically be divided into three parts: before accepting Christ, how you accepted Christ, and after accepting Christ.

- A. **Before:** This section covers what your life was like before you accepted Christ. The following questions may help you think through what you want to convey:
1. What were the unmet needs in your life? Some possibilities include: loneliness, lack of significance, lack of purpose, a sense of emptiness, fear of death, aimlessness, lack of peace etc.
  2. How did you attempt to have these needs met? Some possibilities include: accomplishments, accumulation of wealth or things, drugs, alcohol, sex, finding fulfillment in work, education, athletics, etc.
- B. **How:** This section describes the circumstances and events that caused you to consider Christ and the steps you took to become a Christian. Included in this section is a brief but clear presentation of the gospel.

- C. **After:** This section explains the changes that have occurred in your life since receiving Christ. This should relate back to the specific issues you discussed in the “before” section.

#### IV. IMPORTANT “DOS AND DON’TS”

When writing and giving your personal testimony there are some basic “dos and don’ts” which will make it more effective.

##### A. Do:

1. Keep your testimony concise. Three minutes is sufficient time to tell your story. (Read Paul’s testimonies outloud. You will notice that none of them are more than three minutes!)
2. Begin with an interesting attention-getting sentence.
3. Be realistic.
4. Be positive from start to finish.
5. Emphasize the difference that Christ has made in your life.
6. You may consider using one Scripture in your testimony.

##### B. Don’t:

1. Use Christian terminology. For the most part it will be meaningless to a non-Christian. For example, words like born-again, saved, etc.
2. Preach at people. Instead share your story with them.
3. Use negative statements about churches, specific denominations, other organizations or people.
4. Give the impression that the Christian life is without problems.
5. Be long-winded. Keep your testimony concise.

#### V. PRESENTING YOUR TESTIMONY

A. Remember, we are admonished to always be ready to give an account for the hope within us. Therefore, you should always be ready to share your testimony. The following suggestions will help you be prepared:

1. Memorize your testimony.
2. Rehearse your testimony until it becomes natural.
3. Practice you testimony with a friend.

B. When the opportunity arises to share your testimony, remember the following:

1. Share your testimony in the power of the Holy Spirit. Ask Him to speak to the heart of those listening.
2. Be relaxed. Smile
3. Avoid nervous mannerisms.

#### VI. GETTING STARTED

- A. Read the attached article “How to share your testimony.”
- B. Use the attached work sheets to get your ideas on paper.
- C. Write out your story.
- D. Look for opportunities to share your testimony with others.

# PREPARE YOUR TESTIMONY

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## HOW TO PREPARE AND COMMUNICATE YOUR TESTIMONY

As you begin your testimony consider:

1. The age of your audience.
2. The period of time right before your life really began to change.

### **I. Before I Accepted Christ** (or gave Him complete control)

A. What was my life like? How can I communicate this in a way that will relate to the non-Christian? (Don't focus on the religious upbringing and side of your life.)

B. What did my life revolve around the most? What did I get my security or happiness from? The non-Christian is relying on something external to give him happiness.

C. How did those areas begin to let me down?

### **II. How I Received Christ** (or gave Him complete control)

A. When was the first time I heard the gospel? Or when was I exposed to the truth about Jesus?

B. What were my initial responses?

C. When did my attitude begin to turn around? Why?

D. What were the final struggles that went through my mind just before I accepted Christ?

E. Why did I go ahead and accept Christ?

**III. After I Accepted Christ** (or gave Him complete control)

A. Specific changes and illustrations about the changes Christ has made:

B. Why am I motivated differently?

**Helpful Hints:**

- A. Write the way you speak – make the testimony yours
- B. Practice this over and over until it becomes natural.
- C. Time limit should be between three and five minutes
- D. Choose a theme.





# SHARING YOUR FAITH



Evangelism has become a scary word in our culture. People's first response, even many Christians, is usually to envision someone on a street corner yelling at people about going to hell, or trying to push beliefs on people. Those negative pictures are not what Jesus modeled for us and certainly not what He is asking us to do. The following passage will explain God's heart and our responsibility in sharing our faith.

Read 2 Corinthians 5:11-21 and answer the following questions:

- What reason does Paul give in verse 11 for talking to people about God?
- In verse 14, what is Paul's motivation for sharing His faith?
- What do you think Paul means by the "ministry of reconciliation?"

In summary, Paul is saying that he is motivated by love for Christ to let other people know about the great gift that God offers us. Furthermore, we have been entrusted with the good news that God sent Jesus to die for us, and that by accepting Him, we can be forgiven of our sins and live forever as God's child. Evangelism is nothing more than taking, and at times, making opportunities to let people know what God has done for them and to offer them the chance to accept it. This is both a great privilege and a great responsibility.

## WHAT EXACTLY IS THE GOSPEL?

Imagine that someone you cared about came up to you and said, "You know, I've really noticed that there is something different about you. I know that you are a Christian, and I would really like to start a relationship with God, too. What do I do?" Would you know what to tell them?

Many people think that their way of sharing their faith is to live a good life. How we live our lives is an incredibly important part of sharing our faith. However, the Bible is clear that we all have a responsibility to share the gospel in words as well. Read Matthew 28:18-20. This verse is sometimes referred to as the Great Commission and applies to all believers. In verse 20, He tells His disciples to teach all of their disciples to obey everything He commanded them to do, which includes the command to "go and make disciples of all nations..." Part of making disciples is explaining to them how to begin a relationship with God. Also among the last recorded words of Jesus is Acts 1:8. Here, Jesus informs His disciples that they will receive the Holy Spirit, who will empower them to be His witnesses. A witness, just like in a court of law, is one who tells what he or she has seen or experienced. We received the Holy Spirit when we placed our faith in Christ, and just as in the days of the original disciples, we are now empowered to be His witnesses.

Biblical examples of evangelism:

- John 4:4-26
- Acts 8:26-40
- Acts 17:16-34
- Acts 18:4

If we all have a responsibility to share the gospel in words, it is important that we have a clear understanding of exactly what the gospel is and be able to communicate it clearly to others. AIA uses several different booklets, each of which has a very clear, four point summary of the gospel. This study looks at the "Knowing God Personally" booklet.

## USING THE "KNOWING GOD PERSONALLY" BOOKLET

### I. GENERAL PRINCIPLES

- A. Use the booklet to guide a conversation instead of reading straight through it. The conversation is meant to be a dialogue, not a monologue.
- B. Pray as you go and ask the Holy Spirit to speak through you and to open the heart of the person you are sharing with.
- C. Stay on track. Some people will ask questions that are hard to answer and take attention away from the basic message of the gospel. It's ok to say that you don't know, and it's also ok to ask if you can try to answer that question after you've finished the booklet.
- D. It is not always necessary to use the booklet, but it is a good idea to at least give the booklet to people so they have something to refer back to that has Bible verses and specific instructions on how to begin a relationship with God.

### II. INTRODUCING THE BOOKLET

Whether sharing with a stranger or a friend or family member, you want to start by listening. Ask the person questions about what they believe about God or what they think it means to be a Christian. At some point, you will need to transition to the gospel. Telling your testimony (the story of how you became a Christian) can be a natural and easy transition. After you tell your story, you can say something like, "When I mentioned having a 'relationship with God' what did that mean to you? Would you like to know what that means?" Another great series of transitional questions are: "If you were to die tonight, how sure are you that you would go to heaven?" and, "If God asked you why He should let you in, what would you say?" The point here is that most people will answer that they have tried to be a good person, which is the opposite of the gospel message. You can tell them here that God has made a way for them to be 100% sure of going to heaven. Most people will be very interested in that.

### III. GOING THROUGH THE FOUR LAWS

Overview of the four points:

God's plan: God loves you and wants to know you personally

Our problem: Sin separates everyone from God

God's solution: Jesus is God's only provision for our sins

Our response: We must individually receive Jesus

- A. Read through the first point. You may want to have them read the verses. Ask the question at the bottom. Try to affirm what you can about their answer. If they are off, don't agree with them or argue with them, just go on to the next point.
- B. Read through the second point. After reading the first verse a good question is "How would you define sin?" You can respond with the archery illustration: Sin comes from a Greek archery term that means "to miss the mark." God's standard is perfection, and sin is anything that falls short of God's standard. Continue reading the paragraph on the first page and then read the explanation of the diagram.
- C. Read through the third point. You can ask some clarifying questions here, such as "According to what we just read, why did Jesus have to die?" The point is to emphasize that Jesus died in our place to satisfy God's perfect justice. You can use an illustration here about God being a judge who has to make sure the crime you committed is paid for, but knowing that you couldn't pay it yourself, sent His son to pay it for you.

## SHARING YOUR FAITH



D. Read through the fourth point. You can stop at the second verse and define grace (an undeserved gift), saved (saved from what? Death, which we talked about in the second point), and faith (more than intellectual belief, which is described more in detail on the following page). If you asked the questions about how sure they are they would go to heaven, you can bring up their answers here. You can say that the only answer that would get you into heaven is that you accepted Christ's payment for your sins. It is impossible to earn our way into heaven.

### IV. HELPING SOMEONE MAKE A DECISION

A. Read the descriptions of the two circles at the bottom of the page. Do not focus on the "interests" but on who is on the throne. When you ask the first question at the bottom, most people want to say they are somewhere in the middle. The important point here is not what the two lives look like, but whether or not Jesus is in the circle. A good clarifying question is, "Is there a time that you asked Jesus into your life?"

If they say yes, ask them what that was like for them. If they seem to have a genuine relationship with God but are struggling to live out their faith, you may want to go through the Holy Spirit booklet with them, invite them to a Bible study or set up another time to meet.

If they say no, continue on to the second question:

Which circle would you like to represent your life?

If they say they want to have Christ in their lives (circle on the right), go to the next page.

If they say they are content without Him (circle on the left), ask them if you can finish anyway. They may change their minds one day and at least they will know what to do at that time.

B. Read through everything on the next page. Some people may want to pray with you on the spot. If not, make sure you or someone else tries to follow up with them at a later time. If they do pray, or say they are going to on their own, keep reading through at least the next two pages, which explain some of the things that happen when we receive Christ. If you are not going to see this person again, encourage them to start reading the Bible, suggest the gospel of John, and encourage them to find a church.

Additional insight on sharing the gospel, as well as more illustrations that may be helpful to use while you are sharing with someone can be found on-line at [www.aia.com](http://www.aia.com). It is always a step of faith to share the gospel but we do it because people need Jesus. Romans 10:14 –15 says, "How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can they preach unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"





## GETTING STARTED: A FORTY-STEP BIBLE READING PLAN

If you're new to the Bible and are looking for suggestions on where to start, we offer a forty-step reading program that will help you gain an overall understanding of what the Bible is all about. It will introduce you to some of the most important passages of the Bible, it will help you see the big picture of what God has done and it's easy to accomplish.

Step 1	Genesis 1-2	The Creation Account
Step 2	Genesis 3	The Beginning of Sin
Step 3	Genesis 15; 17:15-27	God's Covenant with Abraham
Step 4	Genesis 21:1-7; 22	God's Faithfulness and Abraham's Faith
Step 5	Exodus 3-4	God Calls Moses to Deliver His People
Step 6	Exodus 20	The Ten Commandments
Step 7	Joshua 1	Conquering the Promised Land
Step 8	1 Samuel 16-17	David and Goliath
Step 9	1 Kings 3; 8:1-9; 9	King Solomon's Wisdom and the Temple
Step 10	1 Kings 18	The Prophet Elijah and the Prophets of Baal
Step 11	2 Kings 25	The siege of Jerusalem and Exile of Judah
Step 12	Daniel 2-3	Daniel in Babylon; The Fiery Furnace
Step 13	Ezra 3	Rebuilding the Temple in Jerusalem
Step 14	Isaiah 9, 53, 61	Isaiah's Prophecy of the Coming Messiah
Step 15	Luke 1-2	The Birth of Jesus
Step 16	John 1:1-18	Who Jesus Is
Step 17	Luke 4:14-44	Jesus Begins His Ministry
Step 18	Matthew 5-6	The Core of Jesus' Teaching
Step 19	John 3	God's Love for the World
Step 20	John 5	Jesus' Miracles and Authority
Step 21	John 11	Jesus' Power Over Death
Step 22	John 15	The Christian Life Defined
Step 23	John 17	Jesus' High Priestly Prayer
Step 24	Matthew 26-27	The Arrest and Crucifixion of Jesus
Step 25	John 20	The Resurrection of Jesus
Step 26	Luke 24	The Ascension of Jesus
Step 27	Acts 2	The Coming of the Holy Spirit
Step 28	Acts 9	The Conversion of Saul
Step 29	Acts 16	The Gospel Spreads to Europe
Step 30	Acts 26	Paul's Defense of the Christian Faith
Step 31	Romans 3	Justification by Faith Alone
Step 32	Romans 7-8	The Battle with Sin; Life in the Spirit
Step 33	1 Corinthians 13	The Way We Love
Step 34	1 Corinthians 15	The Power of the Resurrection
Step 35	Galatians 5	Freedom in Christ
Step 36	Ephesians 6	The Whole Armor of God
Step 37	Philippians 1:18-2:18	Christ's Example
Step 38	Colossians 3:1-17	Putting on the New Self
Step 39	James 1	Pure Religion
Step 40	Revelation 21-22	The New Heaven and Earth

## SCRIPTURE MEMORY

### THE PRINCIPLES

#### **Audience of One**

“Choose today whom you will serve, as for me and my house, we will serve the Lord.”  
-Joshua 24:16

#### **Inside Game**

But to all who did receive him, who believed in his name, he gave the right to become children of God. -John 1:12

#### **Holy Sweat/Wholly Surrender**

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. -1 Timothy 4:8

#### **Hurtin’ for Certain**

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. -James 1:2-4

#### **Victory Beyond Competition**

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. -Matthew 28:19-20



### LIFE VERSES

#### **Life Change**

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is. His good, pleasing and perfect will. -Romans 12:2

#### **Sexual Purity**

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies. -1Corinthians 6:18-20

#### **Anger**

My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. -James 1:19-20

#### **Anxiety**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus. -Philippians 4:6-7