

WHAT WOULD JESUS DO- SPORTS & FUN

BASIC TRAINING

I DISCIPLINE MY BODY LIKE AN ATHLETE, TRAINING IT TO DO WHAT IT SHOULD. 1COR9:27

- IF YOU WERE GUARANTEED AN OLYMPIC GOLD MEDAL WOULD YOU BE WILLING TO WORK OUT EVERY DAY OF YOUR LIFE? WHAT SPORT WOULD YOU CHOOSE?
- IN WHAT WAYS COULD YOU DISCIPLINE YOURSELF BETTER?
- IN WHAT WAYS WOULD JESUS DISCIPLINE HIMSELF TODAY?

POWER & GLORY

WHATEVER YOU DO- YOU MUST DO ALL FOR THE GLORY OF GOD. 1COR10:31

- HOW DO YOU FEEL WHEN A TEAMMATE DOESN'T CARE AS MUCH AS YOU ABOUT WINNING OR LOSING?
- DO YOU ALWAYS TRY TO DO YOUR BEST? WHY OR WHY NOT?
- HOW WOULD JESUS HANDLE A TEAMMATE WHO WASN'T TRYING THEIR BEST?

TIMING

THERE IS A TIME TO LAUGH & A TIME TO CRY. ECC3:4

- WHEN HAVE YOU LAUGHED THE HARDEST? CRIED THE HARDEST?
- WHEN WAS THE LAST TIME YOU LAUGHED SO HARD YOU CRIED? -WHAT WOULD MAKE JESUS LAUGH?

HEART HEALTHY

STOP LOVING THIS EVIL WORLD & ALL THAT IT OFFERS YOU 1JOHN2:15

- DO YOU WORK HARDER TO STRENGTHEN YOUR PHYSICAL OR SPIRITUAL HEART?
- WHAT CAUSES YOUR SPIRITUAL HEART TO GET SICK?
- WHAT WOULD JESUS DO TO KEEP HIS HEART HEALTHY?

RULE BOOK

FOLLOW THE LORD'S RULES, JUST AS AN ATHLETE EITHER FOLLOWS THE RULES OR IS DISQUALIFIED. 2TIM2

- HOW WOULD YOUR FAVORITE SPORT BE DIFFERENT IF EVERYONE FOLLOWED THE RULES?
- WHAT RULE OF GOD DO YOU HAVE A DIFFICULT TIME FOLLOWING? EASY TIME?
- HOW WOULD JESUS CHANGE THE RULES OF YOUR FAVORITE GAME?

FUN

GOD GIVES US ALL WE NEED FOR OUR ENJOYMENT 1TIM6:17

- WHAT GIVES YOU THE GREATEST ENJOYMENT?
- IS IT POSSIBLE TO HAVE FUN & BE A COMMITTED CATHOLIC? WHY OR WHY NOT?
- WHAT KINDS OF ACTIVITIES WOULD JESUS ENJOY MOST TODAY?

BLOOD & GUTS

THE LORD HATES EVERYONE WHO LOVES VIOLENCE PSALMS11:5

- WHAT IS THE MOST VIOLENT TV SHOW OR MOVIE YOU HAVE EVER SEEN?
- HOW DOES WATCHING VIOLENCE EFFECT YOU? OTHERS?
- WHAT WOULD JESUS DO ABOUT ALL THE VIOLENCE IN THE WORLD TODAY?

FINISH LINE

FINISHING IS BETTER THAN STARTING. ECC7:8

- WHAT HAVE YOU STARTED BUT NEVER FINISHED? WHY?
- HOW DO YOU FEEL WHEN YOU COMPLETE SOMETHING YOU STARTED?
- WHAT WOULD JESUS SAY ABOUT FINISHING INCOMPLETE TASKS?

EVERYWHERE

I CAN NEVER ESCAPEE FROM THE PRESENCE OF YOUR SPIRIT. PSALM139:7

- WHAT DO YOU DO TO GET AWAY FORM IT ALL? -WHERE DO YOU FEEL CLOSEST TO GOD?
- WHERE WOULD JESUS GO TODAY TO FEEL CLOSER TO GOD?

MUSIC

SING PRAISE TO OUR GOD. PSALM47:6

- WHAT IS YOUR FAVORITE KIND OF MUSIC? SINGERS, BANDS YOU LIKE BEST? WHY?
- HOW DO YOU FEEL WHEN YOU SING? -WHAT KINDS OF MUSIC WOULD JESUS LIKE TODAY?

ANSWERED PRAYERS

YOU CAN ASK FOR ANYTHING IN MY NAME & I WILL DO IT, BECAUSE THE WORK OF THE SON GIVES GLORY TO THE FATHER. JOHN14:13

- DO YOU PRAY BEFORE GAMES? -FOR WHAT WOULD JESUS PRAY?
- WHAT HAVE YOU EVER PRAYED FOR THAT YOU DID NOT NEED OR DESERVE?

SLOW BURN

BE SLOW TO GET ANGRY. JAMES1:19

- WHAT KINDS OF THINGS IN A GAMES GET YOU ANGRY? WHY?
- WHAT ARE SOME APPROPRIATE WAYS TO EXPRESS ANGER?
- WHAT WOULD JESUS DO WITH ANGRY FEELINGS TOWARD A COACH OR UNFAIR OFFICIAL?

NO WHINING

DON'T GRUMBLE ABOUT EACH OTHER JAMES5:9

- WHAT DO YOU DO WHEN YOU HAVE A COMPLAINT ABOUT SOMETHING?
- HOW DOES IT AFFECT A TEAM WHEN PLAYERS & COACHES GRUMBLE TO & ABOUT EACH OTHER?
- HOW WOULD JESUS HANDLE HIS COMPLAINTS?

ROLE MODEL

BE AN EXAMPLE TO ALL BELIEVERS. 1TIM4:12

- WHO IS YOUR ROLE MODEL? WHY DO YOU ADMIRE THEM?
- WHY DO SO MANY YOUTH LOOK UP TO ATHLETES?
- WHAT WOULD JESUS DO TO MAKE SURE HE WAS A GOOD ROLE MODEL FOR YOUTH?

SERVICE WITH A SMILE

THE SON OF GOD CAME NOT TO BE SERVED, BUT TO SERVE OTHERS, AND TO GIVE MY LIFE AS A RANSOM FOR MANY. MARK10:45

- WHO DO YOU KNOW THAT ONLY WANTS TO HAVE FUN & NEVER THINKS OF HELPING OTHERS?
- WHEN HAVE YOU HAD FUN HELPING SOMEONE?
- WHAT WOULD JESUS DO FACED WITH DECISION TO HELP SOMEONE ELSE OR HAVE FUN FOR HIMSELF?

BIG SPENDER

THEY GAVE NOT ONLY WHAT THEY COULD AFFORD, BUT FAR MORE. 2COR8:3

- HOW MUCH DO YOU SPEND ON ENTERTAINMENT A WEEK? HOW MUCH DO YOU GIVE TO THOSE IN NEED?
- WHAT WOULD HAPPEN IF YOU SWITCHED THOSE AMOUNTS?
- WHAT WOULD JESUS DO WITH YOUR CHARITY & ENTERTAINMENT BUDGETS?

INTIMIDATION

THOSE WHO FEAR THE LORD ARE CONFIDENT & FEARLESS & FACE THEIR FOES. PSALM112:1

- ON THE PLAYING FIELD ARE YOU MORE CONFIDENT OR UNCERTAIN?
- WHAT IS THE DIFFERENT BETWEEN CONFIDENCE & COCKINESS?
- WHAT WOULD JESUS SAY OR DO FOR THE PLAYER LACKING CONFIDENCE?

LISTEN

FOOLS BELIEVE THEY NEED NO ADVICE, BUT THE WISE LISTENS TO OTHERS. PROV12

- HOW WELL DO YOU LISTEN TO ADVICE & INSTRUCTIONS?
- WOULD YOU RATHER HAVE A COACH WHO LEAVES YOU ALONE OR WHO CONSTANTLY SHOWS & CHALLENGES YOU TO DO BETTER?
- HOW WOULD JESUS HANDLE A COACH TRYING TO SHOW HIM HOW TO IMPROVE HIS GAME?

TAKE IT TO THE LIMIT

ENJOY YOUR YOUTH, BUT REMEMBER THAT YOU MUST GIVE TO GOD AN ACCOUNT FOR EVERYTHING YOU DO. ECC11:9

- DO YOU SPEND THE MOST TIME THINKING ABOUT THE PAST, PRESENT OR FUTURE?
- HOW WOULD YOU SPEND TODAY IF IT WAS YOUR LAST?
- HOW WOULD JESUS MAKE THE MOST OF EACH DAY?

RACE OF YOUR LIFE

IN A RACE EVERYONE RUNS ONLY ONE GETS THE PRIZE. RUN IN SUCH A WAY THAT YOU WILL WIN 1COR9

- WHO IS THE FASTEST PERSON YOU KNOW?

- WHAT KINDS OF THINGS CAN MAKE YOU WIN OR LOSE A RACE?
- WHAT WOULD JESUS TELL THE PERSON RUNNING THE CHRISTIAN RACE?

SPIRITUAL WORKOUT

ALL ATHLETES PRACTICE SELF CONTROL. WE DO IT FOR AN ETERNAL PRIZE. 1COR9:25

- WHAT IS THE BEST OR BIGGEST PRIZE YOU HAVE EVER WON? WHAT DID YOU WIN IT FOR?
- WHAT IN YOUR LIFE REQUIRES YOU TO HAVE SELF-CONTROL?
- WHAT WOULD JESUS DO TO PRACTICE SELF CONTROL?

GOOD SPORTS

A FOOL GIVES FULL VENT TO ANGER, BUT A WISE PERSON HOLDS IT BACK. PROV29:11

- WHICH ATHLETES DO YOU THINK ARE THE BEST SPORTS?
- IS IT HARD FOR YOU TO BE A GOOD SPORT? WHY OR WHY NOT?
- HOW WOULD JESUS DEMONSTRATE GOOD SPORTSMANSHIP?

EYES ON THE PRIZE

I STRAIN TO REACH THE PRIZE FOR WHICH GOD IS CALLING US UP TO HEAVEN. PHIL3

- WHAT AWARD WOULD YOU LOVE TO WIN? WHY?
- WHY DO YOU THINK PEOPLE ARE SO WILLING TO WORK HARD FOR EARTHLY HONORS, BUT NOT SO HARD FOR HEAVENLY ONES?
- WHAT WOULD JESUS DO TO ENCOURAGE PEOPLE TO REACH FOR GOD'S PRIZE?

BODY SHOP

YOU MUST HONOR GOD WITH YOUR BODY. 1COR6:20

- WHAT DO YOU DO TO TAKE CARE OF YOUR PHYSICAL BODY?
- HOW COULD YOU TAKE BETTER CARE OF YOUR BODY?
- HOW WOULD JESUS HONOR GOD WITH HIS BODY?

PLAYING FAIR

THE LORD HATES CHEATING, BUT DELIGHTS IN HONESTY. PROV11:1

- WHAT IS IT LIKE TO PLAY A GAME WITH SOMEONE WHO CHEATS?
- HAVE YOU EVER CHEATED IN A GAME OR BEEN TEMPTED TO?
- HOW WOULD JESUS HANDLE BEING IN A GAME WHERE SOMEONE IS NOT PLAYING FAIRLY?

FULL OF LIFE

MY PURPOSE IS TO GIVE LIFE IN ALL ITS FULLNESS. JOHN10:10

- WHEN WAS A TIME YOU FELT SO FULL OF LIFE?
- HOW HAS JESUS MADE YOUR LIFE FULL?
- WHAT WOULD JESUS DO TODAY TO LIVE LIFE TO THE FULLEST?

TEAM PLAYER

DON'T BE SELFISH OR LIVE TO MAKE A GOOD IMPRESSION ON OTHERS. BE HUMBLE THINKING OF OTHERS BETTER THAN YOURSELF. PHIL2:3

- DO YOU PREFER TEAM OR INDIVIDUAL SPORTS?
- WHAT IS THE BEST TEAM YOU EVER PLAYED ON?
- HAVE YOU EVER HAD A TEAMMATE WHO PLAYED ONLY FOR THEIR OWN PERSONAL GLORY?
- HOW WOULD JESUS ACT IF HE WON THE GAME FOR YOUR TEAM?

HALF EMPTY OR FULL?

EVEN WHEN ALL IS DRIED UP, I WILL REJOICES IN THE LORD. HAB3:17

- ARE YOU AN OPTIMIST OR PESSIMIST? WHAT HAS MADE YOU THAT WAY?
- WHICH TYPE WOULD YOU RATHER BE AROUND? WHY?
- HOW WOULD JESUS CHANGE YOUR ATTITUDES IF YOU LET HIM?

HUMBLING

GOD SETS HIMSELF AGAINST THE PROUD, BUT SHOWS FAVOR TO THE HUMBLE. JAMES4:6

- IF YOU COULD PICK ANY ATHLETE TO BE ON YOUR TEAM WHO WOULD YOU PICK?
- WHAT KIND OF TEAM WOULD WANT YOU AS A PLAYER?
- WHAT WOULD JESUS DO TO KEEP FROM BEING PROUD OR BOASTFUL IN PLAYING A SPORT?

JUST A GAME

THE OLD HEAVEN & EARTH HAVE DISAPPEARED. REV21:1

- WHEN YOU LOSE A GAME HOW LONG DOES IT TAKE YOU TO GET OVER IT?
- YEARS FROM NOW HOW MUCH WILL THESE GAMES MATTER?
- WHAT WOULD JESUS DO TO KEEP EVERYTHING IN PERSPECTIVE?

TAKING THE HEAT

BE HAPPY IF YOU ARE INSULTED FOR BEING A CHRISTIAN. 1PETER4:14

- HAVE YOU EVER DISAPPROVED OF WHAT YOUR FRIENDS WERE DOING FOR FUN? WHAT DID YOU DO?
- WHY IS IT SO HARD TO TAKE A STAND FOR WHAT'S RIGHT?
- WHAT WOULD JESUS DO IF HE SAW HIS FRIENDS DOING SOMETHING WRONG?

CROWD CONTROL

DO NOT EVER JOIN A CROWD THAT INTENDS TO DO EVIL. EXODUS23:2

- WHAT DIFFERENT KINDS OF ACTIVITIES DO YOU LIKE TO DO WITH YOUR FRIENDS?
- EVER HAD A FRIEND WHO ENCOURAGED YOU TO DO SOMETHING NOT RIGHT? WHAT DID YOU DO?
- WHAT KINDS OF FRIENDS WOULD JESUS SEEK?

FREEDOM

NOT EVERYTHING IS GOOD FOR YOU. DO NOT BE A SLAVE TO ANYTHING. 1COR6:12

- WHAT ARE YOU NOT ALLOWED TO DO? WHY NOT?
- IF YOU COULD SPEND A DAY DOING ANYTHING YOU WANTED, WHAT WOULD YOU DO
- WHAT WOULD JESUS DO WITH A COMPLETELY FREE DAY?

LAUGHING MATTER

~~OBSCENE STORIES & JOKES, AND FOOLISH TALK- THESE ARE NOT FOR YOU. EPH5:4~~

- WHAT IS THE FUNNIEST JOKE YOU HAVE HEARD LATELY?
- WHY DO PEOPLE TELL DIRTY JOKES? JOKES THAT BELITTLE OTHERS?
- WHAT KINDS OF JOKES WOULD JESUS TELL & ENJOY?

BUILD ME UP

ENCOURAGE EACH OTHER & BUILD EACH OTHER UP. 1THESS5;11

- WHO IS THE BEST COACH YOU HAVE EVER HAD? WHY?
- FOR WHAT COACH WOULD YOU LIKE TO PLAY? WHY?
- HOW WOULD YOU HANDLE PLAYING FOR AN ABUSIVE COACH?
- HOW WOULD JESUS ACT AS TEAM CAPTAIN?

RESPECT

IT IS A SERIOUS THING TO ATTACK GOD'S ANOINTED ONE 1 SAM24:6

- HAS A COACH OR REFEREE EVER MADE AN UNFAIR CALL ON YOU? WHAT DID YOU DO
- HOW HAVE YOU SEEN OTHER ATHLETES HANDLE THIS SITUATION?
- WHY IS DEMONSTRATING RESPECT FOR OFFICIALS CRUCIAL?
- HOW WOULD JESUS HANDLE AN UNFAIR CALL MADE ON HIM?

NO FEAR

THE LORD IS MY LIGHT & MY SALVATION, WHY SHOULD I BE AFRAID. PSALM27:1

- WHEN HAVE YOU FELT AFRAID? -HOW WOULD JESUS HANDLE FEAR?
- WHAT DO YOU FEAR MOST? LOSING? PAIN? LETTING OTHERS DOWN?

GOOD REP

CHOOSE A GOOD REPUTATION OVER GREAT RICHES. PROV22:1

- WHICH PRO ATHLETES HAVE THE BEST REPUTATIONS? WORST?
- WHICH ATHLETES YOU KNOW PERSONALLY HAVE THE BEST & WORST REPUTATIONS?
- HOW DOES A PERSON GAIN A GOOD REPUTATION? HOW CAN YOU OVERCOME A BAD ONE?

GOD'S GIFTS

NOTHING BETTER THAN FOR PEOPLE TO BE HAPPY & ENJOY THEMSELVES AS LONG AS THEY CAN. ECC3:12

- IF YOU HAD TO STOP ALL THE THINGS YOU DO FOR FUN, BUT ONE, WHICH WOULD YOU KEEP? WHY?
- IS THERE SOMETHING STOPPING YOU FROM ENJOYING LIFE MORE? WHAT?
- WOULD JESUS SHARE IN YOUR RECREATIONAL ACTIVITIES?