



**STRONG**

GAME #1 / week #1

Memory verse

**READY:**

If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead you will be saved (Romans 10:9)

**SET:**

Strong. There is no one size fits all definition for that word. But regardless of the sport, an athlete is required to be physically, mentally, and emotionally strong in order to achieve any sustained level of success.

Physically, athletes must train hard and work through the temptation to give up when they become tired or get injured.

Mentally, athletes must fight through distractions that might cause them to lose competitive focus.

Emotionally, athletes must fight through the ups and downs that come from winning and losing.

Where does that strength come from? How does it apply to who you are, what you do, and where you are headed? Over the next six weeks we'll talk about being strong in the areas of faith, fight, family, and finishing.

**GO:**

What does it mean to be a strong athlete in your sport?

What does a strong team look like in your sport?

**OVERTIME:**

Key training points

True faith comes from God

True faith is found in Christ

True faith makes us strong

Father help me to realize my strength is found in Christ and that when I am weak He is STRONG. Amen.