Greater St. Louis Area
Fellowship of Christian Athletes
Huddle Leadership Manual

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FELLOWSHIP OF CHRISTIAN ATHLETES

I. What is FCA?

The purpose of FCA is: "to present to coaches and athletes and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church."

Always keep this purpose in mind as you seek to serve God by leading a huddle.

A. COACHES AND ATHLETES

1. Interscholastic and Intercollegiate
2. Present and Former
3. Male and Female

B. GOALS

1. Growing Christians
   a. Spiritually
   b. Physically
   c. Mentally
   d. Socially

2. Serving Christians
   a. Family
   b. School/Professions
   c. Church

3. Reproducing Christians
   Athletics is a platform in which athletes and coaches can share the good news of Jesus Christ with one another and “to all whom they influence.”
III. National Fellowship of Christian Athletes

The National Support Center (NSC) of the Fellowship of Christian Athletes is located in Kansas City, Missouri. It is the purpose of the National FCA to help serve and administer each regional and state FCA office. The National FCA provides numerous services for the Greater St. Louis Area FCA huddles, which include:

1. National Huddle Certification – The Greater St. Louis Area FCA covers all costs for huddle certification, effective fall 2011.

   Huddles can purchase a huddle kit for $30, which includes: FCA Bible, Campus Playbook, Team Studies, and various other ministry tools and bookmarks.

2. Team FCA – For no charge, any FCA huddle member can become a teammate and receive a Team FCA membership card and an FCA Gear discount to be used on the FCA online store (www.fcagear.org).

To receive information on the ministry or the National FCA call 1-800-289-0909 or visit the FCA website at www.fca.org or the Greater St. Louis Area website at www.stlfca.org.
IV. The Greater St. Louis Fellowship of Christian Athletes

A. The Beginning

The St. Louis Fellowship of Christian Athletes was founded in 1965 by a group of area coaches, professional athletes and businessmen who wanted to see the goals of FCA realized in the St. Louis area. From that small beginning, the Greater St. Louis Area FCA has grown into an organization with thousands of young people involved in local huddles. Additional programs for adults and professional athletes are also provided.

B. The Four Areas of the GSTL FCA

In 2007, the Greater St. Louis Area FCA board and staff made a decision to decentralize the GSL ministry by establishing two distinct areas under the GSL. Today, the GSL has further expanded for a total of four areas:

1. **St. Louis Area:** St. Louis City and St. Louis County

2. **Metro East Illinois Area:** Madison, Monroe, St. Clair, Calhoun, Jersey, West Clinton, and Randolph Counties

3. **St. Charles Area:** St. Charles, Lincoln, Montgomery, Warren and Pike counties

C. **The Greater St. Louis Area Staff and Board**

The Greater St. Louis FCA is one of many regional areas across the country. The goal is to nourish and perpetuate FCA influence within each of the four local areas, primarily ministry to students and coaches. The GSL FCA has been sustained by the Lord through the establishment of local boards, groups of men and women who provide the finances and resources for all FCA staff. Board foundation has been an effective method of deepening and growing the ministry of FCA in the Greater St. Louis Region, with the goal to remain faithful to the purpose of FCA.

1. The GSL staff consists of a Multi-Area Director, Administrative Assistant and Pro Athlete Coordinators.

2. The GSL Board of Directors consists of former members of area boards as well as current area board chairman. The GSL Board is responsible for the by-laws of FCA.
IV. FCA Area Board of Directors

The primary goal and purpose of each board of directors within the Greater St. Louis Fellowship of Christian Athletes is to serve the members of the junior high/middle school, high school and college huddles. Each board fulfills this goal by raising money, hiring staff personnel and purchasing resources to help achieve their goal of service to young people.

FCA does not and will not have many organizational rules. Each huddle is unique because of the school, the Huddle Coaches, the student members, and the community.

We recognize the responsibility and commitment Huddle Coaches make. In support of that commitment, the FCA Board is committed to the following:

A. Serving and presenting Jesus Christ.

B. Providing prayer and spiritual support for those serving as Huddle Coaches through FCA.

C. Listening and giving attention to the needs and suggestions of the Huddle Coach.

D. Providing an office to handle and facilitate communications for the Greater St. Louis Area.

E. Supporting local FCA Staff who assist in Huddle activities, training and maintaining a resource library of meeting programs including:
   1. Printed material
   2. DVDs
   3. Speakers

F. Organizing and conducting area-wide programs designed to strengthen huddles and their members.

G. Providing financial support for FCA conferences.

H. Recruiting adult volunteers who work with the Huddle Coaches to insure the spiritual growth of the Huddle.

I. Providing Huddle Coach & spouse fellowship gatherings for refreshment, fellowship and spiritual encouragement.
V. The Huddle

The primary emphasis of the Greater St. Louis Fellowship of Christian Athletes is the Huddle. The middle school, high school and college huddles are interdenominational groups of coaches, athletes and/or those interested in athletics who gather for Christian fellowship around the common bonds of sports and Jesus Christ.

A. A HUDDLE IS A SCHOOL IDENTIFIED PROGRAM THAT PROVIDES AN ENVIRONMENT FOR...

1. **Fellowship** – Build friendships and encourage growth and commitment in an environment where peers provide positive interaction.

2. **Growth** – Provide spiritual workouts to encourage faith and knowledge of Christ through Bible study and discussion on handling real life situations and problems.

3. **Outreach** – Furnish opportunities to share the Christian faith with teammates and friends through speakers, discussions, and various activities.

4. **Service** – Foster ways to serve others through community projects and local church involvement.

FOUR PART MINISTRY PROGRAM

<table>
<thead>
<tr>
<th>Fellowship: Huddle Meetings and activities. Caring for one another.</th>
<th>Growth: Officer/Huddle Coach planning meetings. Consistent huddle meetings (2-4 per month).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outreach: Area-wide event participation. Reaching all athletes in a school with the FCA message.</td>
<td>Service: Service projects to school, community, and churches.</td>
</tr>
</tbody>
</table>

All four parts working together lead to a total experience. Each of these four elements needs to be a part of your huddle in order to receive the full benefit of the FCA huddle ministry.
B. THE HUDDLE MEETING

The huddle meets for fellowship a minimum of two times a month. Fellowship may consist of: viewing and discussing a DVD or online video, discussing problems and issues related to the Christian athlete, inviting a guest such as a coach or athlete to participate, or enjoying a recreational event together (like a volleyball game or picnic.) During an FCA meeting, students lead, discuss with, and learn from one another. Athletes and coaches learn to apply the teachings of Christ to athletics and other life situations through these meetings, as well as other huddle activities.

In this manual, you will find meeting topics with discussion guides to assist huddle officers in leading fellowship meetings. Many people have developed these meetings, and we believe they are effective topics to help student athletes learn and grow in Christ.

The Bible is the foundation of the FCA program. Although Bible references are used in FCA meetings, the purpose of the meeting is not Bible study. The huddle exists to provide fun and spiritual growth through a variety of fellowship opportunities.

C. AREA-WIDE MINISTRY INVOLVEMENT

Huddle participation in area-wide FCA events is important and strongly urged. The programs’ purpose is presenting Christ through demonstration and experience so coaches and athletes will grow spiritually and athletically. These special events are held throughout the year to strengthen the huddle by helping develop the Christian commitment of individual huddle members who attend. The following is a list of recommended area-wide events:

1. **Huddle Leadership Conference**

   “HLC” is the most important area-wide event in the GSL FCA ministry. This is where high school officers learn how to be trained to lead their huddle on their campus in an atmosphere of food, fun, and fellowship. HLC takes place in late summer, and usually two different HLCs are held in order to accommodate more student athletes. We require every high school huddle to attend, and all huddle officers are welcome. Students leave camp equipped on how to lead for Christ.
2. **Annual Fall “Kick-Off Banquet”**

This banquet is held in late September or early October for the purpose of kicking off the FCA year. It is open to anyone (including parents, friends, teachers, etc.). The banquet is one of the area-wide gatherings offered to the entire Greater St. Louis Area FCA Family.

3. **FCA Night at the Ballpark**

Huddles in the Greater St. Louis FCA are invited to bring their huddles out to attend a Cardinals game with other FCA students for a special FCA Night at the Ballpark. The St. Louis Cardinals offer FCA students early admission to this game for a private, pre-game program often featuring current players’ testimonies and encouragement. It’s open to anyone interested in coming to the game and affords huddle members the unique opportunity to be near the field before the game and during batting practice.

4. **Weekend of Champions**

The Greater St. Louis Area FCA offers two "Weekend of Champions" Conferences for 8th – 12th grade students. A WOC is a time when members and Huddle Coaches of various huddles come together for a weekend of fun, athletic competition, fellowship and spiritual growth.

1. The Girls WOC is held in the fall (November).

2. The Guys WOC is held in the spring (March).

Conferences begin Friday evening and conclude Sunday afternoon. Throughout the weekend, the huddles compete together in several different sports, meet to discuss issues of faith and how to lead a Christ-like life, have fun with newfound friends, and hear professional athletes and other special guests share the importance of living a life centered around Jesus Christ and much more.

Those who attend a Weekend of Champions will find their faith strengthened and be able to provide more effective huddle commitment. For these reasons, it is strongly recommended that each huddle send at least 2 members to each Weekend of Champions Conference.
5. **GSL Sports Camps**

In 1993, a group of local high school football coaches started a camp for St. Louis area high school football players. The purpose of the camp was to present the spiritual aspect of life while providing top-notch football instruction to each camper. From that beginning, the Greater St. Louis FCA is now sponsoring multiple sports camps each summer in the Greater St. Louis Area:

1. Football Camp
2. Wrestling Camp

The Purpose of Sports Camps is primarily outreach through an opportunity for quality athletic instruction by area coaches and professional athletes while providing spiritual nourishment and fellowship to encourage athletes to serve Jesus Christ.

Opportunities are always available for coaches and other adults to serve in various staff positions. Contact the St. Louis FCA Office at (636) 827-7100 or your local FCA Staff person for more information about serving at a camp.

**D. Church Involvement**

All members of a huddle are encouraged to belong to a local church of their choice. Often huddles take an opportunity to visit or worship together in a local church. We suggest that a huddle contact the minister before making a huddle visit, so a congregation knows what group you are and why you are attending.
E. Fundraising

Several huddles engage in fundraising activities. This can be a fun way to make some money for your huddle. A fundraiser should meet one or both of the following purposes:

a. Provide spending money for your huddle activities (i.e. snacks, refreshments)

b. Provide scholarship funds for students to attend local and National FCA Conferences, Camps, and Events.

Fundraising is something each huddle decides to do or not to do. The Greater St. Louis FCA does not require huddles to raise money. Fundraising ideas can be found in section (XV) of this manual. All fundraising should be done with the idea of maintaining Christian fellowship.

For donations made to your huddle where a donator needs a receipt, you must follow the guidelines of the National FCA (NSC) as outlined in the Campus Playbook. Where no receipt is requested, huddles do not need to report funds to the National FCA (NSC).

F. Service Projects

Many huddles also get involved with projects to serve their school or community. These services can be a great influence on those who are being served by the huddle and can build huddle relationships.

The Greater St. Louis FCA does not require huddles to have a service project. Rather, they recommend that established huddles look for opportunities for service. A project should only be done when the members agree to commit the time to it.
VI. The Huddle Coaches

A. Being a Huddle Coach can be an exciting time for personal Christian growth through your involvement with student athletes. The Huddle Coach's role includes: coach, manager, trainee, referee, and teammate to the huddle members. The willingness to serve in each of these capacities demands a certain amount of responsibility. The job description for a Huddle Coach is as follows:

1. **Attend** each Huddle meeting.
2. **Meet** with your Huddle officers once a month for:
   a. Planning upcoming meetings and activities
   b. Encouragement
3. **Be a liaison** from the FCA Staff to your huddle. A huddle coach receives monthly communication from FCA Staff.
4. Have your **Huddle represented** at all area-wide FCA events.
   (e.g. Huddle Leadership Conference and "Weekend of Champions" conferences).
5. Complete a **Ministry Leadership Application**. You can find this form at www.fca.org

B. The FCA Staff recommends attendance at the following two events:

1. **Huddle Coach Forum**: Huddle Coach Forums are held in the Greater St. Louis area each summer. These sessions are designed to train the Huddle Coach in effective Huddle Leadership.
2. **Weekend of Champions**: Attend a "Weekend of Champions" or Huddle Leadership Conference each year.
C. Listed below are several guidelines to help you better serve the huddle. The FCA staff will encourage and help you carry these out:

1. Be a mentor, offering mature support and concern about the athlete on and off the field.
2. Be available to offer spiritual direction.
3. Be willing to give a minimum of two evenings a month for huddle meetings.
4. Be a positive, consistent role model.
5. Provide an atmosphere where members can seek and find their own answers to problems, while maintaining a level where each member can relate and understand as well as participate.
6. Allow the huddle officers to plan and run programs and activities. Meet with them monthly to discuss and evaluate meetings and group activities.
7. Inform the huddle of Greater St. Louis FCA activities and events, and help make decisions with them on fundraisers, service projects and other activities.

D. Having a co-huddle coach, inside or outside the school, is also important and can help share the responsibility of advising a huddle.
VII. The Huddle Officers

The student officers form the heart of the huddle. They are the leaders, both inside and outside the group. Listed below are some guidelines and responsibilities for these students. Holding offices will allow students to use their leadership abilities. As a result, the Huddle Coach's duties decrease, and the students become more interested and active members.

Officers should serve one-year terms, at least. The Huddle officers should be filled in the spring of each school year. This allows...

1. These officers to lead two or three summer huddle activities/meetings.

2. At least two officers to attend the summer Huddle Leadership Conference in order to equip and prepare each huddle with proper resources, ideas and leadership strategies for the upcoming school year.

3. An efficient planned start for the following fall.

For new huddles beginning in the fall, officers should be elected during the first official huddle meeting as presented in meeting number one of this book. However, a huddle may elect officers at a second or third meeting, depending on the development of their group.

The elections are not a popularity contest. The officers should be willing to devote time and energy to their positions. These officers will also be important to the huddle coach(es) and the Greater St. Louis Area FCA Staff. The officers should attend all area-wide events. Listed below are the positions to be filled by each huddle. Copies of the position responsibilities should be given to each officer. You may create new positions if there are more leaders or you have a large huddle. The most important
responsibility for an officer is setting a proper example. A Christ-like attitude to all is necessary in order to lead a Christian Fellowship.

**All officers** are responsible to:

1. Meet with the Huddle Coaches once a month to plan future meetings.
2. Attend every huddle meeting.
3. Lead FCA Huddle meetings.
4. Attend one "Weekend of Champions" Conference 8th-12th grade.
5. Attend Huddle Leadership Conference each year (High School Only).
6. See that every athlete in school is invited to FCA.

A. **President** - should be a junior or senior influential athlete on campus.
   1. Commits to the Officer Job Description.
   2. Leads or delegates leadership during FCA Huddle activities.
   3. Confirms all Officers fulfill their individual responsibilities.
   4. Passes on information to the huddle about upcoming FCA events.

B. **Vice-President** - should be a junior or sophomore who can move into the president's position in the future, provided they fulfill their duties as Vice-President.
   1. Commits to the Officer Job Description.
   2. Represents Huddle when President is not available.
   3. Should lead some discussions in huddle meetings.
C. **Secretary/Treasurer**
   1. Commits to the Officer Job Description.
   2. Records business discussion items for each meeting.
      (i.e. Conference plans, upcoming meetings, etc.)
   3. Makes a report of all meetings.
   4. Keeps a record of financial accounts of Huddle with Huddle Coach.

D. **Program Chairman**
   1. Commits to the Officer Job Description.
   2. Responsible to present discussion material and resources at each officer-Huddle Coach meeting.
VIII. **Huddle Goal Outline**

A. **HUDDLE MEETINGS**

1. Are Student Led by established officers or other committed members, which:
   a. Develops personal leadership skills and experience.
   b. Eases Huddle Coach involvement.
   c. Can enhance peer fellowship.

2. Are planned by the officers with assistance from Huddle Coaches.

3. Utilize FCA Material.

4. Involve meeting consistently (2 – 4 times a month).

B. **AREA-WIDE EVENT INVOLVEMENT**

C. **OTHER HUDDLE ACTIVITIES**

1. Recreational Night

2. Meet with other Huddles

3. Service Projects to the Community

4. Fundraisers
   a. Fun
   b. Provide Help for Future Expenses

D. **CLOSE COMMUNICATION WITH LOCAL FCA OFFICE AND STAFF**

1. Staff visits

2. Huddle Communication

3. Variety of Resources
   a. Bibles provided by FCA
   b. Videos/DVDs
   c. Speakers
E. NATIONAL CERTIFICATION

The Greater St. Louis FCA covers the costs of certifying the huddle, but each huddle coach must have filled out a Ministry Leader Application (one time only). To fill out an MLA form, please go to www.fca.org
IX. Communication Guidelines

When a coach has a deep concern for his or her athletes and dedication to his or her team, it shows through the team's performance and attitude. Likewise, when a huddle coach is concerned for students and committed to presenting the Christian faith to them, it shows through an enthusiastic response and successful communication among the Huddle Coaches, FCA staff, huddle officers and members.

A. GREATER ST. LOUIS AREA FCA STAFF

The Greater St. Louis Area FCA staff is called by the Board of Directors to serve the Huddle Coaches and Officers through on-going communication. These communication "strategies" are primarily accomplished in the following ways:

1. **Regular campus/location visits** with a goal of visiting once monthly.
2. **Phone Calls and Texts**
3. **Huddle Communication through e-mail, facebook, or Twitter**
4. **Staff visits to Huddle Meetings** with a goal of one visit per year, per huddle.
5. **Meetings with Huddle Officers** with the purpose of offering encouragement and ideas.
B. HUDDLE LEADERSHIP

Communicating that you care is the goal of every huddle activity. As group leaders, the atmosphere you set by what you say and do will dictate the type of Huddle you have. Here are several ways you can communicate that you care:

1. Communicate Respect. (Philippians 2:2-4; Romans 15:1-7)
   Respect others' opinions. Discover why a person feels and believes the way they do. You will find that you will be challenged and encouraged in your faith as you realize that each of us have ideas worth listening to, even when it differs from our own. Freely share your opinions to gain others' respect. Respect others' feelings. Instead of being sarcastic or judgmental, look for ways to encourage and compliment others. Remember, only God knows the heart.

2. Communicate Concern (Acts 2)
   Primarily, this involves communicating God's love and acceptance to each member. God offers every person His deepest love and forgiveness. You are an example of Christ's love. Through your words and actions, the other members will realize the reality and warmth of God's love and acceptance. Two of the greatest ways to communicate your concern is by listening to others and by spending time with them.

3. Communicate Acceptance
   Strive to gain each member's confidence so they will be comfortable in revealing their feelings, attitudes and beliefs. Help direct the discussion so that everyone shares and no one dominates.
C. HUDDLE MEMBERS

If the Huddle is to remain healthy and effective, members must be able to communicate meeting times, dates, changes, etc., with one another and develop new members to replace those who graduate. Each Huddle should spend some time at the beginning of the school year discussing communication and membership goals. Listed below are three ideas found effective in communicating.

1. **Phone Teams**: In this system, the Huddle Coaches or Officers can initiate the communication, which is passed to all members through the phone team. When something needs to be communicated, the Huddle coach calls each officer who, in turn, calls four other members. These four members call four others and so forth until everyone in the huddle has been contacted. An outline of this idea is found below.

```
Huddle Coach

Officer A        Officer B        Officer C        Officer D
1 2 3 4          1 2 3 4          1 2 3 4          1 2 3 4
A A A A          A A A A          A A A A          A A A A
C C C C          C C C C          C C C C          C C C C
D D D D          D D D D          D D D D          D D D D
```
2. Campus Outreach

The goal for the Huddle Leadership should be to inform every athlete and athletic-related organization member about the Fellowship of Christian Athletes. You cannot expect every athlete to come, but you can be sure each athlete hears the FCA story. An officer speaking to athletic teams at practices is one suggestion. When talking to an athlete or team, be sure you have details on the date, time and location of the next scheduled meeting.

Below is a list of different outreach ideas. Keep in mind that person-to-person/word-of-mouth is usually most effective.

a. School broadcast announcements.
b. FCA bulletin board – reserve a space in the school if possible. You can find announcement sheets in the FCA Playbook or online at “FCA Campus 101”.
c. Handwritten invitations cards with map and meeting details.
d. Personal invitation on athlete’s lockers.
e. Set up a table at freshman orientation or activity fair.
f. Hand out Gatorade at a tournament at your school.
e. Put a message out on facebook and/or Twitter with details for your meeting at least one week before the meeting.
X. FCA Constitution

Some schools require sponsored groups and clubs to have a constitution. The following example is a complete constitution. It can be adapted to fit the needs of a specific Huddle if necessary:

PREAMBLE

We, the members of the Fellowship of Christian Athletes, believe that the purpose of our group is to bring together athletes to talk about their concerns, doubts, feelings and faith.

We believe that our task is to present to coaches and athletes, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the Church.

We feel it is through an organization whose existence is to bring about a greater relationship between Christ and athletes regardless of race, sex, or national origin that these things can be best achieved; therefore, we ordain and establish this constitution for the Fellowship of Christian Athletes of said school.

I. NAME

The name of this organization shall be termed the Fellowship of Christian Athletes.

II. PURPOSE OF THE ORGANIZATION

The purpose of our group is to bring together athletes to talk about their concerns, doubts, feelings and faith. Teammates fellowship and share commitment to Jesus Christ around the common bond of sports. From this foundation, our FCA group shall live out FCA's stated purpose, "to present the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the Church."
III. **POLICY OF MEMBERSHIP**

Membership in this Huddle of FCA is open to anybody but geared especially to high school and college athletes, managers and/or former athletic competitors or managers.

IV. **NATIONAL CERTIFICATION**

Membership into the National FCA organization is the first step in becoming a huddle. The requirement of national certification is to pay the required fee set down by the national FCA office. Effective Fall 2011, this required fee will be paid by the Greater St. Louis Area FCA.

V. **OFFICERS AND DUTIES**

Officers of this association shall work by a choice of two methods.

A. There will be 4 elected officers:
   1. President
   2. Vice-President
   3. Secretary/Treasurer
   4. Program Coordinator

   See Section VII of the St. Louis FCA Huddle Leadership Manual for a list of the officers’ job descriptions.

B. They will serve together as a planning committee.
   1. They will be in charge of all forms and reports.
   2. They will also be in charge of the finances of the group.
   3. After election, upon their decision, they may want to appoint themselves to the offices mentioned under rule V.
VI. **HUDDLE COACHES**

The Huddle Coach is an adult, willing to give time and leadership to serve as an advisor for the huddle. The FCA desires committed coaches to serve as Huddle Coaches.

VII. **HUDDLE COACHES RESPONSIBILITIES**

A. Facilitate interaction within the group.
B. Encourage athletes not only to attend FCA meetings but also to bring teammates. Try to include participants from all sports.
C. Help the groups make decisions. (Do not make decisions without the group's input.)
D. Help each member discover how he/she can apply the principle(s) learned from each meeting.
E. Meet once a month with the Officers to discuss and evaluate the meetings and overall group activities and plan future meetings.
F. Meet with local FCA Staff as a liaison to the huddle.
G. Be involved in the decision making process concerning fundraising events and service projects.
H. See Section VI of the Leadership Manual for additional Huddle Coach responsibilities.

VIII. **SIZE OF GROUP, LENGTH AND FREQUENCY OF MEETINGS**

A huddle may be any size. If there are more than 20 participants, it is usually more effective to break into small groups when discussion material is presented. Meeting length should be predetermined and observed. It is recommended that the best time frame be no longer than an hour and a half, with 45 minutes for the discussion, using the remaining time for the business meeting and social time. It is suggested that groups meet a maximum of once a week or a minimum of twice a month.
AMENDMENTS

Amendments may be added as needed. Final decisions will be made by the Officers and the Huddle Coach(es).
XI. FCA and the Church

"They spent their time in learning from the Apostles, taking part in the fellowship and sharing in the fellowship meal and prayers."

Acts 2:42 (English Version)

This passage in Acts describes the early community of believers that formed in Jerusalem soon after the death, resurrection and ascension of Jesus. This community, like others that formed throughout the Roman Empire, was the beginning of the early church.

The Fellowship of Christian Athletes derives its purpose and goal of providing Christian fellowship from Acts 2:42. FCA does not try to function outside of the realm of the church, rather operates as an arm of the Church, by providing Christian fellowship. A vital part of any Christian's life is active involvement with the organized church. Every member of FCA is encouraged and urged to attend regular worship services and become involved in the life of a church.

FCA is a non-denominational organization, focusing upon the person of Jesus Christ rather than traditions or denominational labels. Members of FCA are linked in two ways: First, by their belief in Christ; and second, by their interest in sports. FCA is the vehicle through which coaches, athletes and those interested in athletics transcend denominational boundaries for the purpose of Christian fellowship.

Ministers and priests have been actively involved in FCA as Huddle Coaches and adult members since FCA's inception. The Greater St. Louis Area FCA includes clergy as members on its Board of Directors.
XII. Resources

A. FCA STAFF

The FCA Staff is committed to being a resource for local huddles. Through personal visits, officer meetings and training, we are available to help local FCA huddles.

B. PRINTED MATERIAL

Printed materials include the Huddle Leadership Manual, FCA Bible, FCA Playbook and the Huddle Newsletter.

The Huddle Leadership Manual contains basic huddle information and a variety of meeting ideas, making up the bulk of Greater St. Louis Area FCA printed resources. As we identify new meeting ideas or see the need for revisions in the existing material, a copy of the new or updated material will be sent to each Huddle Coach.

C. MULTIMEDIA

Each year, National FCA produces multimedia resources, which are resources that contain countless Huddle Meetings, Ice Breakers, Activity Ideas, Athletic Testimonies, Music Videos, Huddle Self-Evaluations, and other general information regarding the Huddle Ministry. You can access these throughout the year at www.fcaresources.com. Check them out!
D. PROFESSIONAL/COLLEGE ATHLETES

The St. Louis FCA is involved with some professional and college athletes who either play for St. Louis teams or live in the St. Louis area. Some of these athletes participate in the area events and "Weekend of Champions" Conferences (see previous page) and enjoy sharing time with huddle members at these events.

E. Resources beyond this Huddle Leadership Manual

a. God’s Game Plan—The Athletes Bible—This FCA Bible includes various topic studies, Team Studies, Training Time devotionals for personal study, warm-ups and icebreakers, More than Winning (God’s Plan of Salvation), and The Starting Line Discipleship Module.

b. www.fcaresources.com

Looking for huddle ideas or ways to strengthen the leadership of your huddle? Check out this FCA Resources website and find anything you need! Daily devotionals, icebreaker ideas, podcasts from pro athletes...You name it, this website’s got it.

c. Campus Playbook—This Campus Playbook has a tremendous amount of new material, especially the Basic Training section, which is five leadership lessons that are the core of our Huddle training. In addition to this, there are over 20 workouts specifically written for athletes.

d. Campus 101—This online training available through www.fca.org includes comprehensive leadership sessions that Huddle leaders would use after they have completed the Basic Training sessions. They are designed to be incorporated into Huddle leadership meetings.
XIII. Leading a Typical FCA Meeting

A. THE DISCUSSION

This manual contains over sixty meeting ideas. Simply choose a topic that is of interest to you and read through the meeting. The meeting also contains a suggested timetable so that the huddle can progress through the meeting in an orderly fashion.

These meeting guides are merely suggested ideas designed to provide a huddle with quality meeting topics and resources. Feel free to use your own program ideas and the Supplementary Meetings section in the back of this manual as well. However, be sure meeting ideas you choose have discussion material and stay away from doctrine. Every huddle is encouraged to develop its own meeting material on topics that are of interest to the group's members. If the huddle needs help locating resources on topics not included in these meeting guides, contact your local staff person. The staff has resources on a variety of additional topics and they are listed in the Resources section (XII) of this manual.

B. A LOOK AT THE MEETING

The purpose of your huddle meeting is to create an atmosphere in which all members can share, discuss, ask and learn. As a leader of a huddle meeting, you are a catalyst to begin and contribute to this time. The meetings have been developed so that you can read through them, add your own personal experiences or ideas and allow others to contribute.

Each meeting has a title and number that can be found in the Huddle Meeting Index. If you are a new huddle, you will want to start with the “Getting Started” meeting found in the Supplementary Meeting Section. Try to have an FCA Staff person in attendance. Consider using huddle meetings 1 and 2 for your first few
meetings of the year if you’re an established huddle starting again in the fall. Then you are free to choose among various topics and resources.

Each meeting contains the following format (with a brief explanation):

- **Title** – topic or theme to discuss
- **Purpose** – what should be accomplished during the meeting
- **What You Will Need** – Resources, Bibles, Films, etc.
- **Warm-Up** – opening prayer, icebreakers, discussion thought, etc.
- **First Half** – content text of meeting
- **Second Half** – continued content of discussion
- **Application** – a "take home" challenge until the next meeting
- **Closing** – a thought and closing prayer as well as any arrangements for the next meeting, etc.
XIV. LEADER PREPARATION PAGE

For the officer and huddle coach, we have included a brief leadership guide to assist you in preparing for each meeting (listed below). This should be read each meeting in order to give you tips and ideas on how to lead more effectively. The Campus Playbook also has an effective one-page resource tool for use in planning a huddle meeting.

1. Pray for the meeting now.
2. Before the meeting day, find members to open in prayer, share a song or give a short testimony, or share a devotional. Think of asking a new member to contribute (i.e. using his/her home, providing refreshments, etc.)
3. Read the "What you will need" section and gather those things.
4. Read the purpose and the meeting content. As you go through the meeting, write down any experiences you have had that can help the members. Read the Bible verses and mark down your answers to questions.
5. If you divide into groups, find member(s) to lead those groups.
6. Announce important area-wide events coming up.
7. If you need to get people involved in the meeting, try opening with an icebreaker game. You may find icebreaker ideas on www.fcaresources.com or in the back of your FCA Bible.
8. Refreshments?

Ask your other officers or members to help. The staff will be glad to give ideas as well to your Huddle Coach(es). Have fun with the meetings, be creative, try new ideas and pray that God will help you as you go. The Huddle Leadership Conference in July/August will help equip you and answer questions about meeting leadership.
XV. Fundraising

The following are fundraising ideas that Huddle Officers and members can discuss as possible activities during the school year. Although the purpose of your huddle is to share Christ in fellowship, a lot of fun and fellowship can result through a worthwhile fundraising activity. A fundraiser through your FCA huddle should serve one or both of the following purposes:

1. To support your huddle activities (i.e. refreshments, entertainment opportunities, etc.)

2. To provide scholarship help for students attending area-wide and national events.

When choosing a fundraiser for your group, keep in mind the size of your huddle, the willingness to volunteer, the resources you presently have on hand and whether the activity will allow everyone to take part in the work and fun.

Listed below are fundraising ideas:

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1. **Baby-sitting Service**
   See about securing a classroom or an area on campus where huddle members can offer baby-sitting services during sports events.

2. **Bake Sale**
   If the school permits, secure a place in the cafeteria or lobby and decide on a time. Delegate the responsibility of bringing baked goods to huddle members and make a scheduling chart, listing the work shifts.

3. **Bicycle Race on Campus**
   Teams of four or five can compete in a campus-wide bicycle race sponsored by your huddle. Each team can be responsible for their own sponsors and equipment. With entry fees (possible t-shirt sales, admission and concessions), this can become a major fundraiser that the whole campus enjoys.

4. **Button Sale**
   Sell buttons with catchy slogans to generate team spirit about two weeks before homecoming.

5. **Car Wash**
   A car wash can be accomplished simply and inexpensively.
   
   a. **Local service station**
   Call a local service station and see about securing a space on their lot for a day. Ask if you can use their water and hose, and you supply the soap, towels, moneybox, etc. Officers meet together and agree on a possible price, time and date. Then present this to your huddle for discussion and decide which plans will accommodate the most. (Remember, not everyone will always be happy, but go with the majority). Schedule your workers in shifts, and see if a few people are willing to stay the whole day in case schedule conflicts arise.
b. Door-to-Door Wash
Send your huddle out in groups of two or three armed with buckets, sponges, rags, soap and squeegees. Instruct the groups that as they go door-to-door, they need to assure car owners that all the owner needs do is to supply the water. The convenience of an In-Your-Own-Driveway car wash usually yields generous donors.

6. Chili or Spaghetti Supper
A Chili Night or Spaghetti Supper can be a good time for fun and fellowship. You may want to check with your local FCA Staff to see about acquiring a speaker to attend the event.

7. Concessions
You may want to check the possibility of selling concessions at home athletic events or even setting up a snow cone stand at track meets and baseball games. Check with your athletic director and make sure you have dedicated workers lined up for each event.

8. Cookbook Sales
Compile favorite recipes from faculty members and the student body, and create your own fundraising cookbook to be sold in the community.

9. FCA Auction or Garage Sale
Accumulate merchandise from area stores, merchants and FCA huddle members. Have a large auction somewhere on or near school grounds. Make sure that you plug the donor of the property properly.

10. FCA Telephone Directory
This can be done for the entire student body. Of course permission must be granted to even obtain the lists. They can be sold for a dollar or two, depending on the size of the school and the printing expenses.
11. **Fish Fry**  
Sponsor a box lunch fish fry on campus or hold a fish fry supper on the school grounds before a sporting event.

12. **Flower-Gram**  
Sell red carnations during Valentine's Day or send "Daisy grams" during Senior or Faculty Appreciation Day.

13. **Fun-Run**  
This may be a three- or five-mile run/walk set up near the school or park. Have participants acquire pledges of $1.00 or more for every mile they run (or walk), and sell refreshments at the event. The participant with the most money pledged in the end may receive a nice prize.

14. **Hat and Coat Check**  
Charge 50 cents a night for a hat and coat check during ball games.

15. **Home-made Pizza Sales**  
Huddle members may want to open their own pizza parlors by taking orders for home-made pizzas and then gathering together at a few homes (or possibly a church kitchen) and creating home-made pizzas to be sold and distributed. The same idea can work for candy at Christmas time.

16. **Jump-a-Thon**  
This is conducted the same way as the "fun run," in that pledges are made for every half hour the participant jumps rope. You may want to enter teams of four and have them take shifts up to the maximum time frame. Other "marathon" type activities can be organized such as a tramp-a-thon or a skate-a-thon (with a little more work in securing a
trampoline line or a skating rink). These activities attract more attention when conducted on campus.

17. **Paper or Aluminum Can Drive**
Conduct a drive for recycling old aluminum cans or old newspapers. This can be a continuous fund raiser if you remind people to save their old newspapers and aluminum and offer a pick-up every Saturday.

18. **Powder-puff Football**
Sponsor a powder-puff (girls flag) football game with faculty members as coaches.

19. **Programs**
Check on selling programs at football games and basketball games.

20. **Scripture-a-thon**
Challenge your huddle to memorize scripture! Distribute identical lists of 30 to 50 Scripture versus and give your group a two or three month deadline. Instruct them to solicit folks they know to sponsor them for a set amount of money per verse memorized. Make the day or night of huddle verse recitation a big event (a party or a contest) and keep track of how many verses each student memorized. Then bill the adult Huddle Coaches accordingly. Not only will money be raised, but also the Word will be memorized.

21. **Sell School Stationery**
School stationery would be sure to sell especially if it is sold during football or basketball season and carries the school name and emblem on it.
22. **Senior/Faculty Basketball Game**
Sell Admission and Concessions for a fun night of seniors vs. faculty on the basketball court. Another possibility is to sponsor a basketball game with faculty vs. alumni.

23. **Shuttle Service**
Run a shuttle service to and from home games.

24. **Super Servant Day**
Have a super servant day in which huddle members agree to be a servant for a school day.

25. **Sports Calendars**
Check into the cost of printing and selling calendars that list the sporting events of the year. Professional copy stores and businesses can reproduce quality photographs.

26. **Tournaments**
Tennis, badminton, volleyball are just a few of the sports, where you can organize a tournament (preferably as the school year is coming to a close). This can be an easily turn into an "Oozeball Tournament" where the finals are played on a muddy hosed down field. Take it one step further and ask faculty members to come out and challenge the winners in mud!

27. **Tutoring**
Offer tutoring services during lunch hour or after school or provide "scholarship buddies" that will offer to study with students after school.
28. **Watermelon Eating Contest**

Sponsor a watermelon-eating contest outside on the school grounds and offer the winners free tickets to a professional ball game or season tickets to the school football games.

29. **Work Day**

Offer three workdays for sending huddle members to a conference. Offer to do anything from raking leaves to mowing lawns to shoveling snow.

30. **Work Projects**

Work for the city on various projects such as hanging Christmas decorations, running a playground and cleaning up little league diamonds for the season.

31. **Youth Rally**

Sponsor a youth rally with collections towards a conference fund.

   a. **Church**

      (1) Speaking/Testimonies for services, breakfasts or other special meetings.

      (2) Other services including mission work, toy drives, etc.

   b. **Food Drive**

      Collecting canned goods for those in need in the community. This can be done door-to-door or as a contribution for a basketball game or huddle activity. Any money collected can go to purchasing food items.
c. **Home Visit**

These groups listed below would love to have special visits from the FCA huddles. Huddles could entertain through skits, songs and speaking as well as visiting one-on-one with patients or playing games. Sharing the FCA purpose would be appropriate. Many groups use Christmas Caroling as one project:

1. Children's Homes
2. Nursing Homes
3. Retirement Homes
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<td>Who’s in Your Race</td>
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Experiencing Fellowship

Purpose of meeting
To experience the uniqueness of Christian Fellowship through participating in a huddle discussion.

Warm-up

The Human Knot (Ice-breaker)

Divide the group into two teams of (at least) five members – the more in each group the better. Teams gather in a circle and face one another. Have teammates put their right hand in the middle, and grab someone's hand across from them. Then have teammates put their left hand in the middle and have them grab a different person's hand (hands need to be in comfortable grip – the circle cannot be broken!)

The groups then must unravel the "human knot" by unthreading their bodies without letting go of the other people's hands.

Workout

Open in prayer.

1st Half

Describe your team from the Human Knot icebreaker.

Did you work well together – why or why not? How could you have solved the knot more quickly? What did you learn from this ice-breaker?

Read Acts 2:42-47 (page 1032 (HCSB) & 935 (NLT) in your FCA Bible).

What does “fellowship” mean to you?

The Merriam-Webster definition of fellowship is, “a friendly relationship among people; the relationship of people who share interests or feelings; or a group of people who have similar interests”

What makes fellowship different from just “being together?” What is “togetherness?” Is there a difference?

How did fellowship provide support for the early Christians in Acts?

Have you seen this kind of fellowship before?
Much of what is required in Christian fellowship is what is required on athletic teams who have a goal to win. What are some goals your athletic team has to accomplish a winning season?

How are your athletic goals similar to those of a Christian “team?”

2nd Half

Wes Neal, a popular Christian speaker and author of The Handbook on Athletic Perfection says three things will enable you to experience the “highest form of team spirit.”

1. **Be prepared to demonstrate team spirit. Show one another your concern. Be positive and encouraging.**

   Read Philippians 2:1-3 (page 1155 (HCSB) & 1047 (NLT) in your FCA Bible).

   What effect can negative attitudes have on a team?

   Have you ever been on a team where each athlete played only for himself or herself? What was it like?

2. **Use words.**

   Read Ephesians 4:29 (page 1148 (HCSB) & 1041 (NLT) in your FCA Bible).

   How should we communicate with huddle members?

   How do we communicate with our parents, coaches, teammates? If it is not uplifting, how can we change that?

   In athletics, it is often hard to edify or “build up each other.” Failures, self-glorification and frustration can dominate teammates’ attitudes. When a player has just missed a lay-up or struck out they don’t need to be reminded of their performance. What do they need?

   When do we accept our teammates or fellow Christians based on their performance? Should we? Why or why not? We should accept them as unique individuals rather than based on performance.

3. **Take Action.**

   Read I Thessalonians 5:11 (page 1172 (HCSB) & 1064 (NLT) in your FCA Bible).
Encourage – to call someone to your side with the intention of helping him. Often putting our words into actions is difficult. Encouragement was and is Christ’s ministry!

Who is your greatest encourager (parents, coach, teacher, etc.)? How could you encourage them this week?

In what area(s) do you need the most encouragement? Do encouragement and fellowship stop after this meeting?

Cool-down

Just as practice is necessary to improve on the athletic field, it is also necessary for the Christian team. Choose one individual (i.e. teammate, classmate, family member) who you can help this week in a specific way (homework, athletic skill, etc.) Try to hold each other accountable and share on whom you encouraged at the next meeting.

Game Plan

- Fellowship is affected by self-centeredness.
- As believers we should lift each other up to promote fellowship with one another.
- Encouragement fosters fellowship and can help people see the love of Christ.

Gospel Connection

Fellowship is extremely important to God. Instead of just sitting back and letting us try to figure things out, God sent Jesus from heaven to Earth to live in community with us. Jesus’ death, burial and resurrection made it possible for us to be in a relationship with God.

Close in prayer.
Purpose of meeting
By comparing our athletic participation to our spiritual participation, we can learn more about being our best in both.

Warm-up
Have each person tell about the most meaningful athletic event he/she has ever been a part of (as a player or a fan). What made it so meaningful?

Workout
Open in prayer.

1st Half
Read 1 Corinthians 9:24-27 (page 1105 (HCSB) & 1000 (NLT) in your FCA Bible).

This passage refers to an early international competition much like our modern day Olympics. What makes an Olympic event so important?

What did these athletes receive for winning (verse 25)?

The award these athletes won was nothing more than a crown made from a tree branch! How long would an award like this last?

This passage compares our spiritual “training” to the physical training required of an athlete.

What is the difference between an athlete's crown and the crown that a Christian receives? What do believers in Christ receive for “winning”?

What does it mean to be a Christian?

What does approaching life and athletics from a Christian perspective or mindset look like?

If we truly saw living life as a Christian as important, how would it affect our training for it?
Read Colossians 3:23-24 (page 1165 (HCSB) & 1057 (NLT) in your FCA Bible).

If an athlete works HALF-HEARTEDLY when he/she is training, what will the results be during competition?

What do you think it means to work at something “with all your heart”?

Have you ever been lazy in a practice or game or gone in with a bad, pessimistic attitude? Why did you have this attitude, and how did it affect your performance?

How did it make you feel after the practice or game? How can approaching a competition with that type of attitude impact your success or your team’s success?

How is our practice, lifestyle, schoolwork, etc. affected if we work enthusiastically for the Lord rather than for men?

2nd Half

There are three basics to athletic training:

Preparation—reading the playbook. Before the competition, you need a desire to play and knowledge of the sport.

Practice—developing basic skills required of the sport and keeping them sharp. In basketball, a player practices dribbling, passing, and shooting continually.

Performance—the actual competition and endurance to finish the game and win; It is putting your desire and practice into action.

These “three P’s” closely parallel three basic truths in spiritual training:

Preparation— a desire to know and follow Christ and to surrender our lives completely to Him.

Practice—developing skills such as: Bible study, prayer, and fellowship, to grow in you walk with Christ.
**Performance**—running the race by living real life in front of real people. It is shining the light of Jesus Christ through our everyday lives at home, in the classroom, or on the athletic field. It’s who we are at the deepest level being reflected in what we do!

**Discuss the following questions:**

Describe mental preparations you make for your sport. What thoughts help you get ready for a game? Do you ever play the game in your mind before you take the field or court?

What are some preparations you make to cause you to look back to Jesus as you live out the Christian life? What things do you do to help you rely on Christ when you’re having a difficult day?

Share one essential skill required in your favorite sport.

Share one essential skill you practice in your Christian life.

Which skill is toughest to practice consistently, the athletic skill or the spiritual skill? Why?

How do you develop endurance for your sport(s)? How can you develop endurance to live for Christ?

Is it easier to practice or train when you’re with your team or friends? Is it easier to live for Christ when you have Christian teammates? Why?

**Cool-down**

Identify one skill you need to improve on athletically:

Identify one skill you need to improve on spiritually:

Put both of these skills into practice this week. Keep track of your progress and share it with the huddle at your next meeting. **MEMORIZE COLOSSIANS 3:23.**
**Game Plan**

- Like physical training we need to take part in spiritual training
- We need to work at things for the Lord. (Colossians 3:23-24)
- We all can grow in our relationship with Christ; have some accountability with another huddle member

**Gospel Connection**

God does not wait for us to get our act together and be the perfect athlete, student or person before He decides to love us. God’s love is unconditional and He gives it to us even while we were still sinners. (Romans 5:8) God wants you to accept His free gift of salvation and then to grow more like Christ.

**Close in prayer.**
Purpose of meeting
To learn what the true meaning of competition is for the Christian athlete.

Warm-up
Ice breaker: pick a competitive game

Workout
Open in prayer.

1st Half
Who was the most competitive person on your team in the icebreaker? Why?

In general, do you enjoy competition? Why or why not?

How do you tend to handle most competitive situations?

Do you agree or disagree with the following: “Winning makes you a better competitor. Losing makes you a wimp.” Explain your opinion.

Read the following quote taken from the book Competition written by Gary Warner, a former high school, college and semi-pro baseball player and former staff member with FCA. When finished, read it a second time.

“I believe love ought to be the primary motivation in all my competition. My main concern in competition should be making me and my opponent better as a result of our interaction. The contest should be joy in this shared fellowship. Sometimes we take ourselves and the playing of games too seriously. The real victory in competition is when I have a love relationship with my opponent and we both are better people after our experience together. Winning or losing? That really becomes irrelevant.”

Do you agree or disagree with Warner’s thoughts? Explain.

When you think of the word “compete,” do you also think of joy or love? What words or feelings do you usually associate with love? Discuss.

What is your reaction to the phrase: “Winning or losing? That really becomes irrelevant.” Why would Warner say this?
Do you think you personally can compete and still have love and joy toward your opponent? Why or why not?

2nd Half

Wes Neal, author of The Handbook on Athletic Perfection, says the concept of a Christian athlete often creates a dilemma. The dilemma is that we grow in our knowledge of God but don’t always take biblical truths on the athletic field with us. We can not only grow in our faith at home, in the classroom, or at church, but we can also increase our potential for growth on the athletic field. This means with God controlling and motivating us, we can become better, harder, tougher and more loving competitors.

Read Matthew 25:14-30 (page 908 (HCSB) & 827 (NLT) in your FCA Bible).

Who does the master represent? Who do the slaves represent? How does the master want us to invest the talents that He gives us?

What raw athletic talents has God given you (such as speed, strength, hand/eye coordination, etc.)?

How are you investing your talents in accordance to the way He wants us to use them?

How much effort do you give in practice on a scale of 1-5 (1-low; 5-high)?
How about for a game (using the same scale)?
How much effort do you give in your relationship with Christ? (same scale)

Read 1 Corinthians 4:7 (page 1099 (HCSB) & 995 (NLT) in your FCA Bible).

Competition, like other passions in life, can cause us to lose our focus on Christ. For many athletes, competition, or the need to win, can tempt us to stray from our need to seek and grow in Christ. Therefore, we must protect ourselves in the midst of competition and think of 1 Corinthians 4:7 as a reminder of who the source of our talents are.

Has heated competition ever caused you to have a bad attitude? If so, why?

Has competition ever caused you to do something you regretted? Share how you felt. Why do you think we allow competition to affect us so much?

Share your most positive, joyful experience in competition. What made it enjoyable or fun?
Is it possible to enjoy competition at all times, no matter who you are playing or what the score is? Why or why not?

Do you agree or disagree that love is the best motivator in competition? Is it possible to play aggressively and still love your opponent? Explain.

**Cool-down**

*Read Colossians 3:17 (page 1165 (HCSB) & 1057 (NLT) in your FCA Bible).*

How does this scripture apply to athletics?

This verse was the FCA 2014 Camp Theme Verse; talking about going “ALL IN,” how can you go “ALL IN” this week in your sport for God?

Have each person think of one way that they personally can bring Christ into competition with them this week (scripture memorization, praying as you practice/play, etc.). If anyone wants to share, allow them to share with the huddle.

**Game Plan**

- Competition is an opportunity to represent Christ
- God has given us talents we use to bring Him glory.
- We can go “ALL IN” for God in all aspects of life (sports, school, friendships, etc.)

**Gospel Connection**

God wants fully committed believers and despises lukewarm followers. (Revelation 3:15-16) We can use our athletic competitive drive to be fully invested in growing and sharing our faith.

**Close in prayer.**
Endurance

Purpose of meeting
To better understand the importance of endurance in the midst of trials and temptation.

Warm-up
Wall-less Wall Sit – Icebreaker

Space huddle members out around the room, and have them stand. When you say “go,” each person assumes the wall sit position. Legs should be bent at the knees at a 90 degree angle as if they are sitting on an imaginary chair. The person cannot be touching anything. The last person still “sitting” wins.

Workout
Open in prayer.

1st Half

What does endurance mean?

Scripturally, endurance is defined as: “steadfastness or the ability to withstand trials and temptations in a way that honors God.” In other words, endurance is courageously accepting all of the hardships of life and keeping a hopeful attitude.

- What was the most difficult practice, game, or season you have had in athletics? Describe to your huddle what made it so difficult.
- What caused you to endure or “stick it out”?

The classroom and the practice field are constantly used for drills that prepare us for future tests. In life, past trials and lessons help us in future situations. Christ gives us these opportunities to learn, and we must see such situations as training times.

- Of the successes we experience, some come easily to us, and others are a result of a struggle. Which of the two is more meaningful? Why?
- Do you feel that tough demanding practice is important for victories? Why or why not? Describe your attitude after a tough practice.
- Just as demanding practice can impact your performance in athletics, how can trials in life impact your spiritual life?
Read the following verses:

Romans 5:3-5 (p. 1076 (HCSB) & 975 (NLT) in your FCA Bible)
Hebrews 10:35-36 (p. 1210 (HCSB) & 1101 (NLT) in your FCA Bible)
1 Peter 1:6-7 (p. 1225 (HCSB) & 1115 (NLT) in your FCA Bible)

- What is character? How does endurance build character? (Romans 5:3-5)
- According to these scriptures, what attitude are we to have toward enduring trials in our lives?
- Describe a time when you or someone else rejoiced in the midst of suffering. How were you or this person able to do that?
- This type of mentality is uncharacteristic of most people and is difficult to achieve, but what does the Lord promise to give us if we endure trials, suffering, and afflictions? How can remembering this help us rejoice in our sufferings?

2nd Half

- Describe a time in your athletic career or in school when you were tempted to quit. What factors helped you to endure and not quit?
- How do you feel when you give up during a tough situation compared to when you endure through to the end?

Read 1 Corinthians 10:12-13 (p. 1106 (HCSB) & 1001 (NLT) in your FCA Bible)

- Sometimes this verse is used out of context, it doesn’t mean ‘God won’t give you more than you can handle,’ but that God does give us trials to point us to Him
- Although we know that God will provide us a way to escape temptation, why do we still give in sometimes?

Read Hebrews 4:15 (p. 1203 (HCSB) & 1094 (NLT) in your FCA Bible)

- It is important to understand life is not easy, and being a Christian isn’t easy; throughout our lives we will face temptation and trials... but in the midst of those we can rely on our sovereign God who is ruler of all.
- Hebrews 4:15 explains that Jesus is able to empathize with us when we are tempted since he was tempted himself. What does the verse instruct us to do so we will endure temptation when the time comes?
**Cool-down**

Read Colossians 1:11-12 (p. 1162 (HCSB) & 1054 (NLT) in your FCA Bible).

Share the area of your life in which you need prayers for endurance the most right now. Maybe you are in the midst of a particular trial or are facing a temptation. With Colossians 1:11-12 as a model, pray that Jesus Christ will give each huddle member strength to endure and that they will be able to have joy in knowing that good will come out of the trials.

**Game Plan**

- Endurance comes from hardship; in our sports and faith.
- God’s strength is what we should rely on when things are hard.
- Surround yourself with others to encourage you and pray for you.

**Gospel Connection**

Jesus is able to sympathize with our struggles because He has gone through the same trials we have, but He did it without sinning. (Hebrews 4:15) Jesus’ endurance to lead a perfect, sinless life made it possible for His death to pay the price for our sins.

**Close in prayer.**
**Purpose of meeting**
To give the Christian athlete the opportunity to discuss and be encouraged by the eternal benefits of preparation.

**Warm-up**

Have you ever walked into a class and forgot that it was a test day and you were totally unprepared? How did you feel? What did you do? Go around the circle and share.

**Workout**

**Open in prayer.**

**1st Half**

Preparation is basic to all areas of life. It is hard to cope with situations we are unprepared for like a test or an athletic event.

What does it mean to prepare? What does it mean to be prepared?

*What type of things do the following athletes have to do in order to be prepared for competition?*

- The basketball player
- The gymnast
- The football player
- The cheerleader
- The runner

During a competition, how do you react in situations you aren’t prepared for? (Examples: failure, looking bad, star player getting hurt, etc.)

When must an athlete prepare for competition? Why is this so important?

Can we expect to be successful if we do not properly prepare ourselves? Why or why not?
In the same way, it is difficult to live the Christian life without proper preparation.

Read 1 Peter 1:13 (Page 1225 (HCSB) & 1115 (NLT) in your FCA Bible).

- What does it mean to be self-controlled? Would you consider yourself “self-controlled?” Why or why not?
- What do you think of when you hear the word “hope”? What are some things in which you have hope?
- What does it mean to set our hope “completely” on something? What do you think it means to set your hope “completely” on God’s grace?

- Have you ever failed to prepare for your sport? What happened?
- Have you ever been in a tempting situation and felt unprepared? What could help you in these situations?
- If we have made a commitment to Jesus Christ, how does our mindset change? How can we prepare our minds?
- Is preparing for a relationship with Christ easier or harder for you than preparing for sport? Why?

The Christian life is about preparation. Read 1 Peter 3:15 (Page 1229 (HCSB) & 1118 (NLT) in your FCA Bible).

Why do you want to be prepared to meet God like it says in the verse?

How is preparing to meet God different from preparing for a test at school? What are the consequences for each if you do not prepare?

What things in your life are preparing you to live a godly life? What could you do to better prepare yourself to share the Gospel with others?

Cool-down

How can FCA and the church help to prepare you as a Christian? How can you help FCA and the church do that for others?

Pray that the FCA group will encourage one another to prepare themselves for the Christian life and that they will help to prepare others as well.
**Game Plan**

- We have to prepare to be prepared for our daily walks; scripture reading can help.
- Set your hope completely on God and nothing else.
- We need to be prepared to share the hope we have in Jesus.

**Gospel Connection**

God wants us to be ready to share the Gospel “in season and out of season.” (2 Timothy 4:2) This means that we need to tell others about Jesus when it’s easy and when it’s hard because there is no guarantee of tomorrow!

**Close in prayer.**
purpose of meeting
To better understand the meaning of commitment to Jesus Christ.

warm-up

• How would you define the word “commitment”?

• How are you committed to your sport? What proves someone’s commitment in athletics?

• How important is commitment in a friendship? In a dating relationship? What type of action do you have to put into either of these two?

• Name and describe one commitment you have made in the past two years. Have you been able to carry it out? How important is it to follow through on commitments?

• What commitment(s) would you like to make in the next year?

workout

Open in prayer.

1st half

• How important is your commitment to this huddle or to those who are in this huddle? What would such a commitment look like?

• How would you describe a commitment to Jesus Christ? What type of action do you have to put in to fulfill that commitment to Him?

• How do you feel when people fail to follow through on their commitments?

2nd half

Have individuals read the following verses.

In your group, identify God’s commitment to us after each passage is read.

John 3:16 (page 998 (HCSB) & 907 (NLT) in your FCA Bible)
Matthew 7:7-8 (page 883 (HCSB) & 804 (NLT) in your FCA Bible)
Jeremiah 29:11-13 (page 707 (HCSB) & 650 (NLT) in your FCA Bible)
Hebrews 13:5-6 (page 1214 (HCSB) & 1104 (NLT) in your FCA Bible)
Genesis 9:12-15 (page 51 (HCSB) & 50 (NLT) in your FCA Bible)

Committing our life to Christ is the response God requires us to make to fulfill His purpose in our lives. A true relationship with God is a daily choice, not a chance relationship. We must make a conscious, intelligent and decisive commitment to follow Jesus Christ.

- What is the difference between being an admirer of Jesus and being a committed follower?

Read the following verses, have different people read each verse:
Mark 2:13-17 (page 921 (HCSB) & 838 (NLT) in your FCA Bible)
Mark 10:17-22 (page 934 (HCSB) & 849 (NLT) in your FCA Bible)
Luke 5:8-11 and 19:1-10 (page 957 (HCSB) & 869 (NLT) in your FCA Bible)

Christ wants career partners, not short term recruits. The ways we serve Him vary during our lifetime, according to our gifts and experiences, but the fact that we follow Him needs to be constant in our lives.

- How can we show our Christian commitment each day?

Cool-down


What does this verse say about the cost of following Christ?

This week, consider your commitment to Christ. Consider His promises to you. How can you work at living out your commitment to Him?

Game Plan
- My commitment to Christ matters and is something I have to actively work on every day.
- Christ was fully committed to us, we should strive to be fully committed to Him.
- Be committed to FCA so the Christian Fellowship on campus can grow. Also commit to inviting your friends and teammates.

Gospel Connection

God is so committed to us that He sent Jesus to die for us even while we were still sinners. (Romans 5:8) God doesn’t wait for us to get our act together before He offers us salvation. We cannot earn His love and commitment, but it is a free gift.

Close in prayer.
**Purpose of meeting**
To discuss and learn how to build confidence in our athletic and spiritual life.

**Warm-up**
As athletes, we know that success results from many factors, not just one. Rate the attributes below on a scale of 1 to 5, 1 being the most important and 5 being the least.

1. ___COACHING
2. ___DESIRE
3. ___TALENT
4. ___CONFIDENCE
5. ___PRACTICE

Discuss your responses. Explain why the order was chosen the way it was.

**Workout**
Open in prayer.

**1st Half**
In the warm-up, perhaps talent was chosen as number 1 by some. After all, how can you be successful without it? Yet, talent is worthless without desire. Also, what athlete can have success without believing that he or she can make the jump, finish the race, or score the goal?

How important is confidence in your sport(s)? How do you acquire confidence?

Can you think of one particular athletic event when your confidence was high? Share it with the group.

Now share an event or time when your confidence was low or you had none. What were the final results of these two situations? How much did your confidence or lack of confidence affect your success?

Confidence is perhaps the most powerful influence on an athlete. When we believe that we can reach high goals, we often can! If we doubt our abilities, we likely will fail!

Can an athlete be "overconfident"? Why or why not?
Consider the following situation:

*Two equally talented and practiced basketball players approach the free throw line and with one second to go in a tied game. One truly believes that he will make the shot and the other can only hope that he will make it.*

- Which would you rather have on your team?

Confidence is the vehicle that allows you to be your best.

**2nd Half**

**Read I Samuel 17: 4-8; 11; 20-24; 32-37; 40-50 (page 287 (HCSB) & 267 (NLT) in your FCA Bible).**

Each of the four points below can be applied to David’s situation. He followed the first ladder of confidence and found success.

**Belief:** He knew it was important to defeat Goliath. David knew he could defeat Goliath because God was on his side.

◊ Who believes in you the most? How does this encourage you in sports?

**Knowledge of ability:** David’s talent was fighting with a sling and rock. He knew that he was better off without armor that he wasn’t used to that didn’t fit.

◊ What are some talents you could use to further God’s Kingdom? (For example, singing at church, writing encouraging notes, inviting people to FCA, etc.)

**Mental Preparation:** He believed that he would defeat the giant because of the first two steps.

◊ Reread verse 47 – How does this verse help with preparing for mental battles in life you may face?

◊ When during an athletic event have you been fully confident you would win? Why were you so confident?

**Practice:** David had fought the bear and the lion and had won. The Lord was with David in each step. David was fighting for his nation, Israel, which God loved. God gave David his talent and ability. God had delivered him in the past and would this time. The Lord had given David strength by defeating the lion and the bear.

◊ When have you had a practice that made you more confident athletically?
Cool-down

What role did confidence play for David? What role can it play for you in your sport(s)?

Does confidence necessarily mean that you will win each time that you compete? Why or why not?

Pray that God will show you how you can have each of these four factors that lead to confidence: Belief, Knowledge of Ability, Mental Preparation, and Practice in both your athletic life and your spiritual life.

Game Plan

• We are to be confident and boast in the Lord alone, like David did.
  
  (2 Corinthians 10:17)

• Our confidence needs to be in God – not our own efforts, awards, trophies, or grades (those will all eventually fade away).

• As our faith increases in God so will our confidence increase in Him – we have a good God that we can fully trust in.

Gospel Connection

Once we accept Jesus as our Savior, we cannot lose our salvation and this assurance should give us confidence. (Ephesians 1:13) God tells us not to throw away our confidence of salvation because we will be given a great reward for being faithful followers. (Hebrews 10:35)

Close in prayer.
**Purpose of meeting**
To present Christ’s method of leadership and incorporate it into every area of our lives.

**Warm-up**
Choose an icebreaker from the FCA Bible or www.fcaresources.com.

**Workout**
Open in prayer.

**1st Half**

- What is the first thing that comes to your mind when you hear the word “leadership” and when you hear the word “servant?”

- Tell of a time when someone has served you (especially when they were not required to do so). How did this make you feel as the one receiving this service?

**Read John 13:1-17 (page 1015 (HCSB) & 921 (NLT) in your FCA Bible).**

- Look at verses 3-5 and discuss what Jesus was really doing here. What role did He take on? What was He doing besides just cleaning their feet?

- Why did Jesus choose to lead in such a way that made Himself lower than the one He was serving? Is this the opposite of how the world around us leads? Why or why not?

- According to verses 6-10, how did Peter react to Jesus’ actions?

- Why did Peter respond like this? Would you have responded in this way if you were in his shoes?

- In the days of Jesus’ time, the servants of the household would be assigned the lowest job of washing the feet (which were dusty and full of whatever would be on the streets) of any guest who would enter the house. Jesus did not have to do this act of washing their feet. He could have chosen a servant to do this lowly job. What was he trying to teach/train Peter and the other disciples by taking the role of a servant?

- Peter did not understand what Jesus was teaching them at the time. In verses 12-17 Jesus explains what this all meant. What are the disciples to do in response to this?
How would the command of “doing as I have done for you,” relate to your lives? As followers of Christ? As athletes? Or as part of a family?

How could you “wash one another’s feet”? Talk about practical ways you, as leaders on your team or in the classroom, can serve others, and in doing so, lead them in the direction of Christ.

2nd Half

Tell of a time when you have served someone (especially when you were not required to do so). How did this make you feel as the one serving?

Read Philippians 2:4-11 (page 1155 (HCSB) & 1047 (NLT) in your FCA Bible).

Here Paul is writing to the believers in Philippi about imitating Christ. What could be a theme of these verses?

Read verse 7 again, even though Jesus is the Son of God and Savior of the world, he chose to do the greatest act of service for the world; He died on the cross for our sins. What does this say about the theme of Jesus’ life, death and resurrection?

Paul spells it all out for us in these verses on how we are to lead and serve others. Reread verses 3 and 5. What in those verses is the hardest thing for you to do? Why?

Look at these lists and figure out where you are at in your leadership style:

**A Servant Heart**
- Considers others better than him/herself
- Plays athletics for the God and the team, not individual glory
- Actively looks for opportunities to serve
- Humble about athletic abilities
- Is willing to work with people no matter what their personalities and quirks are
- Focus is always on serving others and not so much on things not going their way
- Is ok when things do not go as planned (like losing a game)

**A Non-Servant Heart**
- Considers him/herself better than others
- Boasts about athletic ability
- Expects others, like the manager, to pick up after them
- Is not willing to go out of their way to serve others
- Is easily angered or bothered by others (bad sportsmanship)
- Gets frustrated when things don’t go their way and focuses on the frustration rather than serving others
- Complains about everything
**Cool-down**

- The two verses you read reveal the heart of Jesus. His service began with acts of healing and even washing His disciple’s feet. Jesus lived, died, and rose for the forgiveness of the world. He did it all to bring us back to God – the greatest act of service!

- Jesus commanded us to do as he has done for us, to “wash one another’s feet.” We don’t have to die on a cross for the world but we can live our lives to serve God and others. In the process, we will be leading others to Jesus.

- How can FCA serve our school better?

Today, take opportunities to serve those around you.

- Try not to let anyone know that you did it
- Stay humble
- Don’t take the glory
- Ask God to make you more like Jesus in leading others
- Be more selfless and less selfish

**Game Plan**

- We are called to serve how Jesus selflessly served us.
- A servant leader serves to give God glory not themselves.
- Pray about opportunities to serve your teammates and coach, not to be seen by others, but to share the love of Christ.

**Gospel Connection**

Even though Jesus is all-powerful, He came to serve us and sacrifice His life so that our relationship with God could be restored. True leadership is following Jesus’ example of placing others before Himself. (Mark 10:45)

**Close in prayer. Pray that your huddle would learn to serve like Jesus, and find opportunities around school to serve.**
Dealing with Failure

Purpose of meeting
To learn how to take personal and athletic failures and allow God to use them to teach us and make us a stronger.

Supplies Needed: Paper for 1st half of meeting

Warm-up
As a competitor, describe the feeling of failing or losing either as a member of a team or as an individual.

What do you think of this statement: “A true athlete must be free to fail or else he will never compete”? Agree or Disagree? Why?

How can losing a game or failing a test be a positive experience?

Workout
Open in prayer.

1st Half
Take 5 minutes to have each person in the group draw a chart reflecting the major highs and lows of their athletic "career" since they first became interested in sports. They should label the chart with dates or years in school at the bottom.

- Which of the extremes on your chart do you remember most vividly? Was it mainly the highs or the lows? Why?
- Think back on some of your worst “failures” in school or in sports. Why do you consider them to be such huge failures?
- Look at the experiences below that often times accompany failure. Which one do you consider the worst for you personally? Give the most painful experience a 4 and the least painful of the experiences a 1. Assign a 2 and a 3 to the other two to show how you rank each one.
  
  ____ You realize someone is better than you; you can't win.
  ____ You didn't do your best and lost as a result.
  ____ Others saw you fail.
  ____ Your failure was due to a lapse on the part of your teammate.
Take a few minutes to share your ratings and to discuss which of these experiences is most difficult to cope with.

WE HAVE TWO OPTIONS FOR DEALING WITH THESE FAILURES:

**OPTION #1:** Deny failure or refuse to try due to fear of failure.

*Individuals that tend to choose this option may:*
- Make excuses for the failure such as, “I wasn’t really trying anyway.”
- Blame someone else for the failure to avoid being portrayed as the weak one.
- Avoid taking risks or putting forth effort with the mentality of, “If I don’t try, at least I won’t fail.”
- Struggle with pride and have a great desire to keep others from seeing their weaknesses.

**OPTION #2:** Believe that the failure is an opportunity for growth and a challenge to overcome.

*Individuals that tend to choose this option will:*
- See this as proof that extra work is required in a specific area and then put forth the effort to accomplish that.
- Recognize that what they have been doing isn’t working or is no longer working and adjust.
- Humbly go back to the practice field or classroom and try again with new focus and determination.
- Asking for help from a coach/teacher on how to overcome failure.

Take a few minutes to look back at your chart of highs and lows. Think about the low points in your chart. How did you handle these experiences? Did you tend to choose Option #1 or Option #2? Discuss.

**2nd Half**

**FAILURE TO VICTORY!**

- In what areas of your life have you felt like a failure? Why?
- Have you ever felt like a failure as a Christian? If so, explain.
- Who are some people that you feel like you have failed? Explain.
Read 1 Corinthians 15:57-58 (p. 1114 (HCSB) & 1009 (NLT) in your FCA Bible) and Colossians 3:23 (p. 1165 (HCSB) & 1057 (NLT) in your FCA Bible).

- What is the difference between failing and being a failure? If we are in Christ Jesus, are we ever a failure? Explain by referencing 1 Corinthians 15:57-58.

- Who do we receive victory through? According to Colossians 3:23, what are our instructions for how we should work, whether in athletics, school, or otherwise?

- Even when we feel like we are failing on earth by men’s standards, how can we seek comfort in these verses?

Read Philippians 3:12-14 (p. 1157 (HCSB) & 1049 (NLT) in your FCA Bible).

The Apostle Paul gives us a perfect athletic analogy for our spiritual lives. He says we are to press on for the prize—to aim for becoming more like Christ.

- According to Philippians 3:13, what two things does Paul say we should do when we fail or sin?

- No one has ever lived a perfect life. Even the apostle Paul said he hadn’t obtained perfection. What is the proper way to handle our personal failures?

**Cool-down**

In Jesus’ day, many people felt Jesus Himself “failed.” They did not understand, at least at the time, that His mission was to die, to give His life willingly for our sin. Satan, religious leaders, and others saw His death as victory for themselves. However, Jesus was successful in fulfilling His mission through His death and resurrection! Therefore, every believer in Jesus is victorious! We have victory over death and have God's eternal forgiveness.

Read 1 John 1:9 (p. 1240 (HCSB) & 1127 (NLT) in your FCA Bible).

As we consider times when we fail, we should ask God to reveal to us whether we have sinned against Him or not. When we sin, we can confess our failure to God and experience His forgiveness. He is faithful to give us a fresh start so we can learn from our times of failure without beating ourselves up and by moving forward in victory!

Read Romans 8:28 (p. 1082 (HCSB) & 979 (NLT) in your FCA Bible).
Although we deal with difficulties and failures in our life, that does not mean God cannot use those struggles for His glory.

Do you have any examples of how God can uses failures for His good? Personally or in Scripture? Share with your huddle.

As a huddle try to memorize Psalm 118:22 before the next meeting, it is a good verse to remember when dealing with failure, "The stone that the builders rejected has become the cornerstone." While the builders rejected the stone, it has become the most critical one – this "cornerstone" analogy represents Christ!

**Game Plan**
- God can and will use our failures to refine us and make us more like His Son.
- We will fall and sin – but we have victory in Christ’s death and resurrection that our failures don’t determine our salvation.
- When we fall, we should repent to God and confess our sins. He is faithful and will forgive our sins.

**Gospel Connection**
Everyone has sinned and fallen short of the perfection of God. (Romans 3:23) Instead of leaving us in our failures, God sent Jesus to die for our sins even though we did not deserve His love. (Romans 5:8)

**Close in prayer.**
Purpose of meeting
To learn how to give God recognition for all He has done, is doing, and will do in the future.

Warm-up

Circle of Compliments – Icebreaker
Divide into groups of 4-6 people. Every group member takes a turn saying a sincere compliment about each other member. The compliment does not have to be extremely personal; it just simply needs to be sincere. (ex. “Tom, you are a great shortstop.” “Britney, you have a very pretty smile.”). Once each group finishes, have them re-assemble as a large huddle.

Ask a few people which compliments meant the most and how it made them feel to hear what their peers had to say.

Workout

Open in prayer.

1st Half

What motivates you as an athlete? Why do you work hard as an athlete in your sport?

What does the word “glory” mean?

Look up the definition for “glory” in the glossary of your Bible and compare that definition to the ones your huddle members gave.

What are some ways people show you glory?

When you receive glory, or praise, how does it make you feel?

Read Jude 24-25 (page 1253 (HCSB) & 1139 (NLT) in your FCA Bible).

Fill in the blanks “to the only God our Savior, through Jesus Christ our Lord, be _________, __________, __________, and __________ before all time, now, and forever.”
As athletes, many times we want recognition for all our hard work. Can you think of any extreme examples of athletes wanting all of the glory all of the time?

How long does that kind of glory last? What comes out of it?

According to Jude 24-25, when and how long should we glorify Jesus Christ?

2nd Half

As humans, we are hard-wired and programmed for the intention of glorification. That is a fact. The choice of what or who we glorify is up to us. Who does society and the media say we should glorify?

How do these things compare to who Jude 24-25 says to glorify?

Complete the following sentence: “I am living for the glory of ____________.”

Be honest with yourself and your huddle.

Why should Jesus be the one receiving the glory?

Read Colossians 1:15-16 (page 1162 (HCSB) & 1054 (NLT) in your FCA Bible).

- What do these verses say about Christ?
- If “all things were created through Him and for Him,” then how are we to respond in the way we live our lives?

These verses point out how everything is created for Christ and by Christ. Therefore, our talents, athletic abilities, minds, gifts and strengths should all be used to bring Him glory.

- Do you think it is realistic for us to believe we can glorify God all of the time? Why or why not?
- How does this affect your desire and efforts to glorify our Lord daily? Do you press on harder, or do you get discouraged and fall behind? Explain.
- What are some aspects of your life that bring God glory?
- In what areas of your life do you desire to glorify Him better?
Cool-down

In order to glorify God with our full attention, we must lift our troubles and burdens up to Him in order to make room for the triumphant joy and strength of the Holy Spirit.

Think to yourself: "Are there any troubles or burdens that are going on in my life right now that I am holding on to? Am I willing to let go and lift them up to God right now?"

Read Psalm 24:7-10 (page 513 (HCSB) & 475 (NLT) in your FCA Bible).

- How can you remember God gets the glory alone?
- What about when you are playing your sport, how do you give God the glory?

Read Psalm 84:10-12 (page 545 (HCSB) & 503 (NLT) in your FCA Bible).

Our God is the King of Glory. He deserves all of us, all the time. As His creation, we are here to serve Him and honor Him and His people with praise through love in all that we do. We belong to the only King who has, and will forever, be stronger and mightier than any other force this world has ever known. Lift up your heads! Stand solid and firm in the presence of His glory.

Game Plan

- God is the King of Kings and the Lord of Lords, He deserves the glory.
- As athletes it can be easy to try and play to get the glory for ourselves—but instead we can play sports as an act of worship to bring God the glory.
- Pray for God to be glorified with FCA huddle on your campus.

Gospel Connection

In order to give the glory to God, we need to have our eyes fixed on Jesus and follow His lead because He is the perfect example of faith (Hebrews 12:2). Without His sacrifice, we would not have a path to God.

Close in prayer.
**Purpose of meeting**
To learn about one of the “basics” of Christian faith...Integrity

**Warm-up**
Choose an icebreaker from the FCA Bible or www.fcaresources.com.

**Workout**
Open in prayer.

**1st Half**

Texas Tech’s women’s basketball coach, Marsha Sharp, is known as a lady of “integrity.” She said,

“When you coach, your faith is helpful every day. There are a lot of challenges in how you choose to deal with people. Really, it’s a mindset. One of the most important things to me is that I do not want to win if I can’t win with integrity.”

The source of her integrity is her faith in Christ. Striving for integrity, Sharp strives to shape her players into more than winning athletes. She wants to develop them into champions for life.

“At some point, they’re going to have to quit playing, and they will have to decide what they are going to do with the rest of their lives.”

- Why is Coach Sharp more focused on her players’ character than winning? Do you care more about character or winning?
- Is your coach like Coach Sharp? Why or why not?
- What does integrity mean to you?
- Who is someone in your life you respect because of his or her integrity? What have they done that shows integrity?

Sports allow many opportunities to display integrity. When have you seen integrity demonstrated in high school, college or professional sports? When has integrity been lacking?

**2nd Half**
Integrity must continually be built in our lives through the disciplines of our faith in Jesus Christ. We cannot place confidence in our own integrity and relax and become lazy, or we will soon regress into a pitiful state.

Ted Engstrom said, “No matter how much we try to hide our actions, our integrity (or lack thereof) always shows through.”

Read Proverbs 10:9 (page 585 (HCSB) & 538 (NLT) in your FCA Bible) and Proverbs 13:6 (page 588 (HCSB) & 540 (NLT) in your FCA Bible).

- From these verses, what are the benefits of integrity?

God is into making integers (whole numbers); Satan is into fractions. God desires to bring people to wholeness, putting all the pieces together, which will ultimately take place in Heaven when we are united with Him. Satan, working through the vehicle of sin, tears things apart, dividing people, bringing confusion and conflict.

- How can you demonstrate integrity at school? At home? On the playing field?
- If you demonstrate integrity, do you believe others notice? Why or why not?
- What if no one notices your integrity but God? Is it still important to have integrity? Why or why not?
- How have you helped someone by demonstrating integrity? How have you hurt someone by your lack of integrity?

Cool-down

Read 1 Kings 9:4-9 (page 338 (HCSB) & 313 (NLT) in your FCA Bible).

What was King Solomon’s consequence if he was not a man of integrity?

How does showing integrity honor God? How can you increase your own personal integrity?

Who could hold you accountable as you try to grow in Christ and in your integrity?
**Game Plan**

- Our integrity comes from relying on the Lord and obeying His commands.
- As members of FCA your campus sees you as athletes that represent Christ – with this platform you have the opportunity to display great character and integrity for God.
- Walking in integrity is wise and honors the Lord.

**Gospel Connection**

God is all-knowing and knows your thoughts and actions (Psalm 139:1-6). Even if no one notices your integrity, you are known by God because the Holy Spirit dwells in your heart if you have accepted Jesus as your Savior (1 Corinthians 2:10).

Close in prayer.  **Ask God to help us to be men and women of integrity, both on and off the field.**
Purpose of meeting
To recognize the importance of pressing on no matter what the hardships, challenges, or disappointments may be.

Warm-up
Direct 3 students to sit in chairs and raise their legs straight out in front of them. Tell them that you are going to time how long they can keep their legs up with the weight of a book on it. Place one big book on their legs, and see how long they can keep their legs up. When their legs fall, have them put their legs up again and place two books on them. Then repeat with a third. Time how long he can hold his legs up under each added weight. The times will get shorter and shorter as your volunteer runs out of strength. Ask the student who participated the following questions:

- What was your attitude when we started this activity? How did you feel by the time we added the last book onto the stack?
- As more pressure was added, what could have helped you keep your legs up longer?

Workout
Open in prayer.

1st Half
In our icebreaker, we saw a small illustration of how we can wear out when things become more difficult or when we have more pressure put upon us than we expected.

- When have you been pushed beyond your own expectations by the encouragement of a friend or coach?
- If you’ve been pursuing your sport for a few years, have you noticed any decrease in your enthusiasm?
- How many of you know of an athlete who has lost the joy of their sport? Why do you think he or she has lost that joy? How does it affect his or her performance?

In the beginning of the year, it’s easy to be excited, full of energy, and passionate about the team you’ve made or the organization you joined, or the leadership role you were voted into. But then as the year wears on, frustrations begin to occur.
Maybe coach isn’t playing you as much as he was, there aren’t as many people showing up for meetings as there were in the beginning of the year, or nobody’s completing the tasks you have delegated to them. You find it’s harder and harder to get people organized and together. Things just aren’t going as you expected, and you feel that the effort you put forth is pointless, so you just gracefully…quit. Maybe you don’t necessarily physically quit, but you have mentally and emotionally given up.

We have all been there. The difference is…how are you going to choose to respond when the circumstances aren’t exactly what you had hoped for?

- Why is it easier to quit when things start to get complicated than to finish fulfilling the commitment?
- Where do you see this type of mentality in the world today? Give examples.
- Have you ever been on a team where teammates quit midway through the season? How did this make you feel? How did your team have to adjust?

**2nd Half**

**Read Hebrews 10:23-25 (p. 1210 (HCSB) & 1100 (NLT) in your FCA Bible).**

- Why do you think Christians often lose their determination to persevere?
- What are some excuses huddles use to not meet or to cancel a meeting?
- What are some consequences your huddle may face if you cancel or skip meetings?
- What does this scripture say to do when faced with these decisions or situations?
- What are some ideas to help your huddle persevere during times of discouragement?

**Read Galatians 6:7-9 (p. 1141 (HCSB) & 1035 (NLT) in your FCA Bible) and Isaiah 40:30-31 (p. 652 (HCSB) & 600 (NLT) in your FCA Bible).**

- Describe a time when you became tired or weary (in school, sports, relationships, etc.). Did you choose to give up, or did you press on?
If you gave up, how did you feel about your choice in retrospect? If you chose to press on, what gave you the strength to follow through?

What promises and encouragement do these verses offer to keep us from giving up when we become weary?

**Cool-down**

Once there was a college student athlete who ran on his varsity track team. He was strong in his event and usually led the workouts. He was always the first to finish for his team in competition. Then, at the beginning of one season, he suffered an injury that kept him from practicing and competing until the season was half over. When he was able to come back and workout, he found himself following and no longer leading. In his state of discouragement, he could have easily quit instead of pressing on, but he continued training and was able to reach the level he had once run.

- What inspires you to press on when you have lost motivation?
- How can you ensure that you are able to pull from that source of inspiration when you become weary?

Write Isaiah 40:30-31 on an index card. Keep it in a place where it will remind you of God's commitment to help us press on. Challenge yourself to memorize it before the next huddle meeting.

**Game Plan**

- Do not grow weary of doing good for the Lord. (Galatians 6:9)
- We renew our strength with the Lord and by just trying harder and being more determined to do good for Him.
- Being in fellowship with other believers should be encouraging as you press on.

**Gospel Connection**

Jesus’ sacrifice is the ultimate example of pressing on through difficult times. Instead of being weighted down with the burdens of life, Jesus considered it a joy to suffer on our behalf and lay down His life for us (Hebrews 12:2).

**Close in prayer.**
**Purpose of meeting**
To identify the time restraints on student-athletes and evaluate the best way to manage time.

**Warm-up**

*What is worth your time? (Icebreaker)*

Hand out index cards to everyone in the huddle. Ask them to write down three things that if you did on a regular basis, would make a significant positive impact on your life.

Once everyone has their answers, ask them to share one or two and why they are not currently doing them on a regular basis.

**Workout**

Open in prayer.

**1st Half**

- How well do you manage your time?
- How often do you feel pressure or anxiety because you don’t have time to do certain things?
- How much time do you spend practicing and/or playing your sport(s)?

If you practiced your sport for 3 hours every day, that would equal out to 45.5 days of practicing each year, which would increase to 182 days of practice over four years of high school. That’s a lot of time to get better at your sport!

If you brush your teeth for a minute and a half, two times a day for a whole year that would equal out to 9.125 hours. That doesn’t seem like too much of a waste of time, does it?

What about areas in which you might be wasting time? Facebook, or online surfing, perhaps? If you are on the internet for an hour a day, that is 15.2 days a year! A year! 15 extra days!
Below is an example of a schedule for a 168-hour week (7 day week). On the left is an example of how one person could divide his/her time on various activities. In the circle to the right, complete your own time pie chart. Estimate how you spend your time on the average week. Be as specific as you can be.

- What are the priorities that you include in your weekly/daily schedule? Do you include time for relaxation? Friends? Family? God? Practice?

- Is it necessary to give your top priorities the most amount of time? Why or why not?

- When was the last time you remember sidestepping an important job or project to do something more entertaining or fun? How did doing this affect you? (i.e. received a lower grade, made you happier, etc.)

- What are some ways you “waste” time during the week, either intentionally or unintentionally?

- Could you find ways to incorporate those three items you listed from the icebreaker if you managed your time better? If so, how?

**2nd Half**

Read Ecclesiastes 3:1-8 (page 607 (HCSB) & 559 (NLT) in your FCA Bible).
What do you think these verses say about time?

Do you think you should pre-plan how you are going to spend most of your time? Why or why not?

What are the advantages and disadvantages to scheduling your time?

Currently, how do you organize your time? Do you organize your time around your top priorities?

Do you believe your time management is honoring God? Why or why not?

If someone looked at your calendar—what would it reflect? Your love for sports? Spending time with friends? Setting aside time to be with the Lord?

Cool-down

If you are spending an hour a day—15 days a year—online, do you think it is feasible to spend some of that time with the Lord each day? Even though high school is busy, we tend to make time for what we want to do...like Facebook or watching TV. However, there are always opportunities to carve some minutes to get into God’s word.

Do you want to spend more time with the Lord? If so, what amount of time will you actually commit to?

Beginning tomorrow morning, make an outline of the day’s activities. Slot your top priorities first and manage the rest of the day around them. Try this for one week and see how it affects your day.

Game Plan

God wants our full devotion the entire day because what we do with the time He has given us matter to Him

Scheduling time with the Lord to be in pray or reading the Bible will help you grow in your faith.

This life is about the Lord—if we want to grow in knowing Him we need to be with Him... and that means denying ourselves and choosing to pursue Christ.
Gospel Connection

God wants to be the #1 priority in your life and how we spend our time should reflect that. Jesus tells us to love God with all your heart and soul and to love your neighbor as yourself (Matthew 22:37-39). Putting God first and other’s needs before your own follows Jesus’ example for our lives.

Close in prayer.
Glorifying God through Your Sport

Purpose of meeting
To discuss how Christian athletes can bring honor and glory to God through their involvement in sport.

Warm-up
What are some activities that people do to worship God?

Do people usually think playing or practicing a sport can bring honor to God or be a worship experience? Why or why not?

Workout
Open in prayer.

1st Half

Justification of Sports Biblically
As we discuss “honoring God through sport,” it is important to develop a “theology of sport.” This means we analyze what God thinks about sport in order to understand how to best honor Him through it.

Have you ever thought about what God’s opinion of sports is? Why or why not?

What do you think His opinion is?

What evidence is there that sport is something good that God created and supports?

What evidence might there be that sport is not something supported by God?

Read the following points made by Stuart Weir in his book *What the Book Says about Sport:*
The apostle Paul writes several metaphors of sport in the New Testament. If sport were evil, why didn’t the Holy Spirit lead the writers of scriptures to leave out sports and sports metaphors? And if sport were evil, the Bible would probably have warnings of its danger.

Our ability to play sports is part of God’s creation, and we are to enjoy it. God gives us gifts that include natural and physical abilities like singing. This can be an expression of God and so can using your physical body in sport.

We can worship God through sport (Romans 12:1). A sport helps us demonstrate love to our neighbor as we have an opportunity to demonstrate this love through competition.

Sports test our faith (Matthew 5:16). Sports give us opportunities when we can either demonstrate our faithfulness or our sinfulness.

Sport can be used as a witness for him. “Christians have found opportunities to share the gospel in gyms, on golf courses, tennis courts and sports fields over the world.”

• Which points do you agree with? Why?
• Which ones do you disagree with? Why?
• How do these thoughts compare to your earlier opinions about God’s view of sports?

It is the conclusion of many theologians who have studied sport that it is neither moral nor immoral. It is not the sport that is good or bad but the way in which it is used. A similar example would be a car. An automobile in and of itself is not good or bad, but if the driver uses it to drive meals to the less fortunate, that action may be considered good. If the driver of a car uses it to purposely crash into people, then it is bad.

• What temptations are there in sports that would go against the positive arguments for God’s view of sports listed above?
• What good have you seen come out of sports?
• How has sports affected you in a positive way?
What does the word “honor” mean?

What does the word “worship” mean?

How do you know what honors God and what does not?

Dictionary.com defines worship as “reverent honor and homage paid to God.”

Can you worship or display reverent honor to God through sport? Why or why not?

How can you honor and worship Him in and through sport?

Describe a time when you thought you were worshipful. What qualities were included that led you to believe that you were in a state of worship?

Read Romans 6:12-13, Romans 12:1 and 1 Corinthians 6:19-20 (pages 1078, 1087, and 1102 (HCSB) & 976, 984, and 997 (NLT) in your FCA Bible).

What does the author Paul say that worship is in these verses?

How can sport be applied to these verses?

How can we honor God through our body?

Do we need to be conscious of God in order to worship Him? When in sport might we be able to be conscious of God?

Cool-down

A lot of people, even those in the church, think involvement in sport and faith in Christ do not have any relation to each other. People who hold this view will even criticize involvement in sport. Based on this meeting’s discussion, what might we say to those who hold this view?

What are some changes in your athletic play and practice you can change to have more of a God-honoring effect?
Game Plan

- Our bodies/lives are used to glorify God—in all aspects including how we play our sports. (Romans 6:12-13)

- We are to worship God through our entire athletic game—not just a prayer before or after. Every shot, hit, drill, etc. is an opportunity to compete to bring glory to our God.

- When you struggle to glorify God through your sport as yourself what is your motivation? And who are you playing for? We should be motivated to compete out of the love of Christ and we should be playing to honor God alone—not our coach or people in the stands.

Gospel Connection

God wants us to honor Him with all of our heart and life, not just bits and pieces of it (Proverbs 3:5). Jesus gave everything for us to be restored back to God and we honor Him by giving everything back to Him.

Close in prayer. Ask God to strengthen you as you compete to honor Him in all you do.
Purpose of meeting
To recognize the importance of Christians being involved in a local church.

Warm-up
Ask individuals to share their responses to the following:

◊ What is a Church?
◊ Why do people go to Church?
◊ Do you attend Church? If so, which one?

FCA exists to present Christ on campuses through the huddle ministry. FCA members come from all kinds of different churches and many FCAers may not yet belong to a local church. Huddles are not a substitute for, but are an arm or an addition to the local church. A Huddle provides a unique type of inter-denominational fellowship, but all members should be a part of a church to help meet the needs of a growing Christian and to serve in a diverse body of believers.

Workout
Open in prayer.

1st Half

Read the story of the early church in Acts 2:41-47 (Page 1032 (HCSB) & 935 (NLT) in your FCA Bible).

Discuss the following questions, giving everyone an opportunity to share.

◊ What did those who accepted (believed) the message do (v.41-42)?
◊ What do you see as the purpose of a church?
◊ Should every Christian go to church? Why or why not? Is regular attendance important?
◊ Share a church activity or ministry you enjoy or get the most out of and explain why.
The universal Church is made up of all believers in Christ regardless of local church affiliation. The Church is also known as the “body of Christ.” Local churches exist to provide opportunities for believers in a community to worship, serve, and grow in faith.

**Read Romans 12:3-8 (page 1087 (HCSB) & 984 (NLT) in your FCA Bible).**

◊ What do these verses say to you about the church?

◊ Re-read verses 4 and 5. How does this help you understand your personal significance to the church? How about the church’s importance to you?

◊ As Christians, we are members of one family (body), and we need each other. Name some gifts that people in your church have. Are some gifts more noticeable than others? Which ones? Does that make them more important? Why or why not?

◊ Is it possible to find a perfect church? Why or why not?

◊ If you talked to another believer in Christ who said something like, “I don’t need the church,” how would you respond?

**Cool-down**
Discuss the possibility of your FCA group attending a church service together. You may want to visit the church of one of your members. Decide on a date agreeable to most members. Please contact the minister of the church chosen well in advance of your attending just to let him/her know that you would like to worship together. This experience can help you understand one another’s faith and worship service. You may want to do this once a month or semester so you can attend each other’s different denominations.

**Game Plan**
- If you are not in a local church find one to go to! Or if you are in a church help those in your huddle get plugged into a local church.
- The church is the bride of Christ—it is a place to grow in your faith, be encouraged by other believers, and have accountability.

**Gospel Connection**
Just like a husband loves his wife, Christ loves the church and showed His love by laying down His life for us, the church. We are not perfect, but Christ still loves us despite our short comings.

**Close in prayer.**
Anyone who would like information about a local church could ask a huddle coach or contact the FCA office to speak with a staff person who knows of vibrant churches in the community.
Purpose of meeting
To better understand balance as a Christian athlete.

Warm-up

Balance (Icebreaker)
As a group, have everyone stand where only their heels are touching the ground. See who can balance on their heels for the longest period of time. Take the top 3 people, and then have them get in front of the group and have a “balance off”. For extra difficulty, make the top 3 people wear blindfolds.

Workout

Open in prayer.

1st Half

Balance: “Having bodily or mental stability; to bring into proportion; having all parts weighing out equally”.

- What does it mean to be a well-balanced person?
- What are some sports that require physical balance? Why is balance necessary in those sports?

To the athlete, balance is critical.

“The athlete who can play his position in complete control of his body and reflexes is free to perform with all his capabilities. The runner, the shooter, or the thrower who is kept off balance will experience a great deal of anguish and frustration as he tries to compete. Balance is essential to the individual athlete.” – Curtis French

- What are some circumstances where you have felt unbalanced in your sport?
- Are there any areas of your life where you feel out of balance? If so, does it affect other areas of your life? Explain.

Sometimes we may assume our lives are in balance just by looking around at how unbalanced others’ lives are. If we look at others who are really out of balance, then we end up looking like we balance just fine.
Read 2 Corinthians 10:12 (page 1128 (HCSB) & 1021 (NLT) in your FCA Bible).

- What is the danger with comparing our lives with those around us?
- Will this truly tell us if our lives are in proper balance? Why or why not?

2nd Half

Read Psalm 119:9-11 (page 563 (HCSB) & 519 (NLT) in your FCA Bible).

- How does this say a young man or woman can keep their way pure or balanced?
- Does the Bible have the ability to balance out your life? Explain.
- What does it mean to seek something with all your heart? Have you ever sought something with all your heart? If so, explain.
- Is the person in Psalm 119 comparing himself to others? Who is he focused on?
- To whom/what do you look to help balance your life out (parents, peers, TV, God)?

Just as athletes must learn proper balance for their individual sports, so must Christians learn proper balance for their individual lives. With this in mind, why is it so important that we seek Jesus Christ to help us balance our lives?

Cool-down

Read 1 John 2:1-6 (page 1241 (HCSB) & 1127 (NLT) in your FCA Bible).

If you know Jesus Christ, how does that show in the balance of your life?

The only way that we can hope to ever have proper balance in all aspects of our lives is through the help of Jesus Christ, and by accepting Him as the manager of our lives. With God and his perfectly balanced plan for our lives, we can attain all of the goals that he has set before us.
**Game Plan**

- When we compare ourselves with others we will feel out of balance—we should only compare ourselves to God.
- Seeking the Lord first will help us not to be unbalanced by worshipping our sport or other idols.
- If we love God we should abide in Him—this will help us stay balanced.

**Gospel Connection**

You can’t try to please God and man because they believe in opposite truths/priorities (Galatians 1:10). This will leave you feeling unbalanced and dissatisfied. Pleasing people is only temporary while pleasing God is eternal and will create proper balance in your life.

**Close in prayer. Pray for balance in the lives of your huddle members.**
Purpose of meeting
To discuss the central message of the Bible, the gospel, with a presentation from an FCA staff member on how a person can receive the gift of eternal life. It is highly recommended that you invite a local FCA staff person to share in this meeting. The FCA staff person will be prepared to make a 10 minute presentation.

Warm-up
Open in Prayer.

“Gospel” is a term that means good news. What is the greatest gift or news you have ever received? Describe how this affected your life.

What was your life like before you received this gift or good news?

What is the difference between receiving a gift and receiving a paycheck?

Workout

1st Half: God and Man

• God
  o What universal truths or absolutes do you believe about God?
  o The Bible is clear on two absolutes: God is Holy (perfect, without blemish) and Just (a legal term meaning perfectly righteous)
  o God’s Standard:
    Read I Peter 1:16 (page 1225 (HCSB) & 1115 (NLT) in your FCA Bible) and Matthew 5:48 (page 881 (HCSB) & 802 (NLT) in your FCA Bible).
    ▪ What does each of these verses say about the character of God?
    ▪ What does each verse say we must be?
  o God’s Mandates for Man:
    ▪ Love: Read Matthew 22:37 (page 905 (HCSB) & 823 (NLT) in your FCA Bible).
    ▪ To Glorify Him: Read Revelation 4: 11 (page 1260 (HCSB) & 1145 (NLT) in your FCA Bible).
    ▪ Enjoy Him Forever: Read John 10:10 (page 1010 (HCSB)
• Man
  o When you think about God being perfect in all ways, and man’s condition, how does that make you feel?
  o What some things we know about man’s nature or character?
  o Imagine that in order to graduate from high school you had to have a 100% mark on every paper, test or project in every class for all four years of high school. You were not allowed one blemish. Obviously this would be impossible (at least for the vast majority of students). Yet this kind of spiritual perfection is required for any and every man to enter the kingdom of God or heaven.
  o Man is in Need of a Savior. We have all sinned. We simply cannot be Holy or Perfect, we are therefore incapable of loving, glorifying or enjoying God on our own. This is very bad news for every person...
  o Though God is Holy and Just and no one can enter His kingdom unless he or she has been made Holy and Perfectly Righteous, God is also loving, compassionate and full of mercy. Read John 3:16 (page 998 (HCSB) & 907 (NLT) in your FCA Bible).
    ▪ God sent His son into the world that we might be saved from our sin and imperfection and that we might receive eternal life. But what exactly do we need to be saved from?
    ▪ Read Romans 3:23 (page 1075 (HCSB) & 973 (NLT) in your FCA Bible).
      • What is man’s problem?
      • Falling short of the glory of God means we can’t earn eternal life through our good intentions or works. We all miss His perfect standard.
    ▪ Read Romans 6:23 (page 1079 (HCSB) & 977 (NLT) in your FCA Bible).
      • What is the result of man’s sin problem?
      • Death is eternal, physical and spiritual separation from God.
      ▪ Read the last phrase of Romans 6:23 (page 1079 (HCSB) & 977 (NLT) in your FCA Bible). How does this verse describe eternal life? And who gives us eternal life?

2nd Half: Christ and Response

• Christ: Who is Jesus and why do we need Him?
Jesus once asked a question of His disciples: “Who do people say that I am?”. Who do you think that He is?

Read Mark 8:27-30 (page 931 (HCSB) & 846 (NLT) in your FCA Bible).
  - What was Peter’s answer?
  - Messiah means Savior, “the Coming One” who will save the world.

What do you think Jesus’ purpose on earth was?

Read John 14:6 (page 1016 (HCSB) 922 (NLT) in your FCA Bible).
  - Who did Jesus say He is?
  - Jesus is the One and only way to God and eternal life. He offered himself as a perfect sacrifice of death for you and he is the standard for Christian living. His death and resurrection proves His victory over sin and death. Trusting Him is the beginning of the rest of your eternal life!

Read Matthew 20:28 (page 902 (HCSB) & 821 (NLT) in your FCA Bible).
  - For what purpose did Jesus say he came?

Read John 3:16 again (page 998 (HCSB) & 907 (NLT) in your FCA Bible).
  - What was the reason Jesus came to the earth?
  - What is the result for those who believe in Him?
  - What do you think it means to believe in something or someone?
  - What is the difference between knowing about something and believing in something?
  - Have you ever been in a position when you had to or wanted to trust someone completely? Describe it.

Response: Do You Know Jesus?

Introduce the FCA staff person to the group and explain that he/she is there to make a presentation on the Gospel, the good news of Jesus Christ (10 minutes)

Following the staff member presentation, continue the huddle discussion
  - What must a person do to know Jesus and to experience eternal
• What decision have you made in regard to Jesus and His offer to you?

Every believer in Jesus has the promise of forgiveness and an eternal relationship with God. That life begins the moment you trust and follow Jesus. It might be today! An FCA huddle is one of many vehicles to help you grow. Stay connected to your huddle. Just as you eat right and practice your sport to improve and grow, it is important that you feed and nourish your spiritual life. Here are some practical ways to begin or continue your growth as a follower of Christ:

1. Be a part of a local church, people of all ages and life experiences that worship and serve together.
2. A daily personal Bible study and prayer time. FCA has books that can help you study the Bible.
3. Sharing your faith with friends and family. Tell them what Christ has done for you! If you have trusted Christ as your savior tonight share that with your huddle coach.
4. Pray! Prayer is conversation with God, expressing your appreciation and thankfulness to Him, sharing your concerns because that shows trust in Him, and listening as you read scripture and pray to where He is leading you. Praying through scripture as you read it brings understanding!

**Game Plan**

- The Gospel of Jesus Christ is good news and we should be motivated to share this!
- The Gospel should change us completely, we are new creations in Christ.
- The Gospel: God, Man, Christ, Response is important to reflect on daily, this is what it means to be a Christian by believing in the Gospel.

**Close in prayer.**
**Purpose of meeting**
To develop God-given confidence.

**Warm-up**
Have everyone say what situation, activity, circumstance, etc. makes them feel:
- The most confident,
- The least confident,
- And a situation where they started out unconfident and then eventually developed confidence in that situation.

**Workout**
Open in prayer.

**1st Half**

- In your opinion, which is harder to deal with: an under-confident teammate or an overconfident one? Why?

- What might happen in a Huddle if the officers are overconfident? What if they are under-confident?

- Which are you most likely to be, overconfident or under-confident?

**Read Philippians 4:13 (page 1159 (HCSB) & 1050 (NLT) in your FCA Bible).**

- Do you think the writer is being overconfident? Why or why not?

- What seems to be the source of his confidence?
Read Matthew 14:13-21 (Jesus feeds the 5000). (page 893 (HCSB) & 813 (NLT) in your FCA Bible).

In verse 17, what is the disciples’ attitude about the situation?

- What had they forgotten – which led to their lack of confidence?
- What should we do to avoid making the same mistake the disciples made?
- How can you apply these principles to a huddle meeting?

2nd Half

Athletes need confidence to succeed in their sport.

- From your experience as an athlete, what gives you the confidence you need to do well? (As a group, share as many factors as you can think of that contribute to an athlete’s confidence.)
- How does experience or practice, help your confidence grow?
- How do you usually learn when everything goes right or when you make mistakes?

Read 2 Corinthians 12:7-10 (page 1130 (HCSB) & 1023 (NLT) in your FCA Bible).

- Have you ever had to rely on Christ during a time of weakness? Explain.
- How can having a weakness or a difficulty make you stronger?
- How important are natural abilities and talents?
- Which leader would be more effective, and why: a very gifted and talented person who wings it every meeting, or a less talented person who prepares, prays, and relies on their training?

Read Philippians 3:1-11 (page 1157 (HCSB) & 1048 (NLT) in FCA Bible).
Paul writes that he had more talent and qualifications than anyone, “If anyone else thinks he has reason to put confidence in the flesh, I have more,” and then he lists his many accomplishments. Yet he urges us not to put our confidence in the flesh. What does he mean by this? (What should we base our confidence on instead?)

Read and compare Philippians 1:6 and I Thessalonians 5:24 (pages 1154/1173 (HCSB) & 1046/1065 (NLT) in your FCA Bible).

- What do these two verses say about being called to do a good work for God?

- Who was the One that called you to be an officer of your Huddle?

- How can these two verses give you confidence that God will help you in your role as a leader?

- Lastly, how will prayer help you to be more confident? How much time do you plan to spend in prayer before leading your Huddle meetings?

Cool-down

Take a few moments to reflect on what your huddle has just discussed. Think about the discussion on confidence and what area you need to work on the most for the upcoming year. (i.e. overconfidence, under-confidence, not believing God will provide, relying on self, not spending enough time in prayer, etc.)

Game Plan

- Our confidence should not be in our flesh, abilities, or circumstances but in Christ alone.
- We can be confident God is at work in our lives.
- God has called you to be a leader – be confident in that and lead in a way to honor Him.

Gospel Connection

If we try to rely on our own abilities to lead, we will let ourselves down every time. Jesus is the only reliable source for our hope because He has overcome sin and the world (John 16:33). We can find ultimate confidence in our Savior!

Close in Prayer. Pray that each officer will discover their God-given confidence and will lead with this confidence throughout the year.
Purpose of meeting
To better understand what it means to truly serve others, especially in the midst of our busy lives.

Warm-up

Three-Legged Race – Icebreaker
Have huddle members get into pairs. Secure the partners together by snugly tying a bandana/string around their inside legs. When you say go, each team must work together to “run” to the finish line. The first team to cross the finish line standing up wins.

Workout

Open in prayer.

1st Half

Read the following article, "Breaking Stride," by Roger Schoenhals.

Many goals are worthy. And establishing and maintaining momentum is important. But the good can be twisted. Our programs and projects can keep us from people.

When Jesus set out on the road for Jerusalem and the cross, He encountered many interruptions. He had good reason to run by. But He stopped. Again and again He stopped.

He stopped to reason with His critics. He stopped to bless the children. He stopped to plead with the rich young ruler. He stopped to talk with His friends. He stopped to have dinner with Zacchaeus. And later, alone with His Disciples, He stopped to wash their feet.

Breaking stride is what servanthood is all about. And we who follow Jesus have been called to serve those we encounter along the way: "I have given you an example, that you also should do as I have done to you." (John 13:15 RSV).

In small groups, discuss the following questions:

◊ What did the author mean by "Breaking Stride"?

◊ Share with the group a time when someone "broke stride" for you. Was it important to you? Why do you think they did it?
Share a time when you were too busy to "break stride" for someone. What was the reason you couldn't stop? Does it seem that important now? How did you feel afterwards?

Share a time when you broke stride for someone. Why did you do it? How did you feel afterwards?

2nd Half


◊ Who was the only one that “broke stride” in order to help the man that had been assaulted by robbers?

◊ The Samaritans were the people who were most despised by the Jews, what point do you think Jesus was trying to make with this parable by having the Samaritan be the one to show compassion?

◊ How does Jesus define what being “a neighbor” to someone is? What instructions is He giving us through this parable?

◊ Imagine the impact our willingness to break stride, to be a neighbor to our teammates or to our FCA huddle, could have. What are some specific ways we can follow the Samaritan’s example on your campus? Your team? Your huddle?

Read 1 John 3:16-18 (page 1243 (HCSB) & 1129 (NLT) in your FCA Bible) and James 2:14-19 (page 1219 (HCSB) & 1109 (NLT) in your FCA Bible).

◊ How do we demonstrate love? Why do actions speak louder than words?

◊ Who are we to serve? What should our attitudes be as we serve?

◊ If we aren’t serving others, what does this show about our faith?

◊ What are some specific ways we can do “good works” toward others to live out our faith?

◊ What is the cause for us to love and serve others?

Cool-down

Decide on one way you can serve the huddle and a family member this next week. Serve them, and remember to imitate Christ’s attitude of joyful service.
**Game Plan**

- We know love because Christ first loved us.
- We are called to love our neighbors, which includes everyone we come in contact with.
- Serving means putting your needs and interests below others’ needs.

**Gospel Connection**

Jesus showed us the ultimate example of serving by laying down His own life so that we could have eternal life (Mark 10:45). If we believe this and accept Jesus as our Lord and Savior, we will be saved (Romans 10:9).

**Close in prayer.**
Purpose of meeting
To understand the importance of what you say and how it affects others.

Warm-up
Pick an ice-breaker from fcaresources.com

What do you think is the strongest muscle in your body? Why do you think so? (the tongue is)

Workout
Open in prayer.

1st Half

After your first day of practice, your coach calls everybody together and proceeds to tell you how &^%$@!! bad the team is going to be this year. He goes on to tell you how last year’s team had more talent and that it will take a #$@!! miracle to win half the games this year.

• What affect will the coach’s words have on the team?
• What if the coach had chosen to use different words?

• What is the purpose of the tongue?

Read Ephesians 4:29 and 5:4 (page 1148 (HCSB) & 1041 (NLT) in your FCA Bible).

• As a huddle, how can we do a better job of building up one another?
• Why is it important to build up instead of tear down?

2nd Half

Read James 3:3-10 (page 1219 (HCSB) & 1110 (NLT) in your FCA Bible).

What are the analogies used to describe the tongue? Which of the analogies do you think best describes the tongue and why?
Does anybody ever need to use foul language? Should Christians ever use foul language? When Christians do use it, what happens to their witness?

Do you think the type of music you listen to affects your faith or what you say? What other things could affect the way you talk?

**Read Matthew 12:33-37 (page 890 (HCSB) & 810 (NLT) in your FCA Bible).**

How do the words we use reflect what is in our hearts?

Why do you think Jesus focused on the hearts of the people He was speaking to?

**Cool-down**

Kevin Johnson, formerly of the Phoenix Suns used to charge teammates a dollar every time they used foul language. What are some other ways to change the way you speak?

**Read Matthew 12:37 (page 890 (HCSB) & 810 (NLT) in your FCA Bible).**

This verse is challenging, because it reminds us that whatever we say can have a lasting impact. When was a time when someone said something positive or negative that you will never forget?

Let’s be leaders in our speech and how we interact with one another, to show others on our campus that Christians lift each other up, instead of breaking each other down.

**Game Plan**

- What you say reflects your heart.
- We will be held accountable for every word we say.
- We are commanded to encourage one another.

**Gospel Connection**

If you believe that Jesus is the Son of God and that He died and rose from the dead, then you have the Holy Spirit dwelling inside of you. Let the Holy Spirit help you speak encouragement and show how you can control your tongue (John 16:13).

**Close in prayer.**
Perseverance in Leadership

Finishing the Task vs. Quitting

Purpose of meeting
To recognize that despite the challenges that come with positions of leadership, it is important to persevere and finish what you have started no matter what the hardships, challenges, or disappointments may be.

Warm-up
Go around and share with the group a time when you started something new and exciting. You were really into it at first with high expectations only to find that it was harder than originally planned, and you quickly wanted out.

❖ What did you do?
❖ Why did you do that?

Workout
Open in prayer.

1st Half
It’s easy to get discouraged when the times get tough. Throughout the Bible, God tells us stories of great men and women who were faced with trials and difficulties. All of these people were called to do great things for the Lord, and God had huge expectations for them.

❖ What are some things you feel God has called you to do? (For example, consider your role as an officer or student-athlete.)
❖ What are some of the different trials you have faced due to this calling?

Take Moses for instance. God called this man from birth to do great things. He was the man who God chose to use to save the Israelites from their bondage in Egypt and lead them to the Promised Land. He did just that, but do you think it was easy? Do you think Moses ever feared for his life because of the decisions he was making? Do you think there were times when Moses just wanted to throw that staff down and walk the other direction? Do you think he got along with all of the Israelites all of the time?
Do you think he ever got frustrated with God? Of course he felt temptations to quit, but the fact is *he didn't*.

**Read Hebrews 11:24-27 (p. 1212 (HCSB) & 1102 (NLT) in your FCA Bible).**

- What gave Moses the strength to persevere?
- Who do you get your strength from? As a leader and an athlete, whom or what do you rely on when times get tough?
- How does faith carry someone through difficult circumstances?

**Read Exodus 17:1-7 (p. 107 (HCSB) & 102 (NLT) in your FCA Bible).**

This is one of several times when the Israelites complained to Moses and questioned why he led them out of Egypt and questioned if the Lord was with them. When you are called to leadership, you will often face times when those you are leading may question your decisions or motives when trials arise, or they may wish for things to be the way they were before.

- Describe a time when you were in a position of leadership and your decisions or motives were challenged. How did it make you feel, and how did you handle the situation?
- How did Moses respond to the complaints of the Israelites?
- Who did Moses turn to for help?
- How can we persevere in leadership when we feel that we are under criticism?

**2nd Half**

**Read James 1:2-4:** "Consider it pure joy, my brothers, whenever you face trials of many kinds because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything." (NIV)

**Read James 1:12:** "Blessed is the man who perseveres under trial because when he has stood the test, he will receive the crown of life that God has promised to those who love Him." (NIV)

- What do these verses say about persevering?
Share with the group a time when your faith has been tested. How did this affect your relationship with God?

What does God promise through these verses?

Looking back on your life, how has God been faithful to you in the midst of you persevering?

Cool-down

Read Ephesians 2:10 (p. 1145 (HCSB) & 1038 (NLT) in your FCA Bible), Ephesians 3:20 (p. 1147 (HCSB) & 1040 (NLT) in your FCA Bible), and Romans 8:28 (p.1082 (HCSB) & 979 (NLT) in your FCA Bible).

Think of these verses the next time you feel discouraged or the temptation to quit. Turning to the Word in times of trouble is always the best way of combatting discouragement. It provides so much comfort and assurance. Keep in mind that God has called you (as He did Moses) to do great things as an athlete and a leader in your school. This is an awesome responsibility, and with it, God expects us to finish the task. He will give us the power and the strength to persevere if we follow Him in obedience, and then we will be a part of His story to ultimately bring glory to Him.

Remember this: YOU WERE CHOSEN.

Pray that through the tough times you will be able to persevere while being obedient to what God has called you to do and that His glory will be shown through you.

**Game Plan**

- You will face trials, both as a Christian and as an athlete.
- By faith along we can endure these trials.
- We were chosen by God to glorify Him and He will walk with us through the trial.

**Gospel Connection**

Jesus endured the worst hardships of life so that He could sacrifice Himself on our behalf (Hebrews 4:15). Jesus promises that our life on this Earth won’t be easy, but we should be encouraged because Jesus has overcome the world (John 16:33).

**Close in prayer.**
How Should I Serve?

Purpose of meeting
To develop service to God and others as part of our Christian life.

Warm-up
Choose an icebreaker from the FCA Bible or www.fcaresources.com.

Workout
Open in prayer.

1st Half

1.) Love is a decision

"If you have love for one another, then all will know that you are my disciples"
- Jesus John 13:35 (page 1016 (HCSB) & 922 (NLT) in your FCA Bible).

Read Romans 13:8-10 (page 1088 (HCSB) & 986 (NLT) in your FCA Bible).

God's will for everyone is to love. Jesus said there was no greater commandment than for us to love God and others. This is an unselfish, creative kind of love in which we put ourselves in the other person's shoes long enough to sense their frustrations and needs so we can better serve them. Someone once said, "Love isn't something you feel; it's something you do." However; if you begin acting in love, even when you don't want to, the feeling of love often follows.

Share a time you showed love to someone even though you did not feel like you loved them. What were the results?

What is the most loving thing you can personally do for your family?

Have everyone read I Cor. 13:4-7 (Page 1109 (HCSB) & 1004 (NLT) in your FCA Bible) to themselves, inserting their name wherever the word "love" appears. Love is certainly an action, not just words.
2.) Humility is necessary

Read *Philippians 2:1-11* (page 1155 (HCSB) & 1047 (NLT) in your FCA Bible).

Serving others is tough on your ego, yet Jesus taught that pride in any form is dangerous. It means we're trusting in ourselves instead of God.

Because of the status and hype associated with athletes, do you find it harder to serve than the non-athlete might? Why or why not?

How do you keep a proper perspective when people praise you?

Can you think of examples when Christ demonstrated humility?

Share one way you can demonstrate humility the next time you compete or even in your next class.

2nd Half

3.) Courage comes in handy

Read *Joshua 1:8-9* (page 224 (HCSB) & 211 (NLT) in your FCA Bible) and *Read 2 Corinthians 12:9-10* (page 1130 (HCSB) & 1024 (NLT) in your FCA Bible).

Share a time, in sports or on another occasion, when you felt you showed courage.

Is being vulnerable courageous?

Why do you think people respond better when you're willing to be vulnerable?

How does faith in Christ allow us to boast in our weakness?

Cool-down

How can winning and aggression be associated with servant hood?

Some of Jesus' disciples were once concerned about which of them would be named "the greatest." Read *Luke 22:24-27* (page 987 (HCSB) & 896 (NLT) in your FCA Bible). How did Jesus respond to His disciples?

Failure to serve with the right heart attitude has far reaching consequences. Notice the implications of *Matthew 7:21-23* (page 883 (HCSB) & 804 (NLT) in your FCA Bible). What does Jesus say in these verses about those who serve for their
own benefit? What are some ways you can change your attitude when serving others?

**Game Plan**
- We are called to love.
- Love is best shown in humility.
- Vulnerability takes courage.

**Gospel Connection**
Jesus humbled himself to live a human life and die a terrible human death (Philippians 2:7-8). Jesus did not come to Earth because He had to, but because He loves us and wanted to serve us (Mark 10:45).

**Close in prayer** by praying for: 1) the person in your life that you're having the hardest time accepting and 2) your attitude.
Who’s in Your Race?

Purpose of meeting
To recognize the importance of having a variety of life relationships: First with Christ, second with close friends, and third with people you influence.

Warm-up
Open in Prayer.

Describe the longest race you have ever run, or if you aren’t a runner, the most time and energy consuming athletic event you have participated in. What got you through it? How did you feel when it was over?

Workout

1st Half: The Perfecter of our Faith

Read Hebrews 12: 1-3 (page 1212 (HCSB) & 1102 (NLT) in your FCA Bible) and discuss the following questions, giving everyone an opportunity to share.

- Why does this verse compare the spiritual life to a race?
- What difference does it make as an athlete when you have fellow runners or other people competing with you?

Life is all about relationships, first with God through our Lord Jesus Christ, second with fellow believers, and third with people outside a relationship with Christ. In this half, let’s discuss our first and most important relationship: Jesus Christ.

- The Perfect Runner of Faith: Jesus.
- Have you ever had to totally give something up in order to invest time or energy in something greater? Describe what you gave up and what you invested in that was greater.

Jesus is the One and only way to God and eternal life. He is the standard for Christian living. Trusting Him is the beginning of the race, and trusting Jesus means following Him forever.

Read John 14:6 (page 1016 (HCSB) & 922 (NLT) in your FCA Bible) and Matthew 16:24-25 (page 896 (HCSB) & 816 (NLT) in your FCA Bible).
What kind of call is Jesus making in Matthew 16:24?

What does it mean to “pick up our cross” to follow Jesus?

How can keeping our eyes on Jesus once we have a relationship with Him help us in our race of faith?

2nd Half: Who Else is in Your Race?

In this half, we will discuss our need for fellow runners, those that can help us on our spiritual journey, as well as those that we can influence in their journey.

The Experienced Runner: The Mentor

We need and can benefit from a role model, usually someone older and wiser.

Read 1 Corinthians 11:1 (page 1106 (HCSB) & 1002 (NLT) in your FCA Bible), part of a letter from the apostle Paul to his young friend Timothy.

• What athlete or coach have you most admired and why?
• What have you learned from this person athletically, mentally or spiritually?
• In your current race of faith, what one person is a godly example of Christ-like living for you? What things have you learned from this person? Have you considered asking this person or someone to be a mentor to you?
• If you are a follower of Christ, have you sought to mentor others? Why or why not?

The Co-runners: Close friends

Read Ecclesiastes 4:9-10 (page 608 (HCSB) & 559 (NLT) in your FCA Bible).

We all need friends to encourage, motivate and pick us up when we are down.

• What characteristics in a teammate do you feel like you can trust and why?
• What is a “true friend”?

• Why are true friends necessary in our lives?

Read Proverbs 27:17 (page 600 (HCSB) & 552 (NLT) in your FCA Bible).

• Think about your closest friends. Do you have a close friend or two that is there for you when you need strength, advice or help? If so, describe that person.

• Are your closest friends believers that can challenge you and strengthen you in your race of faith? If yes, describe ways that they do that for you.

• How can the huddle provide an environment described in Proverbs 27:17?

• The Trailers: People you influence

We need to pour into others and be an example to those who are in our sphere of influence. This may include believers who are younger or new to the faith and individuals who do not have a relationship with Christ.

• You probably tried to imitate another athlete at some point in your life. Who was the person you tried to copy or be like in your sport?

• Who do you feel that you might be influencing or who might be watching you at this time in your life?

• What things in your life would you want someone that is watching you to learn and apply in their own life?
**Cool-down**

Take a couple minutes to fill out the chart below. Start by filling in your name in the center. Then fill in names in the blanks of people that are currently part of your life (race) or who you would like to add to your life race.

```
    my life mentor/role model

  close friend (your name here) close friend

  person I influence person I influence
```

Take a moment for anyone that desires to share their chart with the group. How does having Jesus, a mentor, close friends, and those you influence each help you run your race of faith?

**Game Plan**

- A faith in Jesus Christ gives us the ultimate hope in the race of life.
- We are to run the race with brothers and sisters in Christ.
- You have influence; use it to the glory of God.

**Gospel Connection**

Just like you need a coach to help you grow as an athlete, you need a spiritual mentor to help you grow in your faith. As you learn and grow, we are commanded to take the lessons we have learned about God and pass them on to the next group of believers (Matthew 28:19-20 and 2 Timothy 2:2).

**Close in prayer.**
Purpose of meeting
To learn more about and enhance the player-coach relationship.

Warm-up
Have your group list the "best" 3 coaches of all time in the following areas:

- College basketball (men & women)
- Pro baseball
- Pro football

Were there any coaches that received a unanimous vote?

Workout
Open in prayer.

1st Half
For an athlete, one key of success is to develop the best relationship possible with his/her coach.

- How do you view your relationship with your coaches?
  1) Great! I respect them a lot.
  2) Good! But there's still room for improvement.
  3) Fair! Sometimes I can't respect them.
  4) Bad! I have no respect for them.

Explain why you rated your relationship with your coach(es) as you did.

- How do you think a player should relate to a coach (i.e. friend, servant, child, etc.)? Explain.

- Think about the best relationship you've ever had with a coach. Tell what you think made it a positive relationship.

Sam Rutigliano, former Cleveland Browns and Liberty University head coach, says this about player-coach relationships:

"Players must respond to their coach as a person as well as an authority figure. The coach maintains their respect because of who he is, not just what he says. It comes from a relationship first."

- Do you agree or disagree with this quote? Why?
• Do you look at your coach as a person? An authority figure?

2nd Half

Read Romans 13:1-5 (page 1088 (HCSB) & 985 (NLT) in your FCA Bible).

o Why must we submit to our authorities?

o What happens when we rebel against our authorities?

o List ways a coach communicates with his/her players.

o What are some barriers that arise between players and coaches? Can all of them be overcome? Why or why not?

o Think about your own coaches. What is the most effective way a coach has ever communicated with you?

o How important is it to have good communication with your coach? Explain why.

o Do you feel comfortable talking one-on-one with your coach? Would you ever approach him/her if you felt they were doing something wrong? Why or why not?

o How should players act toward a coach that has not earned their respect or has lost their respect?

Read 2 Corinthians 7:8-13 (page 1124-1125 (HCSB) & 1019 (NLT) in your FCA Bible).

o Why is Paul saddened?

o Who is Paul the authority over according to these verses? What were the positive results?

o Think of times when coaches have called you out. What positive results came from it or could come from it?
Cool-down

Former FCA coach Larry Patton of Belleville, IL says:

"Be mindful of your responsibilities as a player. Let the coach do the coaching, not you. Let the official do the officiating, not you. You’re the player; you do the playing, give it your best shot."

You may not always understand the decisions your coaches make, but you can choose how to respond and do your part to always work to improve your relationships with your coaches.

Think about the following:

- How can coaches change kids’ lives? How can kids change coaches’ lives?
- What should be the #1 goal of every player-coach relationship?
- How can we encourage our coaches?

Read Romans 12:16-18 (page 1087 (HCSB) & 985 (NLT) in your FCA Bible).

Game Plan

- Your relationship with your coach is crucial.
- We are called to submit to those in authority over us.
- Read Romans 12:9-18 (page 1087 (HCSB) & 985 (NLT) in your FCA Bible) – It is how we are called to live.

Gospel Connection

If we cannot respect our earthly authorities, then how can we respect our heavenly ones? Jesus respected God and His plan even though Jesus was 100% God (Philippians 2:5-8). God wants us to give up trying to control our own lives because He has something greater and grander planned than we could ever imagine.

Close in prayer.

Pray for strong relationships between you and your coaches and for improved communication. Pray that your coaches will powerfully and positively influence you and your teammates and that you will influence your coaches in the same way, using these opportunities to lift up the name of Jesus Christ.
Purpose of meeting
To encourage us to know, study and apply God’s Word to our lives.

Warm-up
Find an ice-breaker from fcaresources.com.

Discuss the different views society believes about the Bible.

Workout
Open in prayer.

1st Half
FCA’s Statement of Faith says: "We believe the Bible to be the inspired, the only infallible, authoritative Word of God."

• Why should Christian draw authority from the Bible?

• Do you think as Christians we live our lives as if the Bible is true? Why or why not?

• Who, what or where can we go to find answers on how to apply the Bible to our lives?

2nd Half

Read 2 John 1-6 (Page (HCSB) & 1134 (NLT) in your FCA Bible)

Why did John write this letter?

According to John, what does love mean?

What does it mean to “walk in love,” towards your teammates and coaches?
Read 2 Timothy 3:16-17 (page 1190 (HCSB) & 1082 (NLT) in your FCA Bible).

- What does Paul, the author, say about Scripture?
- What does “inspired by God” mean?
- In what ways has the Bible taught, rebuked (revealed what is wrong), corrected or encouraged you?
- How can knowing God’s Word help you overcome fear and obstacles?

Read Hebrews 4:12 (page 1203 (HCSB) & 1094 (NLT) in your FCA Bible).

- What does it mean when it says that “the word of God” is living and effective?
- How have you experienced God’s Word as “living and effective” in your life?

Read Psalm 119:9-16 (page 563 (HCSB) & 519 (NLT) in your FCA Bible).

- In the NIV translation, verse 9 reads: “How can a young man keep his way pure? By living according to your word.”
- What guidance does the psalmist give for keeping our way pure?
- What does it mean to hide, or treasure, “your word in my heart”?
- What keeps us from knowing God’s Word?

Cool-down

On a scale of 1 – 10, with 1 = no knowledge and 10 = a Bible scholar, personally reflect on where you believe you are in your knowledge of the Bible. Share with your group if you are comfortable.

Try and figure out a plan on how to spend more time with the Lord each day.

There are many resources, books, websites and scholars that provide sound evidence for the truth of God’s Word. FCA encourages all to research this subject. If help is needed, please ask your huddle coach.

The app YouVersion has FCA devotionals you and your huddle could read together, just search “FCA” under plans to find one that works for you!
**Game Plan**
- As Christians we must derive authority and learn to apply God’s Word.
- The Bible is inspired by God for the people of God to learn His character.
- Living accordingly to God’s Word helps us pursue righteousness in all things.

**Gospel Connection**

The Bible is the greatest love story ever written. God wanted us to know how much He loves us, so He gave us the written Word to remind us of all that He has done. Every story points to our need for a Savior and the loving sacrifice of Jesus. When we read the Bible, we are reading and holding the actual words of God!

**Close in prayer** by asking God that the desire to know and study His Word will be a part of every huddle member’s faith in Christ.
Run to Finish Part I
Cloud of Witnesses

Purpose of meeting
To learn what it means to run the race of faith and to be encouraged by those in the Bible who have finished the race. This is a four part study on Hebrews 12:1-3 (taken from an FCA Weekend of Champions) for encouraging Christian athletes to run the race of faith with endurance and perseverance.

Warm-up

Read Hebrews 12:1-3 (page 1212 (HCSB) & 1102 (NLT) in your FCA Bible).

In Hebrews 12:1-3, the writer compares the Christian life with running a long distance race. We are going to learn about Christianity in this series by using the Bible and our knowledge of track events to help us.

1) What is the difference between a 100 meter sprint and a marathon? Which is most like the Christian way of life? Why?

2) Why is living a life of following God a good comparison to running in an actual race? What do they have in common?

Workout

Open in prayer.

1st Half

In Hebrews 12:1, we learn that we have a cloud of witnesses surrounding us. Some of these witnesses have just been referenced in the previous chapter, Hebrews 11. These “Heroes of Faith,” such as Noah, Abraham, Isaac, and Moses, among others, have set an example for us of living a life for God, otherwise known as running the race of faith.

The most powerful encouragement we have from the witnesses in Hebrews 11 is that they finished the race. They are now surrounding us with support as their legacy lives on.

1) How does a runner feel when a great athlete in his event is watching him?

2) Who is a person that you admire that has watched you compete athletically? How did that affect your performance?

3) Think of a feat or a task that you thought was impossible until you saw someone else accomplish it. What was it, and who accomplished it?
4) Who in the Bible have you seen accomplish finishing the race of faith? Who have you seen finish the race of faith in your own life?

5) How does witnessing others finish the race of faith encourage us as we are running the race?

2nd Half

We have seen that the “Heroes of Faith” (or witnesses) listed in Hebrews 11 are an example for us to show that a difficult race is possible to finish.

Read Hebrews 11:1-2: “Now faith is being sure of what we hope for and certain of what we do not see. This is what the ancients were commended for.” (NIV)

1. What enabled the witnesses (or ancients) in Hebrews 11:2 to finish the race and be commended?

2. What role did faith play in their lives?

3. How much does believing you will finish an actual race affect whether you complete the race or not?

4. Think of a time when you tried something that you didn't think you could do. How well did you do? Did you finish it?

5. What is it like to play on a team that has no hope? How does that impact your performance?

6. Based on Hebrews 11:1, what should our faith NOT be based on?

Faith is not a warm, fuzzy, positive feeling you get. Faith is making a decision to believe in, trust, or depend upon someone or something. Thus, faith never exists alone; there is always a person or object you put your faith in. You have faith in a chair to hold you up. You can have faith in a coach to direct you in a sport. You can have faith in God. Real faith involves knowing without doubt. Usually we can trust someone or something because we have seen evidence that indicates we can. However, faith in God means believing and trusting in Him, even when we do not physically see Him or always understand what He is doing.

1) What are things or people you have faith or trust in within your world of athletics? What about outside of athletics?

2) How do you demonstrate you have faith in something?

Cool-down

In the Bible, Hebrews tells us that we need faith to run the race, but we also need faith to enter the race. Faith in Jesus Christ begins when we acknowledge and confess our sin to Him and trust
that his death and resurrection was the final sacrifice for our sin. When we accept this gift, that is when we enter the race of faith.

We know that just being in school doesn't mean that we are a part of the track team, just as going to church doesn't necessarily mean that we are “trusting in” Jesus, a part of His team, nor running the race.

What does “trusting in” Jesus mean?

**Game Plan**

- If you have not accepted Jesus as the Lord and Savior of your life, pray if you want to commit to running the race of faith.

- If you are not currently following Jesus, you can turn to Jesus to become part of His team to run the race with Him. Talk to your huddle coach, huddle leaders or someone else you trust if you are ready to raise your level in this way. Have them walk through the “More than Winning” section of the FCA Bible with you.

- If you are already running the race of faith, commit to strongly finishing the race.

- If you already trust in Jesus and are following Him, find people to help encourage you, study the Bible with you, and hold you accountable while you are running so that you are able to finish the race by faith.

**Gospel Connection**

You cannot get into heaven by simply being good enough. Everyone has sinned and fallen short of the glory of God (Romans 3:23), even the "Heroes of Faith" in Hebrews 11. God's grace is greater than your sin and placing your faith in Jesus will save you from your sins if you believe in your heart and confess with your mouth that Jesus is your Savior (Romans 10:9-10).

**Close in prayer.**
Run to Finish Part II
Call to Endurance

Purpose of meeting
To inspire Christian athletes to rid themselves of anything that hinders them in the race of faith and to encourage them to withstand agony in the midst of the race. This is a four part study on Hebrews 12:1-3 (taken from an FCA Weekend of Champions) for encouraging Christian athletes to run the race of faith with endurance and perseverance.

Warm-up

Read Hebrews 12:1 (page 1212 (HCSB) & 1102 (NLT) in your FCA Bible).

One of the worst things a runner can do is wear heavy clothing or heavy shoes during competition. What seems like very little weight at the beginning of a long race becomes heavier and more cumbersome the longer he runs. It can be the difference between quitting the race and finishing it. The author of Hebrews shows us that this is also true when dealing with sin or other hindrances in the Christian life.

Workout

Open in prayer.

1st Half

The Greek word that has been translated "weights" actually means a bulk, a mass, or an impediment. We are told to lay it aside or to rid ourselves of it. It is portrayed as a hindrance.

1) What are some hindrances other than clothing that might affect the way a runner performs? What could be done about these?

2) What are some hindrances that can hold us back in our Christian life or "race"? Briefly, list some things that hinder our commitment to Christ.

3) Why do you think there is a stated distinction made between "weights" and "sin"? What are some "weights" that can hold Christians back in their race that aren’t necessarily "sin"?

4) Think about the following: What are some "weights" that are personally hindering you in your commitment to Christ? Think about all areas of your life (school, athletics, church, home, etc.) including people in your life.

The word used for "sin" here can be translated as "missing the mark." When a cross country runner competes, it is important that he knows the course beforehand. Otherwise, he might be led
off of the track and be deceived from the "mark." However, the author here uses the term "ensnares." It is as if we're running through a thicket, full of traps, even when we are on the right course.

Think about the following: What “sin” could be keeping you from “missing the mark” in your commitment to Christ, or what are some potential traps you could see yourself falling into? (e.g. unbelief, disobedience, pride, etc.) Take a moment and write it down. At the end of this meeting, you may want to share this with the huddle or with someone else you trust.

2nd Half

If we examine the Greek meanings of key words in the portion of Hebrews 12:1 that states we should "...run with endurance the race that lies before us," we are able to gain some interesting insights into our instructions.

A. The word endurance, in the original language, is made up of two words, one meaning "to stay" and the other meaning "under." Therefore, the Bible tells us to "stay under" when we are running the race. Notice that this word occurs in all three verses.

B. The word for race is one of the most athletic terms found in the Bible. It was used for the contest held in the ancient Greek Olympics. The Greek word for “race” is "agon," and it is where we get our English word "agony." It also carries the meaning of an effort, anxiety, conflict, or contention. Therefore, when we put the two together, we receive instruction to stay under the effort, anxiety, conflict, or contention.

1) What are some types of agony a runner must go through during a marathon or another long distance race?

2) Is a marathon ever easy? If not, why do the runners do it?

3) What kind of conflict or agony could come upon us for being a Christian as we are running the race of faith? How should we react?

4) How can we “stay under” the conflict or contention?

5) How long could it go on? Do we ever get to determine when enough is enough when we experience suffering in this race of the Christian life?

Read James 1:2-5 (page 1217 (HCSB) & 1108 (NLT) in your FCA Bible).

1) James 1:2-5 shows us that we should expect to face trials in the midst of our race. What encouragement does James give us for “staying under” those trials?

2) Think of a time when you or someone you know experienced conflict or suffering due to living a life for Christ, and explain how you or this person were able to "keep running the race."
Cool-down

Describe the running pace of a marathon. How can we model that pace while running the race of following Christ? What does that look like?

As a prayer request, share with your huddle a hindrance (a weight or sin) you would like to lay aside to help you keep your pace in order to finish the race.

Game Plan
- We are called to get rid of the weights that slow us down.
- Some hindrances may not be sinful, but they are slowing us down.
- There may be pain in our race, but Romans 8:28 says it is for our good.

Gospel Connection
Jesus wants you to take anything that is holding you down and surrender to Him so that He can carry it for you (Matthew 11:28-30). He carried the burden of the cross so that we could have true freedom from our sins. No sin or struggle is too heavy for Jesus to carry!

Close in prayer.
Run to Finish Part III
Focus and Discipline

**Purpose of meeting**
To encourage Christian athletes to keep their focus on Jesus, the source and perfecter of our faith, while enduring discipline to reap the benefits of finishing the race. This is a four part study on Hebrews 12:1-3 (taken from an FCA Weekend of Champions) for encouraging Christian athletes to run the race of faith with endurance and perseverance.

**Warm-up**

Read Hebrews 12:2 (page 1212 (HCSB) & 1102 (NLT) in your FCA Bible).

We have seen that many times a runner is inspired by those who have run in races before and that a runner must rid himself of any weight that may hinder him. Another way of making sure one has motivation and is prepared for running the race is to ensure he begins with the end in mind and maintains focus throughout the race.

1) Describe what it is like to leave the starting line of a long distance race. What do you think is going through the minds of the runners at the beginning of the race?
2) Who or what does a runner keep in his mind to help him finish the race?
3) Does it help a runner to turn and look back during a race? Why or why not?
4) What might happen when a runner gets toward the middle of a race and there's no "cloud of witnesses" to cheer him on?
5) What motivates him? How does "hope" fit into a literal long race and the Christian race of faith?

**Workout**

Open in prayer.

**1st Half**

The author of this passage gives us some answers to these questions. We are told that while we are running the Christian race, we are to keep our eyes on Jesus. The phrase here carries the meaning of looking away from other things in order to see our true goal. Although seeking encouragement from those who have run before us is important, our main focus must be on Jesus.

1) Why is focusing on Jesus more important than focusing on the witnesses mentioned in Hebrews 12?
2) What are some ways in which we might be able to keep our eyes on Jesus when running or competing in athletics? What about in other areas of our lives?

Jesus is called the source and perfecter of our faith. Do you remember what was said earlier about faith? By calling Jesus the source of faith, the writer conveys the idea that Jesus is the only one who can provide faith for us because it comes directly from Him.

Read John 1:1 (page 995 (HCSB) & 904 (NLT) in your FCA Bible).

“The Word” is another name for Jesus, the Son of God. Although Jesus did not exist in human form on earth before many of the witnesses in Hebrews 12, He did exist before they did.

1) How does John 1:1 give proof of that?

2) Therefore, how did the witnesses who lived before Christ on earth have hope?

2nd Half

The word "perfecter" is translated in some Bibles as the word “finisher.”

1) Why does the writer say that Jesus is the "finisher of faith”? How does this clarify what Jesus’ role is in helping us “finish” the race?

2) Think about the race you are running in your Christian life. How much more difficult is it to keep running when you take your eyes off Jesus, thus losing faith?

The second part of Hebrews 12:2 uses the word "endured" again. The phrase, "who for the joy set before him" is the same one that is used at the end of Hebrews 12:1. Jesus "stayed under" going to the cross because of the joy He knew would come as a result.

Read Hebrews 12:11 (page 1213 (HCSB) & 1103 (NLT) in your FCA Bible).

Discipline, as it is used in Hebrews 12:11, is defined as correction and pain that will lead to training and instruction.

1) How is discipline necessary for running a race?

2) Why is discipline needed to train for a race? Why is training necessary for a race, or what are the benefits of it?

3) What does the author say about discipline "at the time?"

4) According to this scripture, who will reap the benefits of discipline, and what will those benefits be?
**Cool-down**

Remember that Jesus was human, too! He did not want to be disgraced by hanging upon a cross for something He didn't do, but He did it anyway!

1) What kind of feeling do you have after an intense game or race?
2) What does Hebrews 12:2 tell us happened to Jesus after he finished His race?
3) What feeling will we have after finishing the Christian race? How long will it last?
4) Do you think the benefits we will reap are worth the pain of discipline? Why or why not?

How differently would we run the race if we could keep our eyes on Jesus, the source of our faith and the only one who can truly help us finish the race? How differently would we run the race if we continually thought about the benefits we will reap from being trained by discipline?

**Game Plan**

- Our focus in all things should be Jesus.
- Only Jesus can help us finish the race.
- Discipline in this life leads to blessings now and forever.

**Gospel Connection**

Jesus knew that His life would end in a painful death, but He also knew that His death would bring us eternal life. Jesus considered you worthy to die for even while you were still a sinner (Romans 5:8). With Jesus’ sacrifice as our motivation we can run the race with perseverance.

**Close in prayer.** Pray that the Lord will give you the strength to keep your eyes on Jesus and to endure discipline so you will reap the benefits of finishing the race.
Purpose of meeting
To inspire Christian athletes to see Jesus as the ultimate example for not losing heart while suffering in the midst of finishing the race. This is a four part study on Hebrews 12:1-3 (taken from an FCA Weekend of Champions) for encouraging Christian athletes to run the race of faith with endurance and perseverance.

Warm-up
When you have put in the time, effort, and discipline to train for athletics, what are the benefits you receive? What is your favorite of those benefits?

We learned that if we endure discipline while running the race, we will receive the benefits of peace and righteousness.

What is the best part of finishing the race of faith for us? Who will we be with for eternity?

Workout
Open in prayer.

1st Half

Read Hebrews 12:3 (page 1212 (HCSB) & 1102 (NLT) in your FCA Bible).
The writer here acknowledges how easy it is to “grow weary and lose heart” while running the race and offers some practical advice.

A. We are told to consider specifically how Jesus set an example for us. The author wants us to consider Him "enduring" hostility from sinners. The word "consider" is a word used in doing calculations. We are invited to "take account of" Jesus. He was enduring persecution. The people who ridiculed Him were not righteous. They were sinners. They were wrong. Yet, He "stayed under" their attack against Him.

1) What can this teach us in regard to persecution?

2) Although Jesus’ persecutors wrongfully accused Jesus, how did Jesus choose to respond to the persecution? Why?

3) Should we be surprised when we are the object of wrongful persecution? How can thinking about how Jesus was persecuted encourage us when we are being persecuted?

4) How should we respond when we are under persecution?
B. We are told that we are to consider Jesus so that we may not "grow weary and lose heart." Jesus is what will keep us from giving up both by being an example and by the supernatural ability He gives us when we ask for it. Again, we must see Him not giving up when He ran the race. He endured! The words for "grow weary and lose heart" are the same ones that the ancient Greek Philosopher Aristotle used of runners who relax and collapse after they have passed the finishing post, but a runner won't finish if he relaxes too soon. We're still in the race, and if we give up when we become discouraged, we won't finish the race.

1) Think of a time when you have seen someone give up during a race. Why did they do it? What might have prevented it?

2) Is it okay to be weary during a race? If so, when does it become a problem?

3) What are some things a runner could do to make sure he finishes a race?

4) What are some things you can do while running your race of faith to ensure you finish well?

2nd Half

Read Philippians 3:14 (page 1157 (HCSB) & 1049 (NLT) in your FCA Bible) and 2 Timothy 4:7-8 (page 1191 (HCSB) & 1083 (NLT) in your FCA Bible).

1) In Philippians 3:14, what do you think “the prize” is that the Apostle Paul is referring to?

2) In 2 Timothy 4:7-8, the Apostle Paul is approaching death and knows he is near to finishing the race. What will be his reward for finishing the race?

Cool-down

Discuss 3 main lessons you have learned in this study. Share them with the other huddle members. How can they help you in your Christian life? Share any major decisions you have made with someone you are comfortable with. Maybe it’s your huddle coach, one of the officers, someone else in your huddle, or an adult or mentor in your life that you trust.

Game Plan

- **Jesus is the goal of our race.** We have learned that faith or trust in Jesus is the means by which we can run the race, but becoming more like Jesus, worshiping Him for eternity, and glorifying Him is also our goal for finishing well.
• Therefore, faith is not referring to just a one-time acknowledgement of His lordship. It is a continual process of living the Christian life of following Jesus that is shown through the athletic analogy of a long distance race.

• While running this race, we seek encouragement from the “cloud of witnesses” that have run before us and have finished the race. We continually need to identify and lay aside “every weight and the sin that so easily ensnares us” so it doesn’t hold us back or keep us from finishing. Most importantly, we need to stay focused on Jesus who is the source of our faith and strength, gives us the example we need to endure hardships, and is the ultimate goal we are striving for.

**Gospel Connection**

Jesus became a man and suffered a terrible death so that He could help us through our own sufferings and trials. Because of Jesus' sacrifice, we are able to have assurance of our salvation and look forward to spending eternity in heaven (Hebrews 4:15-16).

**Close in prayer.**
Heart of a Champion

Purpose of meeting
To understand what it takes to have the heart of a true champion. True champions love God with everything they have.

Warm-up
Have each person share who they believe is one of the greatest champions that has ever existed (personally or professionally), and have them answer the questions below.

- Why do you consider this person a champion?
- What did he/she accomplish?
- How did this person’s achievements affect others?

Workout
Open in prayer.

1st Half
Have you ever been a part of a championship? What does it feel like to be declared the champion?

Read Matthew 15:17-20 (page 895 (HCSB) & 814 (NLT) in your FCA Bible).

- What in an athlete’s heart might prevent him or her from being a champion (pride, selfishness, etc.)?

- How do these things affect them in their daily lives outside of sports?

Have you ever watched someone overcome a matter of the heart in order to become a champion? If so, share your example.

It’s been said that athletics are 90% mental and 10% physical. Would you say that athletics are more about the head or the heart? Explain.
You can think you need to do something in order to perform better (using your “head”), but out of your “heart” comes the desire to do it.

Read Mark 12:30 (page 938 (HCSB) & 852 (NLT) in your FCA Bible).

Why are we instructed to love God with all our heart, all our soul, all our mind and all our strength?

What role does your heart play when you compete in sports? How about in your relationship with God? In your relationships with others?

Your heart is your core – it’s the “central” part of you that makes you who you are. It’s where your desires, passions, will and character are born. That’s why someone can have great talent and skill, but if they are not a competitor at heart, they won’t ever become all they were meant to be. The focus of your heart is crucial to becoming a true champion.

What’s the difference in loving God with all your heart and loving God with all your soul?

2nd Half

Read Acts 2:36-37 (page 1032 (HCSB) & 935 (NLT) in your FCA Bible).

◊ What does the word “Lord” mean? Do you have any idea what the word “Messiah” means?

◊ What happened to the people’s hearts when they heard these words and realized they had crucified the One who is Lord and Messiah? What do you suppose that felt like?

◊ What was the result? What did they say?

Maybe you already know what it means to know Jesus as Lord and Messiah, or maybe you do not. Either way, if you realize your heart has a desire to grow and learn more, you are at a perfect starting point for taking the next step in developing the Heart of a Champion.

Re-read verse 37 – page 1032 (HCSB) & 935 (NLT).

Just like the people in this verse, having a pierced heart (one that desires and longs for more of God) is the beginning. We all need to display a humble heart that recognizes our mistakes and imperfections, and consequently, our need for a Savior.
Cool-down

The Heart of a Champion is one that is driven toward a goal – regardless of the cost. The Heart of a Champion overcomes limitations, lack of skill, lack of size and lack of ability. The Heart of a Champion pushes through when others quit.

Does your heart desire more of what it takes to be a real champion? Do you have the Heart of a Champion? Discuss this with your huddle.

Game Plan

- A champion’s heart influences everything they do.
- We have to know in our heart that we need Jesus to become a champion in life.
- Our love of Jesus compels us to become champions.

Gospel Connection

Some of you may never have considered that God could be what you need to have the Heart of a Champion. If you have never asked Jesus Christ to be the Lord and Messiah of your life, that is your first step in seeing your heart transformed (See “More than Winning” in the FCA Bible). If you are already in the midst of your life with Jesus, as you close in prayer, personally ask God for guidance. Start with this: “God, help me to have the Heart of a Champion this week by...” (Let each person share what they need the most in their own heart).

Close in Prayer.
Purpose of meeting
To cultivate in the hearts of the huddle members the desire to be the best competitor they can be by receiving power from God to have a refreshed heart and soul.

Warm-up
Pick out an icebreaker where two teams must compete.

Workout
Open in prayer.

1st Half
Have at least two people read 1 Kings 18:20-39 aloud to the huddle (page 348 (HCSB) & 322 (NLT) in your FCA Bible).

- What are some examples of Elijah’s competitive drive?
- Was Elijah competing to bring glory to himself or to God?
- What effect did Elijah’s contest have on his audience (v. 39)?
- Do you think the people would have responded this way if Elijah had put the focus on himself instead of God?
- Without sharing names have you ever had a teammate or seen a player who plays to make himself, and not the team, look good? Did you enjoy competing with him? Why or why not?
- When you compete, what is the end goal of your competition?
- How does an athlete attribute his achievements to God and still appear genuine and humble?

Although God did prove victorious in the story of Elijah, having a Heart for Competition does not always mean winning. A Heart for Competition means learning to rise to every challenge, giving our best effort until the end, and making those around us better.
Using the above definition, did Elijah exhibit a sincere Heart for Competition? If so, how?

2nd Half

Read 1 Samuel 17:3-11 (page 287 (HCSB) & 267 (NLT) in your FCA Bible).

- Have you ever encountered an opponent that seemed as intimidating as Goliath? Explain.
- How did you overcome that fear and intimidation?

Read 1 Samuel 17:31-50 (page 288 (HCSB) & 268 (NLT) in your FCA Bible). Have at least two people read.

- Where does David find his courage (verse 37)?
- What is the difference between confidence and arrogance?
- In verses 45-47, where does David draw his confidence from? How do you think his faith affected his confidence?
- Does someone with the Heart of a Champion demonstrate arrogance or confidence when competing? Explain.

David showed a Heart for Competition with his confidence, knowledge and experience.

He had confidence that God would give him the victory over a mighty opponent (verses 45-47); his knowledge of battle allowed him to wisely choose only the tools he would need (verses 38-40); and his previous experience provided him with the skills necessary to enter a battle (verses 34-37).

Cool-down

In the space provided, write three traits that Elijah and/or David possessed that you would like to develop in order to help strengthen your Heart for Competition. Choose one of them to share with your huddle.
1.

2.

3.

**Game Plan**
- A love for God does not negate a competitive spirit.
- If our heart is right with the Lord our competition will impact those around us.
- We can be confident in competition because our identity is in Christ, not the outcome of the competition.

**Gospel Connection**
God doesn't care if you win or lose, but if you go all in when you compete and that you give the glory to God. Jesus went all in by sacrificing His life so that you could be free from the power of sin. Instead of competing for a temporary prize, we are called to compete and receive a heavenly prize through Jesus (Philippians 3:14).

**Close in prayer.**
Purpose of meeting
To be the best competitor we can be by developing a heart and lifestyle of training.

Warm-up
A scout from an opposing team has come to check out your game. In the space provided, write what you think the scout would write about you.

<table>
<thead>
<tr>
<th>Strengths</th>
<th>Weaknesses</th>
</tr>
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</table>

Share with your huddle some things the scout wrote about you.

How would the scout’s report of your strengths and weaknesses affect the way you train?

Just as we are given bodies with strengths and weaknesses, our hearts have strengths and weaknesses too. In this meeting, we will do a scouting report on our hearts to see how we can further develop them.

Workout
Open in prayer.

1st Half
Why is training important for an athlete? What are the sacrifices? What are the benefits?

Read 1 Timothy 4:7-10 (page 1182-1183 (HCSB) & 1074 (NLT) in your FCA Bible).

- What are some parallels between physical and spiritual training?
- What does training in godliness look like? How is it done?
- Why is training in godliness even more important than physical training alone?
- What can you do regularly as part of a training program to condition yourself physically? Mentally? Morally and spiritually?
Read Matthew 6:19-21 (page 882 (HCSB) & 803 (NLT) in your FCA Bible).

What is the greatest “treasure” that you possess, or what is one treasure that you have dreamed about owning?

Why does Jesus warn us not to collect treasures on earth?

How are our hearts connected to our treasures? How have you seen someone’s treasure affect their heart (priorities, passion, focus)?

As athletes, what are some of the treasures we collect? Are they temporary or eternal? How do our treasures affect the way we compete?

In what ways can we train in order to collect eternal treasures as an athlete? As a student? At home?

As athletes, we know what it means to work hard at collecting things. We work hard to “collect” a starting position. We work hard to have the right “collection” of skills. We want to “collect” the right team dynamics on the field. These are not necessarily bad things, but a person who has the Heart of a Champion knows that these athletic lessons can help us understand how to collect eternal treasures as well.

Treasures like love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23) are only possible when the Holy Spirit produces fruit in our lives. The ultimate treasure – an eternal love for God that fills your entire heart, mind, soul and strength – comes through the supernatural ability that only God can give to us.

Cool-down

Turn to the back cover of your FCA Bible. What you will see is the Competitor’s Creed. Take a few moments to read it together as a huddle.

Pray that God would give them a Heart for Training and the strength to develop a lifestyle that reflects the qualities cited in the Creed.
**Game Plan**

- There are parallels to our training in athletics and in our spiritual life.
- The treasure of our spiritual life is worth far more than what our athletic training can give us.
- Christian athletes should embrace competition as a chance to live out the fruit of God’s grace in our life.

**Gospel Connection**

God doesn’t care if you win or lose, but if you go all in when you train and that you give the glory to God. Jesus went all in by sacrificing His life so that you could be free from the power of sin. Instead of training for a temporary prize, we are called to train for a heavenly prize through Jesus (Philippians 3:14).

**Close in Prayer.**

Pray God would give your huddle and yourself a Heart for Training like in the Competitor’s Creed.
**Purpose of meeting**
To become the best competitor we can be by using all of our strengths to treat our teammates the way Jesus would through healthy relationships and evangelism.

**Warm-up**

**Unselfish Love**

*Put students into small groups of 5-7 people or smaller, and for each group, ask for a volunteer who can do 10 push-ups, and have the volunteer for each group do 10 push-ups. Then, ask those volunteers who did 10 push-ups which one of them could do 10 push-ups times the number of people in their group. Have the group choose one person to do the total number of push-ups for their group to win prizes.*

*Have everyone form a circle and bring the student who is going to do the push-ups into the middle. Then show the rewards to everyone and explain the challenge below.*

*The challenge is, with every 10 push-ups the student does, another person in the group gets a reward. The student does not stop doing push-ups until every other person in the group has received the reward. No one in the group is allowed to help the student doing push-ups, and no other person can substitute for him/her.*

*The person who sacrificed to do push-ups for his/her whole group obviously has a heart for his/her teammates. In this meeting, we will take a closer look at what that means.*

**Workout**

*Open in prayer.*

**1st Half**

*Read Proverbs 27:17 (page 600 (HCSB) & 552 (NLT) in your FCA Bible).*

*What does this verse mean?*

*How can people “sharpen” one another?*

*As teammates, how can we sharpen one another? As believers in Christ?*

*What is the benefit to having people in our lives who encourage us and make us stronger, both athletically and spiritually?*
Do you have someone in your life who sharpens you? If so, who are they? What do they do to sharpen you?

How can you be like iron to your teammates and encourage them not only athletically but also spiritually to be more like Christ?

A person who has a Heart for Teammates recognizes the need for someone to support them as well. If you don’t already have someone like this, at some point this week, ask God to begin showing you someone in your life who you can go to for genuine encouragement and support.

2nd Half

Read 2 Corinthians 5:17-21 (page 1122-1123 (HCSB) & 1017 (NLT) in your FCA Bible).

Read the definition for “reconcile” (look in the glossary in your FCA Bible). What do you think reconciliation means?

Without using names describe the biggest team conflict you have ever been a part of. Was there reconciliation? How was it resolved?

Without using names describe the biggest conflict you have been a part of outside of athletics. Was there reconciliation? Did someone have to help you resolve it?

According to verse 18, how did God reconcile us to Himself? Why do you think God did this? Why is this important?

This passage in 2 Corinthians talks about a “ministry of reconciliation.” Explain what you think that is.

Have you ever seen someone do this “ministry of reconciliation” or experienced yourself? Explain.

In verse 20, we are called “ambassadors for Christ”. What does it mean to be an ambassador?

How can we be ambassadors for Christ to our teammates?

How would it impact our team or teammates if we acted as ambassadors for Christ on our team?
A person who has a Heart for Teammates is one who truly cares whether or not their friends are reconciled to God through a relationship with Jesus Christ. You may have never thought about this. In fact, the thought of telling your friends about Jesus may seem frightening to you. However, know that God has not only given this message to us so that we can share it with others, but He has given us the power of the message as well.

**Cool-down**

As we wrap up this meeting, think about ways you can take a ministry of reconciliation back to your team and how you can be like iron and sharpen those around you. In the provided space, answer the following questions.

**List three ways you can specifically encourage your teammates on and off the field.**

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**Think about two potential people you can go to for support.**

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**Write three teammates you should share with about God’s “ministry of reconciliation.”**

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Spend a few minutes in silent prayer about the things you just wrote. Ask God to help you be a better teammate, seek out personal support and share His Good News with those around you.

**Game Plan**
- We are called to help our teammates grow as people and as athletes.
- Jesus Christ calls us to reconcile with others like he reconciled us to Himself.
- You are an ambassador for Christ and you will only be able to live this out through your walk with Him.

**Gospel Connection**
When sin entered the world in Genesis 3, we became separated from God. God is perfect and we are imperfect (Romans 6:23). God sent Jesus to take our punishment and reconcile our relationship with Him. We cannot earn our salvation, but we accept God's free gift of salvation (Ephesians 2:8-9).

**Close in Prayer.**
**Purpose of meeting**
To discuss what it means to be a leader as a Christian, an athlete and as an FCA officer.

**Warm-up**
All of us are coached, taught, parented and led by someone in our lives. When you think about “leadership,” think about the different ways in which people lead you in their lives (teacher, coach, parents, boss at work, etc.).

- What do you *most dislike* about the leadership in your life?
- What do you *most admire* about the leadership in your life?

**Workout**
Open in prayer.

*1st Half*
Have each person in the group define what they think “leadership” means.

Have everyone describe some qualities that are found in a good leader.

- What makes someone a good leader? What makes someone a bad leader?
- Who in the Bible demonstrated good leadership skills? What made them a successful leader?
- Can you think of anyone at your school who demonstrates outstanding leadership skills? Is this person a coach, student, teacher? What makes them such a good leader?

**The Principles of Biblical Leadership** (a different perspective)
Most of us would agree that leaders need to be strong, in control, know where they are going and what they want to accomplish. They don’t need to be people of fear, but rather willing to be in charge and to make things happen. We also would probably agree that leaders need to be good decision-makers and well respected by their peers (people of integrity and trust). But the Bible also teaches us another perspective on aspects of being a good leader that we don’t often think of, and one that can often be hard to accept.
The apostle Paul is talking about God’s calling of leaders in His Kingdom. Although Paul was once a great religious leader of the Jews (a Pharisee) who actually murdered Christians before he knew Christ, he was greatly humbled by God and his entire life got completely turned around. This caused him to rely upon Christ Jesus for everything in his life.

In verse 26, Paul mentions, 'when you were called.' What “calling” do you think he is talking about here?

What is God’s deepest “calling” for us as His people?

What “calling” do you think He has called you to in being a huddle officer/teammate?

Paul tells us in verses 27-29 that God often chooses the foolish, weak, lowly and despised things in this world to use as leadership in His kingdom. Sounds crazy, huh?

What does this passage tell us about why God chooses people like this to be leaders in His kingdom?

Why would God not choose the smart, wise, strong, completely confident, etc. to be His leaders?

How are you broken, weak and lowly before God in your life? How will this help you to be a good leader, officer, teammate and friend?

2nd Half

Read Matthew 23:1-12 (Page 905 (HCSB) & 824 (NLT)) & Mark 10:35-45 (Page 935 (HCSB) & 850 (NLT)).

Here we see a radical perspective that Jesus gives to leadership and greatness in His eyes. The Pharisees were proud of being the leaders and in authority. The disciples wanted to sit at Jesus’ side in the kingdom (a place signifying greatness). We too tend to think of leaders as being in the head role (very visible) and we often treat our own leadership with the same type of proud perspective. Leaders are often “dynamic” and “in charge” a lot of the time. There is nothing wrong with that. But here Jesus adds something new and radical to the equation. He says that the greatest will serve.

How can you be both “in charge” and “serve” at the same time?

What does this mean to you in your school huddle/sports team?

As a leader or huddle member, what things can you do personally to make your huddle great?
Jesus was the greatest example of “Servant Leadership”. Read Matthew 20:20-28 (Page 901 (HCSB) & 820 (NLT) in your FCA Bible). The “cup” refers to the suffering and death Jesus was about to encounter for the sins of the world. “Whoever wants to become great among you must be your servant...” The ultimate leader will serve those they lead. Jesus chose to come to earth in the flesh of man, to live a perfect life and eventually shed His own blood for our sin. He was King, but He chose to give it all up to serve us. THAT is truly amazing!

Cool-down

Ask yourself these questions...
1. How effective of a leader are you?
2. Are you willing as a huddle leader to give up difficult or personal things in order to love and serve those at your school and in your huddle?
3. Are you going to make other people more important than yourself?
4. Are you willing to be a great “behind the scenes” person and faithful in quiet ways if need be to serve God in His calling for your life?

Game Plan

• We are called to lead and lead like Christ
• Christ himself called us to serve humbly in leadership.
• Your FCA huddle should set the tone in servant leadership on your campus.

Gospel Connection

Jesus showed us the ultimate example of leadership by becoming a man and sacrificing His life on our behalf. True leadership involves sacrifice and considering others as more important than yourself (Philippians 2: 3-8).

Close in prayer.
**Purpose of meeting**
To address the tough issues that leaders face when they commit to God’s responsibilities, and offer encouragement to overcome them and influence the world for Jesus Christ.

**Warm-up**

- Being a leader can be lonely. Sometimes it seems like you are the only one who tries to do what is right. Have you ever felt like this? If you have, describe what happened.
- What are some of the difficulties of being a leader?
- What are some of the blessings?

**Workout**

Open in prayer.

**1st Half – Peer Pressure**

- When asked about the biggest difficulty facing teenagers today, many teens will say resisting peer pressure.
  - Do you agree or disagree?
  - What things are you particularly having trouble resisting?
  - As leaders in FCA, are you likely to face the same pressures? Is it easier or harder to resist if you are a leader? Why?
  - What is it about peer pressure that makes it so easy and tempting to give in to?

**Read I Corinthians 10:13** *(page 1106 (HCSB) & 1001 (NLT) in your FCA Bible).*
- According to this verse, are our temptations common or rare to others? How can this fact help you?
- What does this verse promise about God in the midst of our temptations? How can you find ways out when you feel tempted by peer pressure?

**Read Hebrews 4:15** *(page 1203 (HCSB) & 1094 (NLT) in your FCA Bible).*
- What does this verse tell you about Jesus?
- How does knowing that Jesus faced all the same temptations we faced, help you in resisting peer pressure?
2nd Half – Setting a Good example

- We all despise hypocrisy. Why do we dislike hypocrites?
- What effect does having weak or hypocritical leaders have on the group they want to lead?
- Do you think it’s fair that others look to the leaders and expect them to live up to high standards? Why or why not?

Read Luke 12:48b (page 972 (HCSB) & 883 (NLT) in your FCA Bible).

- Do you think this is fair or harsh? Explain your answer.
- How does this apply to being a leader?

"It’s lonely at the top!"

- Eagles usually fly alone, while common sparrows fly in flocks.
  - Which bird is more admired and respected? Which bird has a reputation for being a leader?
  - What does this say about those who want to be like eagles?

Read Isaiah 40:27-31 (page 652 (HCSB) & 601 (NLT) in your FCA Bible).

- According to verse 27, we may feel as if God doesn’t know when we are struggling. Do you think He knows and cares? Or do you think He doesn’t know and doesn’t care? Explain your answer.
- What does verse 30 say about becoming weary and stumbling?
- What does God promise to us if we become weary and discouraged (verse 31)?

Cool-down

- What are some problems those in leadership might experience?
- Where can you go for encouragement and/or help in these situations?

If anyone in the huddle has any verses they have found helpful in the past when leading their huddle, share the verse with the huddle and say briefly, how the verse helped you.

Read I Timothy 4:12 (page 1183 (HCSB) & 1075 (NLT) in your FCA Bible).

What is the advice given to young people who wish to be leaders? How is this encouraging to you?
**Game Plan**
- You will face temptation as a Christian.
- Jesus faced our temptations and was without sin, giving us a battle plan to fight it.
- God knows what we are facing and is with us throughout it.

**Gospel Connection**
Jesus was outcast and hated by everyone, even His family, because He stood for truth. In this life we will face trials, but if your faith is in Jesus then He has defeated those threats for you (John 16:33).

**Close in prayer.**
Purpose of meeting
To discover how God wants us to “Live Out” our faith everyday in our world.

Warm-up
Picture in your mind a jersey or T-shirt that would illustrate your personal mission in life. Think of a “logo” or “symbol” that you believe describes what you would desire your life to be about. (Ex: The fish on Christian’s cars, the FCA logo, your favorite sports team’s decal/logo”, etc.)

With your huddle, share what you chose as your logo and what it symbolizes to you?

Workout
Open in prayer.

1st Half
All of us receive instruction in life: whether from a teacher, a coach, our parents, or even from the media (TV, Radio, Music, etc.). All of this information tells us “How To” do something or “How To” become our best at whatever we are doing. This information is always given to tell us how to “Live Out” the information we now know in our heads to be the most effective people in our lives.

- What are some things that you are instructed to live out each day, whether from a teacher, a coach, a parent?
- What specific things are these instructions attempting to help you to do or accomplish?
- By following these instructions, do you think they will be beneficial or harmful to you? Why?
- Do you ever get direction or pressure to live a certain way from your friends? What kind of advice do they give?

Personally “Live It Out”
Think and discuss God’s mission for us in life. He now wants us to “Live that Out” in everyday ways in our everyday world.
Living it out within yourself:

Read Philippians 4:8-9 (page 1158 (HCSB) & 1050 (NLT) in your FCA Bible).
These verses are telling us to focus our minds on certain things.

- What things do you naturally tend to think about in life (negative or positive things)?
- Why is it so easy at times to think about negative things (either about ourselves or others)?
- What things is the Lord telling us to focus upon? Why do you think He wants us to dwell on such things?
- What does verse 9 tell us we can be sure of if we put these things into practice?

Living it out toward others:

Read Matthew 5:16 (page 879 (HCSB) & 801 (NLT) in your FCA Bible).
This verse encourages us to let our “lights” shine before men.

- What do you think the author here means by the word “light”?
- How would you summarize what this verse is encouraging us to do as God’s People?
- What are the results that might occur if we “let our lights shine before men”? Does this make us nervous? Or excited to share our faith?
- Which is more important?

Read Romans 12:1-2 (page 1087 (HCSB) & 984 (NLT) in your FCA Bible).
In these verses, the Apostle Paul is telling us to “offer our bodies as living sacrifices to God” and to “not conform any longer to the pattern of this world, but be transformed by the renewing of our minds”.

- How can we present our bodies as “living sacrifices” to God? (as FCA representatives, students, athletes?)
- What does it take to renew our minds and not allow ourselves to be conformed to this world and all its temptations?
- Verse 2 tells us that as our minds are renewed, we will then be able to know what?

2nd Half

Relationally “Live It Out”

Let’s look at how the Lord wants us to “Live it Out” in relationships.
Read Exodus 20:12 (page 109 (HCSB) & 104 (NLT) in your FCA Bible) & Romans 13:1-5 (page 1088 (HCSB) & 985 (NLT) in your FCA Bible).
These verses tell us to honor our parents & submit to all authority over us.

- Do you think these verses are hard or easy to accept? Why or why not?
- Who in your life is it easy to submit to? Who is hard to submit to?
- What about authority you don’t really believe in or agree with? (like bad parents, poor teachers, bad coaches, team policies, or certain laws - speed limits, tobacco/drinking ages, etc.)?
- What does God’s Word tell us to do in situations like that?
- Did you ever think that following things this simple would be ways that we “Live Out” our faith in God…. or did you think that “Living Out” faith in God meant just things like prayer, bible reading, bible studies, attending church, and leading FCA?
- Where did you learn how to “Live Out” your faith? Or are you just now learning how to do that?

Who we really are & what we really believe shows itself in our everyday lives…in how we behave & treat others.

Read Philippians 2:3-4 (page 1155 (HCSB) & 1047 (NLT) in your FCA Bible).
Here we are told to “treat others as better than ourselves”.

- What are ways you can “treat others as better than yourself” at school? As an athlete? As a FCA Huddle Officer or huddle member?
- How can you actually consider others better than yourself and not be selfish in your own life this year? On your team? With family or classmates?

Read Psalm 133:1 (page 570 (HCSB) & 524 (NLT) in your FCA Bible).
This is a simple verse telling us how special it is for us to live in unity and harmony with one another. He wants us to “Live Out” a life of love and service of our fellow man around us.

- How can you live in unity with the people around you this coming school year that are not easy for you to like, much less love?
How can you have unity with teammates that get on your nerves?

How about as a member of the FCA at your school?

How can you bring unity to your FCA Huddle?

**Cool-down**

We have looked at a few scriptures from God’s Word related to living for Christ, so in this closing section, take three minutes to write down at least three ways you can “Live Out” your faith this year as an FCA Huddle member and student-athlete. Keep those written things as a reminder to help you “Live Out” your faith this year at school.

Ask Jesus to help you “Live Out” the truth of His Word and the love He expresses to all of us who believe in Him. Ask Him to lead you each and every day to “Live Out” your faith without being like the rest of the world around you! We all will need His strength to do this, so pray this for your huddle too!

**Game Plan**

- You will “live out” a certain value system, so base it on scripture.
- A focus on Christ’s love for us will help us live our faith out.
- Living out our faith will compel us to love others.

**Gospel Connection**

Our faith cannot be compartmentalized into just FCA or church. Jesus went all in for us by His life, death, and resurrection – we too should live out our faith by denying ourselves and choosing to daily pursue Him.

**Close in prayer.**
Purpose of meeting
To discuss what it truly means to be a winner and the importance of enjoying athletic competition.

Warm-up
Have volunteers share who their favorite college or professional athletic team is and why. Have them answer the questions below.

Does your team typically win?
Does “your” team have to win most of the time for you to like them? Why or why not?

Workout
Open in prayer.

1st Half
We usually enjoy winning teams more than losing teams. We like and want to be winners. During this meeting, we are going to look at two athletes who did not win on the field but were winners in their heart. Discuss the questions that follow each story.

Winning is not always finishing in first place. Think about the strivers, the dreamers, the men and women who put in countless hours and years of training, yet never finish in first place. They come close but not close enough. It’s true that they didn't win, but can you really call them losers?

Case number 1: “Sacrificing the Gold”

1960 Olympics - Rome, Italy. United States’ defending Olympic champion discus thrower Al Oerter and teammate Rink Babka are expected to dominate the discus competition. Babka comes down with dysentery and is terribly ill during the qualifying rounds yet manages to get to the finals. In the finals, though feeling ill, he still manages first place after three throws. Oerter is struggling and not throwing well. Oerter’s fourth throw still falls short. Babka looks to be the gold medalist with one throw remaining. However, on the fifth and final throw, Oerter throws well beyond any throw of the day and wins the gold medal. Later, it was discovered that Babka took Oerter aside after four throws and told Oerter that he was dropping his free arm before throwing and suggested he keep it raised. That tiny adjustment was all Oerter needed and it cost Rink Babka a gold medal. Babka was not the winner but no sportsman would ever call him a loser.

You are Rink Babka. You are very ill with dysentery, yet still giving your all and managing to remain in first place for the gold. You see your teammate at full strength lagging back, but you know how to help him. Instead of you, he finishes first in the world!
What is your reaction to this story?

What do you think Rink was thinking?

Why would he sacrifice first place and the chance to win a gold medal?

How was Rink a winner, even though he did not get the gold medal?

Do you know a situation in your school or on any team where there was a similar display of love for a teammate or opponent?

What is difficult about making sacrifices like this?

Do you think Rink ever regretted what he did? Why or why not?

2nd Half

Case number 2: “Fourth Place”

Felix Caruajal was a Cuban postman and not someone you would think of as an athlete. He loved to deliver his letters at a trot and always with a smile. With encouragement from people on his mail route, Felix decided to run the marathon in the 1904 Olympics in St. Louis, Missouri. Felix had no competitive experience or money, just enthusiasm. As he continued to jog along his route, Felix spoke about going to the Olympics and was able to pick up plenty of sponsors. Everyone Felix encountered felt good. He had a smile and a winning personality. The day of the marathon was a typical St. Louis day - hot and humid. Felix came wearing long black trousers, hard shoes and a long sleeve shirt – his postman’s attire. An American discus thrower, noticing Felix, hastily cut his trousers to knee length but could not change Felix’s shoes. Felix ran, oblivious to the heat that was taking a toll on other runners. He stood out in the pack as he bobbed and weaved and talked with bystanders as he ran, hardly understanding anything said to him! As the race went on, the cheers soared as he stayed near the leaders. Felix, running for the pure joy of running, an unheralded postman, finished fourth. Felix probably did not realize he had lost that day or that medals were awarded only for the first three places. Or more importantly, whether it even mattered.

What strikes you about Felix’s approach to athletics?

Would finishing first have changed Felix’s attitude? Explain your opinion.

Do you enjoy athletics for the pure enjoyment of participating, or is it an all or nothing experience?

Though not considered an athlete, what lesson can Felix teach us about competition?
Read Colossians 3:23 (page 1165 (HCSB) & 1057 (NLT) your FCA Bible).

Should we attempt to finish in fourth place if we are capable of finishing higher? Why or why not?

**Cool-down**

Read Proverbs 3:3-4 and Proverbs 22:1 (pages 580 (HCSB) & 533 (NLT) and 595 (HCSB) & 547 (NLT) in your FCA Bible).

How do we find favor with God and man?

Are we successful if we have loyalty and faithfulness? Why?

God calls us to be faithful, not successful. Do your best at each task set before you, and leave the success and human recognition to God. He blesses the Christian with many gifts, both seen and unseen.

If you find yourself a loser because of one weakness or another, remember that your weakness has made another strong. Because you are a “loser,” someone else tastes the happiness of being a winner. Rejoice! God is using you to do His work in the world. He is using you to bring joy to another brother or sister.

**Game Plan**

- Be challenged to do EVERYTHING enthusiastically as something done for the Lord, including: practice, games, schoolwork, relationships, etc.
- Focus on and find a way you can help a teammate or opponent “win” like Rink Babka did.
- Focus on the enjoyment of your sport and why you love to play.

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1 Dallas Groten. “Will the Real Winner Please Stand.” Page 32. used by permission.
Gospel Connection

While the world values winning above all else, as Christians we see that God and others are more important than trophies or titles. Jesus came, died, and rose not to glorify you, but to glorify His Father and put us in a right relationship with Him! That is the ultimate victory.

Close in prayer.
Purpose of meeting
To understand why and how Jesus Christ calls us to love and accept those we live with in this world.

Warm-up

Find an ice-breaker at fcaresources.com.

Who do you have the most disagreements with? Over what subjects/issues do you disagree?

What is something a close friend or teammate does that irritates you? (don’t use names)

Workout

Open in prayer.

1st Half

Webster defines the word “accept” as to take what is offered; to receive with favor; approve.

How do you react to those you disagree with or those who irritate you?

Jesus encountered many different types of people while on earth. Some were outcasts like the woman in the following passage.

Read John 4:4-18 (page 999 (HCSB) & 907 (NLT) in your FCA Bible).

- What are some reasons others might have given for not associating with the woman?
- What groups of people at your school do you feel are not socially acceptable? Why?
- How do you act or feel when you have to interact with them?
- How did Jesus treat the socially unacceptable woman?
- How can you show that you accept them?
- As athletes, how can you be more accepting of your teammates who are not very good in their sport?
- How can you be more accepting of athletes in your school who are really awesome, but have a really big ego as well?

2nd Half

How do you feel when someone is judging you?

What does the Bible say happens when you judge others?

Think about the golden rule: *Do unto others, as you would have them do unto you.* How does this apply to judging other people?

What does it mean to be a hypocrite?

As athletes, do you ever think it’s unfair that people often judge you as a person by your athletic performance? Why or why not?

As Christians, do you ever feel others are judging you because you won’t get involved in drinking, partying, sex, etc.?

What are some other ways people may have judged you unfairly?

Who is the only one who has a right to judge you?

What does that say about the things others might be judging you for?

**Cool-down**

What practical steps can you take to stop judging others?

How can learning/memorizing verse Luke 6:37 help you to stop judging others?

**Game Plan**

- How will you treat people differently when you get back to school, at home and with your teammates again?
- Ask God to help you be more accepting of others, especially those who irritate you.

**Gospel Connection**

God loves you and accepts you because of what Jesus did on our behalf. We should respond to that truth with love and acceptance toward others.

**Close in prayer.**
**Purpose of meeting**
To discover that God calls us to compete only for Him above everything else that we play for.

**Warm-up**
Describe a typical audience at one of your games. Who is there? What are they saying?

Describe a perfect audience. What would they say and do?

**Workout**
Open in prayer.

**1st Half**
The theme of FCA for 2003 was Audience of One. The verse is found in *Colossians 3:23* (page 1165 (HCSB) & 1057 (NLT) in your FCA Bible). Read this verse as a group. Now discuss the following questions:

~ Describe the role of an audience.

~ How has an audience affected you as an athlete?

~ Who are some of the members of the audience you play for?

~ To you, who is the most important member of the audience? Why?

~ How do they respond when you perform well? How do they respond when you don’t play very well?

**Motivation!**
There are many different ways to get *motivated*. The key is having a motivated heart.


2. Why are they able to motivate you? What do they say or do, that gets you motivated?

3. Have you ever seen anyone care more about what God thinks than what people around him or her think? What did their life look like?

4. What are the benefits of this way of thinking?
5. What would your life look like if in your heart you only cared about what Jesus thought, instead of other audiences?

2nd Half

Attention in the right direction.

Read Galatians 1:10 (page 1134 (HCSB) & 1028 (NLT) in your FCA Bible).

Who we work for affects us. We can work to please others, or we can work for the Lord.

1. What does it mean to work with all your heart?

2. Who on your team have you seen that does this well?

3. What could it look like to work for Jesus and not those around you? What are the advantages of this?

4. How would your life change if you cared more about the approval of God rather than from others?

5. Why would this help raise your level of competition?

6. How could this transform your life?

Cool-down

The key for True Success in whatever you do is to not forget who your audience is.

• How can you work with all your heart for your huddle this year?
• Which do you think would be more pleasing to God, you doing your best, but not getting good results; or you doing a half-hearted attempt and getting very good results?
• Have you ever done a poor effort, and gotten good results? Describe what you did and how you felt.
• Have you ever made a great effort and gotten poor results? What did you do, and how did you feel?

Game Plan

• Pray before a game to play for an Audience of One, the Lord, rather than your coach, those in the stands, recruiters, parents, etc.
• Seek the approval of God, not others.
• Memorize Colossians 3:23 as a huddle. Possibly write this verse on a note card and put it on your mirror, on your athletic shoes – somewhere you will see it often.

**Gospel Connection**

God doesn't care if you win or lose, He cares about the intentions of your heart. He cares about the eternal prize of salvation more than any Earthly prize of winning a game or trophy. He is our only audience 100% of the time – and yet despite our sin, He loved us so much He sent Jesus to take our place. What an amazing God we serve.

**Close in prayer.**
Purpose of meeting
To openly discuss appropriate boundaries and guidelines regarding dating.

Warm-up
Choose an ice-breaker from fcaresources.com.

Workout
Open in prayer.

1st Half
Have everyone share characteristics they want in their ideal spouse.

Read the following true story:

Last summer, a man married a woman whom he had never kissed. The reason that the man and woman had never kissed before they were married is because they did not want to confuse love and lust.

Do you think they did the right thing or do you think that they were too cautious? Why or why not?

What are the benefits of not having physical contact while dating? What are the disadvantages?

Do you think that it is possible for you to avoid physical contact in a dating relationship? Why or why not?

In your opinion, at what point should a person be involved in a sexual relationship?

How do you feel about the phrase “safe sex?” Is it really possible? Why or why not?

Beyond the physical risks of sex, are there any emotional or spiritual risks? Discuss them.
Consider these questions and investigate the verses as a huddle. Look up each verse and note what it says.

**Is it wrong to have premarital sex?**
1 Thessalonians 4:3 (page 1171 (HCSB) & 1063 (NLT) in your FCA Bible).
Ephesians 5:3 (page 1148 (HCSB) & 1041 (NLT) in your FCA Bible).
1 Corinthians 6:13, 18 (pages 1101 (HCSB) & 997 (NLT) in your FCA Bible).
Acts 15:20 (page 1051 (HCSB) & 952 (NLT) in your FCA Bible).
Hebrews 13:4 (page 1214 (HCSB) & 1104 (NLT) in your FCA Bible).

**Is it wrong to go so far that you arouse sexual desires?**
1 Thessalonians 4:4-5 (page 1171 (HCSB) & 1063 (NLT) in your FCA Bible).
Romans 14:21 (page 1090 (HCSB) & 987 (NLT) in your FCA Bible).

What are some practical tips that we can share with one another to make our dating and relationships more Godly?

Read over the suggested guidelines for dating...
- Date only Christians; no missionary dating (don't date to try to convert someone).
- Avoid tempting situations (like being by yourselves).
- Talk to your date about sexual standards.
- Make it a goal of treating your date as you think Jesus would.
- PRAY before your dates and constantly for your future wife/husband or contentment singleness.

Which guidelines could you follow?

In all honesty, which guidelines would you find very hard to follow? Why?

What role could some close members of your huddle play in helping you follow these suggested guidelines for dating?

**Cool-down**

Read 2 Corinthians 1:12 (page 1118 (HCSB) & 1013 (NLT) in your FCA Bible).

How can this verse apply to someone you are dating?
**Game Plan**

- After listening to this discussion on dating, are there specific ways you plan to improve your current dating habits? If so, what are they?
- Be challenged to have a Godly and pure dating relationship
- Fine a mentor to talk about relationships for accountability and wisdom (i.e. Pastor, youth Pastor, FCA staff, Huddle coach, Christian parents).
- Make a commitment as a huddle to memorize 2 Corinthians 1:12.

**Gospel Connection**

God wants our entire lives to represent Him and make Him known – this includes dating. Whatever we do should reflect positively on our Savior and His sacrifice for us. Your main goal in life shouldn't be to be in a relationship or to get married one day. Our main goal should be to love God with all our heart and to share His love with others. The only way that we can truly love is by knowing God who is love (1 John 4:8-10).

**Close in prayer.**
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Rise Up Together
Rise Up Tomorrow
One Passion
One Pain
One Power
One Purpose
Purpose of meeting
To generate interest in getting an FCA huddle started.

What you will need
Location at school, posters announcing the interest meeting, sign-up sheet for interested students

As a prospective Huddle Coach who is willing and able to sponsor a Huddle, your first question might be: "What do I do?"

An interest meeting should be your first effort to kick off a Huddle. Here are some tips to getting an interest meeting set up.

I. Before your interest meeting, try to identify other faculty and students who may want to be a part of FCA. If you aren't sure how to explain what FCA is to them, give them an FCA brochure from the St. Louis FCA office. For brochures, call (636) 827-7100.

II. Try to arrange a time before or after school, when athletes or interested students could meet for 15 to 20 minutes. (A meeting at school is recommended for this meeting.)

III. Try to have the interest meeting announced via the intercom and/or posters near the locker rooms or other visible areas.

IV. Have an FCA staff person attend to help lead the meeting. The staff person will explain what a Huddle is, available resources, area-wide event opportunities and other information regarding the work of FCA nationally and locally.

V. You, the Huddle Coach, should close the meeting by:
   A. having the students ask any questions they may have about FCA
   B. asking them if they would like to start a Huddle at this time
   C. setting a date, time and location for the next meeting
   D. explaining (or restating) that four officers should be elected at the next meeting in order to lead future meetings and activities
   E. posting a sign up sheet with name and phone number for interested students. They should be contacted and reminded prior to the next meeting.
Purpose of meeting
To begin our FCA huddle by having discussion and electing officers.

What you will need
Bibles, copies of this meeting, materials for Icebreaker

Warm-up
Have your Huddle Coach(es) explain their purpose in beginning an FCA huddle.

Have each member share their name, grade, favorite sport and why they came to this meeting (heard announcement, friend invited you etc.).

Choose an activity/game from the "Icebreaker" section in the FCA Bible. Have fun with it!

Workout
Open in prayer.

1st Half
What does the word "Fellowship" mean to you?

Here is one definition of Fellowship: "Togetherness and growth as a result of believers in Jesus Christ sharing with one another." This is the purpose of an FCA huddle.

Read Acts 2:42-47 (Page 1032 (HCSB) & 935 (NLT) in your FCA Bible)
Describe the people you just read about.
Can we as an FCA huddle provide the same kind of support and fellowship?

What are some needs we can address as a huddle?
What goals would you like this huddle to reach this year? (Write down your answers.)

What kind of commitment will it take for our huddle to reach our goals?

An FCA huddle should include discussion and interaction among all members. It should also include fun, talking, Bible reading, prayer and should most importantly be Christ centered. We want to try to avoid emphasis on doctrine or differences. Instead, we would like to focus on what we have in common through Christ.

2nd Half

Huddle Leadership

The election of four officers is an important part of beginning an FCA huddle. The four officers' requirements are found in The Huddle Officers Section (VII) of this manual. Please read it out loud before you elect your leaders.

The FCA officers will need to plan, lead, and publicize each huddle activity from this point on.

Elect your officers. Have the huddle vote anonymously if they desire (i.e. written paper).

Set a planning meeting for the four officers and the Huddle Coach(es) prior to your next meeting.

If you haven't already, determine a regular day and time to meet. Announce your next meeting date, time and location.

Cool-down

Game Plan

- Pray for the huddle.
- Invite at least 2 people to the next meeting.
- Find one need this week and meet that need in some way.

Close in prayer.
Purpose of meeting
To learn about goodness and how to add it to our faith.

What you will need
Bibles, pens and copies of this meeting

Warm-up
Have everyone share one good thing that God has done for them in the past few weeks.

Then go back around and share one good thing each person has done for someone else.
Read II Peter 1:3-9 (page 1234 (HCSB) & 1122 (NLT) in your FCA Bible).
Read verse 5 again for emphasis.

Workout
Open in prayer.

1st Half
Read and discuss the following questions:

- What do you think it means to be "good"?

- What is the difference between being "good" at athletics and being "good" morally?

- If you wanted to be good at a sport, what would you do? Can we do these same things to become good morally?

- Goodness is something that develops from our relationship with Christ.
You are not first good and then Christ decides to have a relationship with you, but from our faith in Christ, goodness grows. Just as you recognize an apple tree by its apples, so people recognize Christians by their "fruit" - one of which is goodness.

- Read Galatians 5:22-23 (Page 1141 (HCSB) & 1034 (NLT) in your FCA Bible). But don't despair if your fruit tree isn't loaded. Most trees take time to mature and produce and so do Christians.
Read Galatians 6:7-10 (Page 1141 (HCSB) & 1035 (NLT) in your FCA Bible). Who are we to do good to? When are we to do good? How about our competitors? How can we show goodness to them?

To whom is it hardest for you to show goodness?

Take time for the huddle to make suggestions on specific ways we can better demonstrate "goodness".

2nd Half

What would it be like if your team just had to practice and did not have games?

What would a Christian life be like if you only were "good" on Sunday? Or just at an FCA meeting?

How often should we be "good"?

Read James 2:14-18 (Page 1219 (HCSB) & 1109 (NLT) in your FCA Bible).

What do you think the verse means "show me your faith without works, and I will show you faith from my works"?

How can we as a huddle show our faith on our campus? Specifically by our actions

A girl from a St. Louis FCA huddle was on a track team. She was a senior and she ran the hurdles. She was really excited on the beautiful Saturday morning of districts. She knew she was fast enough to qualify for state and that had been her goal since her freshmen year. There was only one girl that ran the hurdles faster than she did in the district and they were running lanes side by side. As the race began, she felt strong and confident. She sailed over the first two hurdles as if they were puddles.

But, at the third hurdle, she missed a step and jumped too late, crashing into the hurdle and screaming in agony. She wrenched her knee, her ankle and her hip. Her opponent kept running for about 50 yards and then stopped, ran back, and was the first to reach the hurt runner. As the girl waited in pain for a stretcher that would eventually take her into surgery, the one thing she remembered was holding the other runner's hand.

As the girl spent a quiet summer on crutches, she had a lot of time to think. She knew that her will was set so firmly on the goal of going to state that she would not have sacrificed her dream to have helped the other girl if she had been the one
hurt. As she thought long and hard, she knew that in time, the only runner she would really remember from her high school years was the girl that stopped and sacrificed her own dream to do good.

- How would you have felt if you had been the hurt runner?
- How would you have felt if you had been the girl who stopped to help? Should the girl have stopped and gone back? What else could she of done? Is there any goal or award too important to us that we can't stop and help someone?

Cool-down

Read Luke 10:30-37 (Page 967-968 (HCSB) & 879 (NLT) in your FCA Bible). In verse 37, Jesus commands us to "go and do the same."

- What are some practical things you could do this week that are similar to this Samaritan?
- We all mess up and sin, but we can strive to show our faith to others through the way we live our lives and love others.

Game Plan

- Try and find someone to hold you accountable to doing “good” this week.
- Commit to daily quiet time with God this week.
- Be challenged to demonstrate your faith with your good works out of an overflow of God’s love for you.

Close in prayer.
Activity Night

Purpose of meeting
To encourage fellowship by having a night of fun group activities.

What you will need
It depends on your activity. You may need car drivers, refreshments, athletic equipment, etc. Don’t forget the Food, Fun and Fellowship!

Warm-up
Choose an icebreaker from your FCA Bible or Playbook. Pick one that will allow everybody to meet each other before the event(s) begins.

Workout
Open in prayer.

Fellowship is growing together as a group by sharing experiences as well as ideas and feelings.

It is not always studying Bible passages and having discussions. Fellowship includes other group activities as well. For this meeting, plan something relaxing and fun. For example, if someone in the huddle has a swimming pool and is willing, go there and swim.

Be as creative as you want: Go ice skating or play capture the flag. Other ideas include picnics, bar-b-que’s, softball games, gymnasium nights (volleyball, basketball, relays, soccer, etc.), movies, etc. This can also be an opportunity to meet with another school’s huddle and enjoy some fellowship time with them. Have a few members arrange refreshments or have everyone BYOF (bring your own food) for a bonfire.

The FCA Staff loves to be invited to these times so they can get in on the fun. They also want to get to know you and are available to you for more ideas. Have your huddle coach contact the FCA Staff.

Before you start the activity, have an introduction time, open in prayer and take care of any business you have. Remember to plan an activity night every four to six weeks if you meet weekly. This can provide a break and variety for everyone.
Purpose of meeting
To discuss the significant role we play on our athletic team and on Christ’s team.

What you will need
Copies of the meeting, Bibles

Warm-up
Ask each huddle member to share one of his/her greatest sport moments. Why was it so special?

Workout
Open in prayer.

1st Half
Evaluate how your sports team is doing in competition this year and discuss with the huddle: (rate 1=low to 5=high)

- Teamwork 1 2 3 4 5
- Encouragement 1 2 3 4 5
- Strategy 1 2 3 4 5
- Having crazy fun 1 2 3 4 5
- Working hard 1 2 3 4 5

- Personally, what do you feel is your greatest contribution to the team?
- In competition, do you feel this is an important question to answer? Why or why not?
- As a competitor, how do you think people (or other teams) perceive you?
- As a competitor, how do you think Christ perceives you?
- Do you think you are an encourager and team player, or a prideful member?
- What do you feel is or could be your greatest contribution to Christ’s team?
- How have you used that contribution to bring Him glory? If you have not used it, what is holding you back?

2nd Half
Read Ephesians 4:1-6 (Page 1147 (HCSB) & 1040 (NLT) in your FCA Bible)

How important is the “body” of Christ?

How important is your part in that body?

Discuss this statement: “God doesn’t need you...He desires you.” What does that mean? How does that make you feel?

Read 2 Timothy 2:3-11 (Page 1188 (HCSB) & 1080 (NLT) in your FCA Bible)

In what ways would you say God is competitive?

If competition has a healthy expression, how can it be abused?

How can you channel your competitiveness to use it properly on and off the field (in school or a job)?

What is your biggest struggle as it pertains to competitiveness?

What can you do that will please God while you are competing?

Cool-down

What are your struggles that keep you from being part of the body of Christ to which you have been called?

Spend some time praying for the struggles for each person.

Game Plan

- How can you go to the “next level” in your training and competing for Christ?
- Look to find joy as a member of Christ’s team, even when battling adversity.

Close in prayer.
Purpose of meeting
To discuss ways to deal with your emotions so they become a positive force in your life.

What you will need
Bibles, copies of this meeting, pencils

Warm-up
Choose an icebreaker from your FCA Bible or Playbook.

Workout
Open in prayer.

1st Half
Discuss the following in small groups:

1. Generally speaking, I tend to be: (choose one)
   - moody
   - even tempered
   - over reactive
   - non-reactive

2. When something wonderful happens to me, I want to...

3. When we lose an important game, I want to...

Describe a day or game where your emotions were on a roller coaster and went from the supreme height to the deepest depths and vice versa.

- What are situations that have made you feel totally out of control?
- How do you feel when you are faced with that situation?
- What are some of the ways you deal with your emotions in this situation?

God made us to be emotional creatures. There is something very beautiful about experiencing fear, excitement, loneliness, joy, or exhaustion. Our emotions tie us together as human beings.

There is a king named David in the Bible who often had to deal with overwhelming emotions of loneliness, fear, and frustration. Many of the Psalms are David’s prayers to God and God’s comforting promises. Read these verses in Psalms and watch David’s mood swings: Psalms 6:6-7; 9:1-2; 30:11-12; 55:4, 16-17, 22 (starting with page 504)
Assign verses to different members of the huddle

These psalms are a sampling of David expressing his feelings and how he looked to God for help. David didn’t always know how to respond to his emotions, but he did know only God could fully meet his needs.

2nd Half

- Does society today encourages you to show your emotions? Why or why not?
- Is it good to show them? Is there a difference if it’s a man or woman? Why?
- Is it good to show your emotions when you are on the field? Why or why not?
- Does it affect the way you play?
- When you "bottle up” or hold in your emotions for a long time, how do you feel?

It is good that we are emotional, but it is important for us to keep a good perspective on our feelings. We need to live (make decisions, etc.) based on faith (facts), not feelings. For example, whether or not we “feel” good about ourselves doesn’t change the fact that God feels good about us and loves us. So we need to live our lives by faith, knowing that we are loved and accepted, rather than living by our feelings that fluctuate up and down.

- Are there certain times when you feel you are not accepted by Christ?
- Does that make you any less accepted? Why or why not?
- What does this principle tell us about the importance of knowing God’s word?

Cool-down

One of the best ways to handle your emotions is to share them, and that most definitely includes sharing them with God. First with God. But, while God promises to love us and take care of us, He also chooses to use other people to be the physical assurance of this love. Accountability is sharing with someone else a need you have and allowing them to encourage you and help you. How can accountability strengthen your Huddle?

Finish your meeting by asking huddle members to commit to find another huddle member to be accountable to. Members will share with each other a struggle he/she is experiencing and needs help with. Be sure to keep in touch and updated on how each of you are doing and feeling.
**Game Plan**

- Commit to find another huddle member to be accountable to on a regular basis.
- Commit to daily prayer, relying on our faith in God to keep you balanced.
- Write your own Psalm talking to God, putting your emotions on paper.

**Close in prayer.**
Being Authentic

Purpose of meeting
To learn how to live an authentic life as we chase after Christ.

What you will need
Copies of the meeting, Bibles

Warm-up
Choose an icebreaker from the FCA Bible or Playbook.

Define the word “authentic.”
In your own words, what does it mean to live an authentic life?
Do you wish that people were more authentic? More honest? More caring? Why?

Workout
Open in prayer.

1st Half
Webster’s Dictionary defines “authentic” as: “not false or imitation; true to one’s own personality, spirit, or character”. How does this definition compare to the definitions that were discussed in the warm-up?

- On the athletic field, is authenticity important? Why or why not?
- What do you think God’s definition of “authentic” is?
- How do you believe God wants us to live our lives?
- Do we need to become clones of each other? Why or why not?
- Do we need to get rid of our passions and desires? Why or why not?
- Why is it important to be passionate about things in our lives?

Read Psalms 139:14 (page 573 (HCSB) & 527 (NLT) in your FCA Bible)

- What is this verse saying?
- How does this affect our definition of authenticity?

2nd Half
• What are your gifts? What talents has God given you?

• How can you use these talents?

• How do you think God would like us to use our abilities?

**Read Matthew 25:14-30 (page 908-909 (HCSB) & 827 (NLT) in your FCA Bible)**

• In your own words, summarize this parable of talents.

• How does this parable affect our view of authenticity?

• How can you use your gifts for the Kingdom of God?

• Do you ever find it difficult to use your talents and skills to glorify God? Why or why not?

Read verse 29 again. If you use your talents for God, what is promised in return? How can this encourage you in frustrating circumstances?

We are all uniquely created with different talents and abilities. God is giving us everything we need to be authentic. He has made us as individuals and when we live our lives to the fullest – using all of our gifts and talents passionately and with a Christ-centered heart, we bring God glory.

**Cool-down**

How can we live BOLDY for Christ?

“Jesus was pleading with His people – then and now – to live in a way that would draw people toward the Father. Think about it: how we conduct our daily lives has implications that reach all the way into eternity.”  *Bill Hybels, “Becoming a Contagious Christian”*

We are made to worship God. We are made to follow Him. How do we do this? We EXERCISE! We strive daily to grow closer to our Creator!
Get close to the Creator that cares for YOU! Fulfill the authentic call on your life to follow Christ.

**Game Plan**

- Discuss ways you can live a more authentic life as you pursue Christ. At school? On your team? With your friends? Family?

**FOUR DAILY EXERCISES** (use these to live an authentic life)

- Daily Seek Christ – in God’s Word & through prayer (Acts 17:11)
- Daily Share Christ – be a light of Christ’s salvation (Acts 5:42)
- Daily Lead Others – in daily interactions be a servant leader (Luke 9:23)
- Daily Love Others - with friends & family through your actions and words (Mark 12:33)

**Live an authentic, Christ-loving life!**

**Close in prayer.**
Purpose of meeting
To learn more about serving Christ through our school and community.

What you will need
Bibles, copies of this meeting

Warm-up

Open up discussion with the following questions:

Have the huddle discuss meaningful service projects they have been involved in personally, through a church or another organization.

What do you think of when you hear the word “serve”? In what way(s) has someone served you this week?

Workout

Open in prayer.

1st Half

Jesus Christ is our greatest example of a servant. His teachings call us to serve God and others. Christ’s ultimate example was His obedience and willingness to die on the cross for us (Mark 10:45.)

We must be ready to serve God when He calls, regardless of where we are.

- In what area do you feel God has asked you to serve?

Read Matthew 16:24-27 and Mark 10:42-45 (Page 896 (HCSB) & 816 (NLT) and 935 (HCSB) & 850 (NLT) in your FCA Bible)

- What must we be willing to do in order to follow Christ?
- Who is “great?”
- What is required in order to be “first?”
2nd Half

Read Luke 10:25-37 (Page 967 (HCSB) & 879 (NLT) in your FCA Bible)

What does Christ say to you through this teaching?

In Jesus' day, the Samaritans were the most hated people in Jewish society.

If this story were told today in your school, church or neighborhood, who would the characters be? Discuss.

The Huddle

Because of its nature as a Christian fellowship, the huddle can be a vehicle to provide community service. Many worthwhile community service projects can be accomplished in a small amount of time and even take the place of a regular huddle meeting. Here are a few ideas:

**SPECIAL OLYMPICS:** Special Olympics is a natural fit for FCA. It involves fellowship through Christian service and athletics. Special Olympics needs people as coaches, meet timers, referees, etc. In the St. Louis area, a Special Olympics staff can come and explain the program to your Huddle.

**SENIOR CITIZENS HOME:** Everyone goes to visit a senior citizen home before Christmas or Easter. But during the months after those holidays, the death rate at those homes can be as much as 60% higher! The people are lonely. A visit to one of those institutions in the “off season” could make a big difference.

**HELP AN ELDERLY OR DISABLED PERSON:** Go to a local church and ask if there is a local person who needs help caring for his/her home, buying groceries, etc. The huddle could take this on as a continuing project.

There are many other service projects in your community that the huddle can involve itself in. Consider simple acts like picking up trash at a city park, raking leaves for a neighborhood in the fall, etc.

Cool-down

**Game Plan**

- Set up a community service project.
- Carry out your plan and use social media as a way to encourage other huddles.

**Close in prayer.** Pray that God would show you and your huddle opportunities to serve.
Purpose of meeting
To know that the love of Christ sets us free from fear and gives us the power to be successful at school and on the athletic field; and we can reach the goals that God has for us.

What you will need
Bibles, copies of this meeting

Warm-up
What are some freedoms you have – that are given to you by the US government, your parents or even your school teachers/principals?

Workout
Open in prayer.

1st Half
- What does freedom mean to you?
- Do you think about freedom often? Why or why not?
- Throughout history, what has been done to earn our freedom?
- Can having freedom be negative? Why or Why not?

Read Galatians 5:1 (Page 1139 (HCSB) & 1033 (NLT) in your FCA Bible)

The freedom referred to in this scripture is being free of the view that you are justified (made right in God’s eyes) by following “The Law.”

Why might following a set of rules be described as a “yoke of slavery?” Can anyone follow the law at all times? Why or Why not?

What does it mean to have freedom in Christ?

What has Christ set us free from?

How did He set us free?

What responsibilities come with the freedom Christ gives us?
Why are we hesitant to trade our worldly freedom for the freedom we can find in Christ?

2nd Half

What burdens come with being an athlete?

How does this freedom in Christ give us confidence not only in our daily lives but also on the athletic field?

Read 1 Peter 2:16 (Page 1227 (HCSB) & 1117 (NLT) in your FCA Bible)

What is Peter warning them about when he says we are to live like free men, but not use our freedom as a cover-up for evil?

How do some Christians use freedom to cover up their sins or the evil in their life?

What freedom do you have as an athlete and teammate that could be used for evil?

How do we abuse the freedom the Lord has given us?

What should you do when you find yourself abusing these freedoms?

What is your “yoke of slavery” as a student athlete or youth in today’s society? How can you lighten your burden?

How does the freedom of Christ allow you to compete at a higher level as an athlete?

What do we need to do to receive the freedom of Christ?

Cool-down

Game Plan

Challenge: Confess your sin to someone so you can experience the freedom in Christ

Challenge: Repent of your sin and turn away from it.

Challenge: Live a life that is free which only comes from Jesus’ work on the cross.

Close in Prayer: Separate into pairs to close in prayer. Thank God for the freedoms that you enjoy and ask Him to help you in specific ways to live more fully under His “yoke”.
Purpose of meeting
To be confident and prepared to make your next decision based on your priorities.

What you will need
Bibles, pencils and paper

Warm-up
Choose an ice breaker from the FCA Playbook or FCA Bible.

Workout
Open in prayer.

1st Half
In small groups, discuss the following questions:

1. Share two or three decisions you will make this year (such as choosing a college to attend, what sports you will play, etc).
2. What events or circumstances will help you make them?
3. In general, is it easy for you to make decisions or do you bounce back and forth between options?
4. In a game situation, what decisions do you have to make? How do you know what to decide? Read the following and imagine you are the player. Then share what you were thinking.

"I waited all alone in the cold night air, thirty-five yards from the line of scrimmage. Eleven under-used hungry wolves in opposing uniforms were ready to sprint, to grab, twist, bite and throw me to the ground. Though I usually live to take the next punt, my instinct is still to let the punt drop and run to the sideline. However, the coach says I have "good hands", "good speed" and a "talent for returning punts." Worst of all, my girlfriend is watching from the bleachers. So I will catch the punt and attempt to carry it seventy-five yards unharmed into the end zone. My chances are about one in fifty. I can always call a fair catch and walk off the field unharmed. That usually works except for the last week when a player from rival South High School blind-sided me as I caught (then dropped) a fair catch. "I never saw him wave no hand," he said. The phone was ringing the rest of the night and I had zero visibility from the cloud that surrounded me."

"Well here it comes, not a line drive, but also not too much hang time. Quickly I glance downfield and see one of their speedsters angling toward me. My blocker is attempting to
obstruct him but I can’t keep watching to see if he does. I look back up and begin running to the point I think the ball will drop. I hear footsteps and pads; it’s too late to look back down as I decide to...

a. What did you do in your mind? Why?

b. Can this player know for sure what to do? Why?

5. Many decisions in athletics and life are made because we know what is important before "decision time" arrives. Think of your athletic playbook: does knowledge of that help? Does your previous experience or practice help?

How does knowledge of what is most important in life play a great role in your decisions?

2nd Half
Come together as a large group. Have someone read Matthew 6:25-34 (Page 882 (HCSB) & 803 (NLT) in FCA Bible). Then discuss the following:

1. What message do you get from these verses?

2. Do you feel that we often spend too much "decision time" on unnecessary items? Can you share an example in your life?

3. Do you think God will provide necessities if we call on Him? What is the difference between needs and wants? How often do we confuse these?

4. Should we worry over decisions? Why or why not?

5. Excluding food, clothing and shelter, share the three most important things to you

6. Does this list affect your decision-making positively or negatively? Explain.

Though God takes care of our necessities, He is very concerned about how we choose to serve, the friends we have, and how we play sports. What role does God play in your decision-making?

Can the Bible and prayer help with your decisions? If so, how?

Read Proverbs 3:5-6 (Page 580 (HCSB) & 533 (NLT) in your FCA Bible).

What do these verses say regarding decision-making?

Where would God like to be on your list of important things?
**Cool-down**

Think about a decision facing you now. Examine how your priorities will affect the decision. How would the decision affect your relationship with God?

**Game Plan**

- Think of a decision you have to make. Consult God with that decision and let Him provide the right direction.
- Seek wisdom and counsel from your Christian parents, teachers, youth pastor, or pastor when making decisions.

Close in prayer. Pray that the huddle’s decisions would be guided by praying, the Word of God, and discernment/wisdom from the Holy Spirit.
Purpose of meeting
To discuss what it means to have one mission in life and that mission is to live sold out for Jesus.

What you will need
Icebreaker materials, copies of the meeting, Bibles

Warm-up

*Who am I? – Icebreaker*
On pieces of paper, have huddle members write a list of all the groups they might fit into. For example, a member’s list might include: females, African Americans, gymnasts, 17-year-olds, pizza lovers, poodle owners, oldest sibling, Christians, etc. Encourage members to have fun with their lists. Then collect them all, read various lists out loud and try to figure which person the list belongs to.

Workout

Open in prayer.

*1st Half*

As Christians, what is our Mission here on earth?

When our ONE MISSION is found, we understand the meaning of GET IT. When our lives reflect this mission we GOT IT and when we influence those around us we GIVE IT.

**GET IT!**

Describe the smartest/best coach that you’ve ever known. What did he/she teach you? How did you know that what he/she was teaching was true?

Describe a time where you got yourself into trouble and you tried to cover it up. What happened? Was the truth discovered? How did you feel?

**Read John 8:32 (Page 1008 (HCSB) & 915 (NLT) in FCA Bible).**

According to this verse, what does truth do?

What does someone have to do to know the truth?
Have you ever seen the truth set someone free on your team? How did it set them free?

Read John 16:13 (Page 1018 (HCSB) & 924 (NLT) in FCA Bible)

Who is our guide in truth?

Are we left by ourselves to determine truth?

How often do we determine truth based on our own values or on God values?

Read John 14:6 (Page 1016 (HCSB) & 922 (NLT) in FCA Bible)

What does Jesus say truth is in this verse?

How can a person be truth?

How do you know what truth is?

Truth can only be known by knowing the Author of truth. No single person is able to understand all that is true. Jesus understood this and tells His followers that truth is known by knowing Him. Then He and His Spirit, which lives in those who have a relationship with Him, will be their guide.

GOT IT!

Describe one of your best performances as an athlete. What made it so good? How did you feel afterwards? What did your coach or teammates say?

Now describe a miserable one. What happened? How long did it take for your confidence to recover? What impact did this have on your teammates?

Read John 3:17-18 (Page 998 (HCSB) & 907 (NLT) in FCA Bible)

- Jesus came to do what? To not do what?
- Have you ever felt condemned? Based on this scripture, who is feeling condemned from God?
- What does it mean to not be condemned?
- How is forgiveness factored in?

Read John 14:15-17 (Page 1017 (HCSB) & 922 (NLT) in FCA Bible)

According to this verse, those who love Jesus will do what?
As a result, Jesus will then give you what?
Who do you think this counselor represents?

What do you suppose the disciples that heard this thought? Why was this so important to them at this time?

True life can only be known through knowing the Creator and Designer of life. By themselves, nobody understands how to lead a perfect life. Jesus understood this and tells His followers that life is found in knowing Him. Then the Spirit will be their Counselor and Coach for life.

**GIVE IT!**

**Read John 14:23-24 (Page 1017 (HCSB) & 923 (NLT) in FCA Bible)**

- What are some of Jesus’ teachings that first come to your mind?
- What are some of your coaches’ teachings that come to mind?
- How easy is it to be obedient to your coach?
- What are the two results of your obedience?
- What do you suppose it means when Jesus says “we will come to Him and make our home with Him?”

**Read John 15:1-5 (Page 923 (NLT) in your FCA Bible)**

- What is the relationship between you and your coach?
- What is the relationship between the vine and the branch?
- What do you suppose the disciples thought when they first heard this?
- How do you think this works out in the real life of a teenager?
- What does the fruit that Jesus was talking about look like?
- What would Jesus’ fruit in your life look like?
- What kind of fruit can you offer your team or huddle?

**Cool-down**

We have just taken a look at three different parts of what a Mission in Jesus is all about: learning more about His teachings, walking obediently and bearing fruit. These are three critical components of you having a Mission with Christ. In closing, have everyone write on
an index card what they think is Jesus’ Mission for their life - whether on their team, at school, or at home. Think about what this Mission is and live it out!

**Game Plan**

- Write out what God’s mission is for your life.
- Pray that you will be led by the Holy Spirit to fulfill your mission.
- Tell someone your mission and allow them to help you be accountable for it.

**Close in prayer.**
Self Harm

Purpose of meeting
To educate and/or assist those who are dealing with self harm issues.

What you will need:
Bible, pen or pencil, paper

*Huddle coaches, it would be good to have a trained counselor in this Huddle meeting who has some experience working with students who have struggled with self-harm.

Suggested reading:
Cut: Mercy for Self-Harm by Nancy Alcorn (if you need copies contact the St. Louis office at 636.827.7100)

Workout
Open in Prayer

1st Half

Go around the room and share about different reasons why people harm themselves. Share of ways people hurt themselves.

In what ways have you sought help or helped someone else who was dealing with self-harm?

2nd Half

Read Mark 5:1-15 (Page 925 (HCSB) & 841 (NLT) in your FCA Bible)

1. Where did the man with the unclean spirit dwell?
2. In what ways did this man harm himself?
3. When the man saw Jesus, what was the man’s response?
4. How did Jesus respond to this man?
5. What occurred from this man’s encounter with Jesus?

Many times people hurt themselves because of the hurt they feel inside. Emotions are expressed in many ways--some healthy and some unhealthy. In what ways can one express emotions in a healthy way? In an unhealthy way?
Your body is a temple to the Lord

Read 1 Corinthians 3:16-17 (Page 1098 (HCSB) & 994 (NLT) in your FCA Bible)

God made you beautiful, and desires you to be healthy, and treat your body, “the temple for the Holy Spirit,” as a precious dwelling place for the Lord.

God wants to heal you of your hurts and make you whole. Write on a piece of paper emotions you have that are connected to past hurts and wounds. Take time to go to a designated place by the group leader to pray and release those emotions and hurts to God.

Example prayer:
God, I release the hurts and wounds that are affecting my emotions. I lay them at your feet and ask you to heal me. I pray that you would fill those places of hurt with your healing touch and make me whole. I choose to respect my body and take good care of it for your Holy Spirit dwells in me. Thank you for your love, forgiveness and healing. In Jesus Name, Amen.

(Note to facilitators: let group members know if they have an issue with self-harm and need to talk to someone, there will be trained counselor to assist them. It would be good to have a referral list of trained Christian counselors in your local area to assist with referrals).

Game Plan
- If you or someone you know is dealing with self harm please tell your huddle coach.
- Recognize the healing power of Jesus through evidence of the scriptures and pray for the healing in your own situation.

Close in prayer.
Purpose of meeting
To educate and/or assist those who are dealing with eating disorders and/or know a friend who is dealing with this.

What you will need:
Bible, pen or pencil, paper

*Huddle coaches, it would be good to have a trained counselor in this Huddle meeting that has some experience working with students with eating disorder and/or body image issues.

Suggested reading:
*Starved: Mercy for Eating Disorders* by Nancy Alcorn (if you would like copies please call the St. Louis FCA office at 636.827.7100)

Workout
Open in prayer.

1st Half
Go around the room and share about body image issues that each group member has faced. Discuss what contributes to body image issues (i.e. media, athletic pressures, past abuse, etc.)

In what ways has what the world’s opinion of the perfect body affected you personally?

2nd Half

Read Romans 12:1 (Page 1087 (HCSB) & 984 (NLT) in your FCA Bible)
1. What does it mean to present your body as a living sacrifice?
2. What are ways you can take care of your body in a healthy way?

Read I Corinthians 6:19-20 (Page 1102 (HCSB) & 997 (NLT) in your FCA Bible)
1. When you think your body being the temple of the Holy Spirit, what does that mean to you?

One of the major issues in facing eating disorders and/or body image issues is by dealing with the person’s thought life.
Read Romans 12:2 (Page 1087 (HCSB) & 984 (NLT) in your FCA Bible)

1. How do you renew your mind?
2. What are some Godly thoughts you could think on?

**Exercise on godly beliefs**

Godly beliefs begin by learning the truth of what the Word of God says, and renewing your mind to the Truth so that your thoughts change. Godly beliefs are about basing your worth and value on how God sees you, and what His Word says about you, and not what the world’s standards speak.

**Example of an Ungodly/Godly belief:**

**Ungodly Belief:** I am ugly and fat. I will always be unacceptable

**Godly Belief:** I am beautiful to God. I am healthy. I am acceptable and approved by God.

**Ungodly Belief:** Even when I do my best, it’s not good enough. I can never meet the standard and am unlovable.

**Godly Belief:** I am fully loved, completely accepted, and totally pleasing to God. Regardless of how much I do or fail to do, I will remain fully loved and accepted, and totally pleasing to God. I choose to surrender to Him, trusting my faith in Him and His ability to sustain me. I will seek to be a God pleaser, not a people pleaser.

Take a moment and write down one ungodly belief you have related to eating disorders/body image or perfectionism. Then write a corresponding Godly belief.

Then pray this prayer:

*I choose to break agreement with the lie that ____________________________ (Ungodly belief). I choose to agree with God’s truth that says ____________________________ (Godly belief). In Jesus Name. Amen.*

(Note to facilitators: let group members know if they have an issue with self harm and need to talk to someone, there will be trained counselor to assist them. It would be good to have a referral list of trained counselors in your local area to assist with referrals).
**Game Plan**

- If you are dealing with an eating disorder or self harm or know someone who is, tell your huddle coach.
- Recognize the healing power of Jesus and pray that you know that you are wonderfully made. (Psalm 139)
- Memorize 1 Corinthians 6:19-20.

**Close in prayer.**
**Purpose of meeting**
To discuss sexual integrity, within the guidelines the Lord has provided.

**What you will need**
Visit: [www.thrivestlouis.org](http://www.thrivestlouis.org) Website for teens who struggle with sexual integrity.

Bibles, copies of the meeting

**Warm-up**
Go around the room and ask these questions:
   - Who do you look up to? Why?
   - Who looks up to you?
   - How do you want them to view you?
   - What is a hypocrite?

As a Christian leader on your campus and member of FCA, why is Integrity important? What about sexual integrity?

**Workout**
Open in prayer.

**1st Half**
Do you believe actions have consequences? Of course. If you don’t study, you flunk the test. If you don’t go to football practice, you don’t play in the game. When your life seems messy and things aren’t going well, trace your life backwards. You’ll usually find that your troubles started with something little and insignificant initially, and now things have gotten out of control. Let’s talk through some of the consequences of sex outside of marriage:

- What are the physical consequences of sex outside of marriage?
- What are the emotional consequences of sex outside of marriage?
- What are the social consequences of sex outside of marriage?
- What are the spiritual consequences of sex outside of marriage?

**2nd Half**
In our society it is difficult to be sexually pure. There are many temptations out there, and the media portrays sex as something everyone does. Sometimes we may think, “My life is so much harder than when my parents were teens,” or “They didn’t have the same kind of
pressure I do, everyone on my team has sex...” or even, “Back when Jesus was alive everyone was pure, this wasn’t an issue then.”

But sexual immorality has been around since sin entered the world. There are countless examples throughout scripture where people struggled to honor the Lord by staying sexually pure.

You have to decide; we call ourselves followers of Christ, Christians, then are we going to follow God’s decrees and wait to have sex until we are married? Or, if you already are sexually active, will your turn away from that sin and follow the Lord?

Let’s take a look at what God says about sexual integrity. Have someone read Ephesians 5:3 (Page 1148 (HCSB) & 1041 (NLT) in your FCA Bible) twice.

- What is your first impression of this verse?
- In the verse in the New International Version it says, “there must not be even a hint of sexual immorality.” Some people say because they are a Christian they just don’t have sex but do other things, but what does God’s word say specifically about our sexual integrity?
- Since sexual sin is “improper for God’s holy people” how can we combat the temptations we face? List some practical steps you can do.
- Battling sexual sin is hard. A heart change must occur to desire Christ more. Who could hold you accountable with this?

**Cool Down**

Read 1 Corinthians 6:18 – 20 (Page 1102 (HCSB) & 997 (NLT) in your FCA Bible) Discuss

Why has God called us to reserve sexual activity for marriage? How does living a life of sexual integrity honor God?

Ask God to help us be men and women of sexual integrity, both on and off the field and in our personal lives.
Game Plan

- Check your heart; reflect on your relationships, the music you listen to, and the websites you visit.
- Challenge: Get rid of any hint of what is sexually immoral. Destroy it!
- Find someone to be an accountability partner, specifically checking your sexual integrity.

Close in prayer.
Purpose of meeting

To learn how the brain chemicals oxytocin (in girls) and vasopressin (in guys) work and to explore how sexual activity exclusively within marriage serves to promote healthy emotional bonding.

What you will need

Visit: www.thrivestlouis.org Website targeted towards teens and sexual integrity. Bibles, copies of the meeting, tape

SUGGESTION: split up genders for this meeting

Warm-up

Instructions: Ask one male and one female student to be your actor and actress. First tear two clean pieces of tape and stick them to something while keeping them perfectly clean for later use. Next, tear a piece of tape and stick it to the girl’s forearm. Then tear another piece and stick it to the boy’s forearm. Indicate that the tape symbolizes these two people having sex and using some of their bonding glue. Remove the tape from both of their arms and let the students see all the dead skin cells that come off.

Next, have both students take their tape and stick it on the arms of 5 more people of the opposite sex. When they are finished, take the tape from the students and show everyone how much junk is on the tape. Now stick these two pieces together. Note that the bond is very weak. Not a very good way to start a marriage. You should be able to tear the pieces apart because all the glue or bonding chemical has been used and they can no longer stick. When you have sex before marriage you are lessening your power to bond to your future mate. You are essentially losing your sexual cement. Now stick the two clean pieces together. Note that the bond is clean and pure. They have not lost their stickiness, so it is extremely difficult to pull them apart. But if you have committed sexual sin you can be redeemed and set pure by the blood of Christ.

Workout

Open in prayer.

1st Half

Long after the size of the brain is established, it continues to undergo major stages of development. One of the last regions of the brain to mature is the pre-frontal cortex - home of the so-called “executive” functions – planning, setting priorities, organizing thoughts, suppressing impulses and weighing the consequences of one’s actions. Did you
catch that? The part of the brain young people need the most to develop good judgment and decision-making develops last! According to the latest studies, the pre-frontal cortex does not reach a level of genuine maturity until someone reaches their mid-twenties!

Hormones like dopamine, oxytocin (in girls) and vasopressin (in guys) get released in the brain during sex.

Dopamine helps fix intimate behaviors in the brain and is believed to play a role in the psychological need to repeat pleasurable acts. In other words, it can make sexual activity addictive. Once you become sexually active, it can become much more difficult to stop. And the more sexual partners you have, the more likely you are to get an STD.

Oxytocin is present during three events in women - labor and delivery, breast feeding, and sexual arousal and release. Oxytocin is labeled the bonding hormone because it literally attaches you to people. Therefore, one question that is extremely important for us to ask is whether or not it is possible to damage our bonding mechanism. Can we chemically mess up our ability to feel close and connected to another person? The answer is yes. Research indicates that there is an impact to oxytocin and vasopressin levels when someone experiences sexual expression with multiple partners. When a bond is made and broken, made and broken...it makes sense that our bodies and relationships would somehow be impacted.

2nd Half

Oxytocin and vasopressin kind of work like super glue. They make you feel really bonded to another person, but, if used in the wrong context, they can also bond you to pornography.

Read Matthew 5:27-30 (Page 880 (HCSB) & 801 (NLT) in your FCA Bible)

1. What is the connection between pornography and coveting (or lust)?

2. What is the difference between "lust" and "love"? Is that hard to distinguish in the media (movies, magazines etc.)? What about in your own dating relationships?

Read Matthew 6:22-23 (Page 882 (HCSB) & 803 (NLT) in your FCA Bible)

3. What link is made between what a person sees and the physical act of adultery?

4. What impact do the things that you see have on your body and mind?

"Pornography seriously undermines the value of women in real life. In the porn world, a woman's value is directly linked to her sexual desirability, according to pornography's artificial, glossy, airbrushed criterion. Without regard to her as [a] woman of dignity, intelligence, political autonomy, wisdom, and personality, pornography reinforces sexual stereotypes and promulgates a demeaning message about the role of women in society. The addictive nature of pornography creates a self-perpetuating cycle, magnified by the fact that exposure to pornography lessens repulsion to pornography and desensitizes its
consumers of its harms. Properly evaluated, pornography loses its definition as "thought" or "speech" but rather becomes an action, in and of itself." Taken from http://www.victimsofpornography.org

Read 2 Timothy 2:22 and Philippians 4:8 (Page 1189 (HCSB) & 1081 (NLT) and Page 1158 (HCSB) & 1050 (NLT) in your FCA Bible)

5. Because you are called children of God, what part should pornography have in your life?

Cool Down

Suppose someone said to you, "I like to read porn magazines now and then. I'm not harmed and no one else is either. So, what's wrong with that?" How would you answer?

Ask God to help us flee sexual immorality and to be a light in the darkness.

Game Plan

- If you are involved in sexual sin (sexually active, pornography, etc.) tell someone (i.e. huddle coach, Christian mentor, pastor, etc.).
- Challenge: Get rid of any hint of what is sexually immoral. Destroy it!
- Find someone to be accountability partner, specifically regarding the issue of sexual integrity.

Close in prayer.
The Beatitudes: Part 1
(Coachable & Accepting Defeat)

Purpose of meeting
To begin developing Christ-like attitudes in athletic situations by learning from Matthew 5:3-11. This is Part One of a six-part series. These should be used in consecutive order.

What you will need
Bibles

Warm-up
Discuss this question by having everyone share his or her answer: Can God make me a better athlete? If so, how?

This question is asked by many Christian athletes and can only be answered by how willing an athlete is to work, practice, and motivate him/herself to the standards God has laid before him/her. It has been said that Christian athletes are often better competitors and therefore better athletes as a result of their commitment to Jesus Christ. In this six-part discussion, we will look at the "Beatitudes" in Matthew 5:3-11 (page 819 (HCSB) & 800 (NLT) in your FCA Bible) laid out by Christ and try to apply them as athletes to our daily walk with Him. Bettering yourself as an athlete has to begin with a commitment to follow Christ.

Workout
Open in prayer.

1st Half

- "Heart." Have you heard this term used in athletics?
- What is heart or what does it mean when someone says, "You gotta have heart?"
- Is there an athlete you know who has or shows "heart?" How do you know they have heart?
- Is there any similarity to a physical heart? If so, how?
Read Matthew 5:3-4 (Page 879 (HCSB) & 800 (NLT) in your FCA Bible) in a large group. Then reread this passage one verse at a time, discussing the questions that follow:

**Verse 3, "Coachable."** What does "coachable" mean?

Christ said to be poor in spirit. In other words, be a person who needs spiritual fulfillment. Christ can fill our spiritual need when we admit we need it.

Like a coach, we need to listen to Christ's teaching and imitate His life.

- Do you see a similarity in the role of a coach on a team and the role of Christ in your life? If so, how?
- What do you feel is a coach's most important job for an athlete?
- Can a coach make a real difference in your performance? How?
- What coach has had the greatest influence on you and why?
- What would it be like if Christ was a person's greatest influence?
- Can you think of a time or situation in which you felt Christ gave you a greater desire to compete?

**2nd Half**

**Verse 4, "Blessed even in defeat."**

In our world today, defeat is almost unacceptable and impossible to live with. However, in order to achieve success, all great athletes have suffered defeat.

- What is your typical reaction to defeat?

Christ promises that those who mourn, grieve, or who experience defeat can be comforted!

- How should a team use or learn from defeat?
- How would playing your best be a victory in itself?
- Does that mean winning shouldn't be a goal? Explain.
- Give an example of when defeat has been difficult for you to handle?
- How can a Christian encourage teammates after a loss?
Cool-down
- How can you be more "coachable" on your team this week?
- How can you be more "coachable" for Christ this week?
- What one thing would He like you to do more of this week?

Game Plan
- Memorize Matthew 5:3-4 before the next huddle meeting. Find a buddy to do this with.
- Make an effort to be more “coachable” in your sport and your faith.
- Find a way you can practically serve your coach this week.

Close in prayer.
The Beatitudes: Part II
(Humility)

Purpose of meeting
To continue study on Christ-like "beatitudes" that we can take with us on the athletic field, from Matthew 5:3-11

What you will need
Bibles, paper, and pencils for everyone.

Warm-up
Allow those who have memorized Matthew 5:3-4 to share their verses.

What "coachable" skills did you work on? How did you do them?

Workout
Open in prayer.

1st Half

"Humility" - Read Matthew 5:5 (Page 879 (HCSB) & 800 (NLT) in your FCA Bible) two times and then answer the following questions:

- Humility is a word we often hear. What does Humility mean to you? What is humility for an athlete? How is it shown?
- What does it mean to be meek?
- Starting with the Huddle leader, have everyone briefly share one or two talents that they have. Be sure everyone has a chance to share.
- Was what we just did considered "bragging"? Why or why not?
  - What is the difference between using your talents and "bragging"?
  - How can humility be demonstrated?
  - Do you think humility (or lack of) is a problem among athletes? Why or why not?
Share about a talented person who shows great humility? Why do you think Christ said to have humility is to be "blessed"?

In verse 5, what is the promise to the gentle or humble?

One definition of humility is "having a proper appreciation of your position."

What position do we have as a person created by GOD?

2nd Half

Read Colossians 1:16 (Page 1162 (HCSB) & 1054 (NLT) in your FCA Bible)

Who does it say created all things? For what purpose?

Have you considered today who gave you the talents, gifts, and abilities you have?

This verse also says that even rulers and authorities have been created for Him!

Does humility hinder our competitiveness or our drive to win? Why or why not?

Read Colossians 1:16 again. How might knowing that God gives us gifts be used as a greater motivator for us to achieve?

Cool-down

Game Plan

- Memorize Matthew 5:5
- Write out your athletic talents and put the list in a place you will see it often. Give thanks to God each time you see the list.

Close in prayer. As a closing prayer, have everyone write down on paper (hand out) the gifts they have shared earlier. Now go around or have individuals pray, giving thanks for the gifts that they wrote down.
The Beatitudes: Part III
(You Gotta Want It!)

Purpose of meeting
To continue studying Christ-like attitudes that we can take with us on the athletic field, from Matthew 5:3-11.

What you will need
Bibles

Warm-up

Choose an ice breaker from the FCA Bible or FCA Playbook.

Allow those who memorized Matthew 5:5 to share.

Workout

Open in prayer.

1st Half

Read Matthew 5:6 (Page 879 (HCSB) & 801 (NLT) in FCA Bible)

◇ When you are extremely hungry, what type of food is most satisfying or enjoyable to you? What quenches thirst best for you?

Christ used the example of physical hunger and thirst to describe the longing or desire we ought to have for Him.

◇ Describe the time you most wanted to win a game or event. Why did you want to win so badly? Did you win?

◇ Describe what life would look like if we desired to know and serve Christ the way we often desire food, water or a win?

◇ What are specific ways we can be "filled" with Christ?
Going all out in athletics is exactly what Christ wants from us. The problem with making ourselves better athletes is the cost involved: extra practice, running more laps, and worst of all - never loafing or cheating on conditioning. Christ cannot have us cut corners if we want the best. As you "hunger and thirst" to be your best as an athlete, hunger and thirst to have Christ give you the strength you will need. Christ's call is tough. Complete satisfaction will not come until you hunger and thirst.

- How does a commitment to a team compare to a commitment to Christ?

Thinking about the sport you play:
- How much time does it take daily?
- When is it toughest to stick it out?
- When is it most rewarding or satisfying?

Now think about your faith:
- What steps have you had to take to be a committed Christian?
- What is a daily "practice" for a Christian?
- When is the commitment toughest?
- When is it most rewarding or satisfying?

**Cool-down**

Why is committing your life to Christ worth it?

Describe how you would tell someone who wants to know how to commit him/herself to Christ what to do.

How can your experiences as an athlete help in your relationship with the Lord?

**Game Plan**

**Close in prayer.**
The Beatitudes: Part IV
(Good Winners)

Purpose of meeting
To continue a study on Christ-like attitudes that we can take with us on the athletic field, from Matthew 5:3-11.

What you will need
Bibles, large writing area (chalkboard, dry erase board, poster board, etc.)

Warm-up
Give those who memorized Matthew 5:6 a chance to share.

Workout
Open in prayer.

1st Half
Take a large writing area and list two categories across the top: T-E-A-M (on one side) and C-H-R-I-S-T (on the other side). Below each, list important characteristics of being a teammate or playing for each. Allow everyone to participate and share.

Read Matthew 5:7 (Page 879 (HCSB) & 801 (NLT) in your FCA Bible)

Another characteristic of Christ and His believers is mercy. Describe in your own words what mercy means to you.

One definition of mercy is not getting what you deserve. For example, all of us deserve to be separated from God by sin, but by God's mercy, He saves us (believers) from that separation.

Think of an athletic example. What does it mean to be a good winner (merciful)?

Is it ever tempting to "rub it in" when defeating an opponent? Why or why not?

Does your school have a bitter rival? Describe feelings about that school's team before, during and after a competition. How could you show that team mercy? After winning to your rival?
How could you show mercy after winning a game?

How can you show mercy during a game - on or off the field?

Christ says blessed (or fortunate) are you if you show mercy. Should having mercy take anything away from your competitiveness to win?

What biblical examples are there of mercy being shown?

**2nd Half**

Let’s turn the situation around. Imagine you have just lost to your bitter rivals. What response would you expect from them?

What response would you like to receive?

**Read Matthew 7:12 (Page 883 (HCSB) & 804 (NLT) in your FCA Bible)**

Do you have a good relationship with your opponents?

Share a time or game when you or your team or an opponent showed mercy.

Who is an athlete you believe demonstrates a Christ-like attitude on the field? What impresses you most about him/her?

Discuss this quote from a famous baseball manager: “Show me a good loser and I’ll show you a loser.”

- Your thoughts? Agree or disagree? Why?
- How should we react when an opposing team or player begins taking "cheap shots," or taunting?
- Is it ever acceptable to retaliate? If so, when? If not, why?
- Have you ever been in this situation? How did you react?

Often ugly or unsportsmanlike situations are unavoidable. Even a Christian athlete may be forced to participate in and react to these situations.
What ought our overall attitude be when facing good or bad opponents? What should our attitude be when facing an unsportsmanlike situation?

**Game Plan**

- Memorize Matthew 5:7. Review Matthew 5:4-7,
- Choose a verse you can write on your shoe or hand that will remind you to keep your attitude in check during competition –do this before the next meeting.

**Close in prayer.**
The Beatitudes: Part V
(Squeaky Clean)

Purpose of meeting
To continue a study on Christ-like attitudes that we can take with us on the athletic field, from Matthew 5:3-11.

What you will need
Bibles

Warm-up
After announcements, give those who memorized Matthew 5:7 a chance to share the verse.

What does the word "pure" mean to you? Does the word "pure" bring an image or person to your mind? Why?

Workout
Open in prayer.

1st Half
Read Matthew 5:8 (Page 879 (HCSB) & 801 (NLT) in your FCA Bible)

- Have you ever lived a “double life” by being one kind of person in school, another at home and another on the athletic field or court? How about church?

One major theme of the Bible is purity. We are to be completely blameless, faultless, and guiltless to approach God. Webster describes purity as: free from dust, dirt, or taint. Being in tune; unmixed with any other matter.

- In Matthew 5:8, Christ asked you to be pure. What do you think a pure life means?

- Is a pure life possible? Why or why not? What is the promise in Matthew 5:8 if we are pure?
Read Romans 3:23 (page 1075 (HCSB) & 973 (NLT) in your FCA Bible).

The Bible says that no one is pure by him/herself. No one can go through life without doing wrong or sinning, so God made a provision for us through his Son, Jesus. If we commit our lives to Christ and ask Him for control, He makes us pure!

◊ Has athletics ever been an area where it was hard for you to be pure? If so, why?

◊ Is it difficult to be pure or to maintain Christ-like attitudes in the locker room or field? Why?

Take a moment to think to yourself. Are there times during the day when you feel closer to God than other times? Give an example. Why does this happen?

Christ does not want us to change our personality just to please others. He wants to be a part of your life in everything that you do. Do you think you are just as "spiritual" on the athletic field as you are when you pray or read the Bible? Why or why not?

Cool-down

Take a few minutes to come up with ways that you can think about and/or pray to God while you are in the classroom, locker room, or athletic field.

❖ Do negative situations around you necessarily make you less pure? Why or why not?

❖ At what point can situations become tempting to compromise?

Game Plan

• Memorize Matthew 5:8.
• What practical way can you remind yourself that Christ is always with you? Find accountability and do it before next meeting.
• Find a way to apply Matthew 5:8 in the next week at home and at school. Come prepared to share your experience.

Close in prayer.
Purpose of meeting
To continue a study on Christ-like attitudes to take with us on the athletic field.

What you will need
Bibles

Warm-up
After announcements, give those who memorized Matthew 5:8 a chance to share the verse and the situation where they put the verse into action.

Discuss these quotes and what you think they try to convey:

"Fight fire with fire"
"I don't get mad, I get even"
"There is no room for sportsmanship in this game."

◇ What do these quotes imply?
◇ Do you know of any quotes or sayings that are similar?

Workout
Open in prayer.

1st Half

Read Matthew 5:9 (Page 879 (HCSB) & 801 (NLT) in your FCA Bible)

The crowd was in frenzy. The opposing star center, Mike, had just been called for his fifth foul in the conference basketball tournament final. The noise reached a deafening level as Mike started toward the bench. In his own mind, Mike knew he had not committed a foul. The crowd roared "You stink" "Sit down you big _________!" The score had been tied at forty-nine when the home team's center made a move to the basket, elbowing Mike in the mouth. As Mike touched his bloody lip, he wondered how he could have been called for a foul. Now that he was on the bench, he felt useless; his mild argument was ignored by the officials. What could Mike possibly do now? Mike's team called time out. He stood up in an instant to listen to the coach talk to the team and Mike encouraged them as they listened and planned. Mike gave the new center that was checking into the game a pat of encouragement. "Keep your head up and play your game, don't let them intimidate you," Mike said. The coach broke the huddle. Thirty seconds were left. The coach went and gave Mike a hug. "Thanks," he said, "You're playing a great game."
What stood out in this story to you?
Describe a situation you have played in that was similar.
What is pressure? Where does it come from? Who creates it?
What competitor do you know who stays "cool under fire"?
How would you react if a player or fan cursed you?
Is a peacemaker a coward? If so, why? If not, what is the difference?

2nd Half


◊ How did Christ show peace and control?
◊ If Christ was innocent yet sentenced to death, why was He so calm?
◊ What was the reaction of His follower with the sword?
◊ In verse 51, what did Christ say to him?

Think back to Mike, the basketball player mentioned earlier. Did the team need him after he fouled out? Why or why not?

◊ Do you think that he was a winner even if the team would lose? Explain.
◊ In Matthew 5:9, who are called to be peacemakers? Would you like to be called a Son of God?
◊ What are the advantages to having peace on an athletic team?
◊ Imagine an opposite reaction by Mike in that situation. What would that have done for the team? The fans?

Read Matthew 25:31-40 (Page 909 (HCSB) & 827 (NLT) in your FCA Bible)

What are some additional roles of peacemakers based on those verses? Can you think of any other examples not mentioned?

Read John 14:27 (Page 1017 (HCSB) & 923 (NLT) in your FCA Bible)

What peace does the world give? What reaction are you expected to give under fire?
Can Christ really give you a trouble-free heart? Can He give peace? How?
Game Plan

- Memorize Matthew 5:9.
- Ask someone in the huddle to remind you to “keep your cool under fire” during competition or other pressures you may face.
- Actively look for a way you can be a peacemaker on your team.

Close in prayer.
Purpose of meeting
To develop a better understanding of true godly friendship and how to be a better friend.

What you will need
Bibles, Icebreaker materials, pencils and copies of this meeting

Warm-up

I Didn’t Know That! – Icebreaker
Pass out 3x5 index cards and pencils to everyone and have them write four things about themselves on the card (no names and no gender listed). Collect the cards, mix them up, then have everyone pick a card at random. Instruct the huddle to mingle and talk about what is written on their new card until they find the original owner. Once everyone has found their match, have the individuals introduce the person that is on their card.

Workout

Open in prayer.

1st Half

Divide into small groups, assigning a leader for each group. Go around your huddle and discuss the following:

- Have everyone describe their “best” childhood friend. Do you still have the same best friend, or has that changed?

Read Philippians 2:1-2 (Page 1155 (HCSB) & 1047 (NLT) in your FCA Bible)

How do you think these verses relate to friendship? Does “being one in spirit and purpose” have anything to do with friendship?

Discuss this quote:
"You can buy a lot of acquaintances who are going to be around because of what they’re going to get from you, but you cannot buy friendship."

- Willie Mays

What qualities do you look for in a friend and why?

Share about your closest friendship and what makes it good.

Which appeals more to you; having a few really good friends or being popular with a crowd? Why?
How important is it for you to be friends with your teammates?

- Would you agree or disagree that having a team made up of friends is an asset?
- Does friendship promote team players? Why or why not?
- What about a team where you have no friends? Should you avoid those teammates or be a friend anyway?

Can you give an honest estimate of how much your friends influence you? (Think about choices you make, things you buy, social media you pay attention to)

- Is that an indication of how important it is for you to have friends who will be a positive influence in your life?
- How could your FCA huddle or church help here?
- Is it important for you to be friends with your parents? Your coach? Why or why not?
- Do you feel like you have a friendship with God? Describe your friendship with Him.

Do you think it is necessary for two people to know each other well before they can be considered friends? How about good friends? How about best friends?

What are some ways we go about making friends and getting to know other people? How would you tell someone about meeting God or getting to know Him better?

2nd Half

Discuss the following as a huddle.

One of the most exciting experiences about being alive is developing and having friends. Saul was a king of Israel in the Old Testament. David was a shepherd boy who eventually grew up and became the king of Israel. Jonathan was Saul’s son, the rightful (but not God’s chosen) heir to the throne. He was also David’s best friend. Read the following verses about their friendship:

Read I Samuel 18:7, 19:4, 20:4, 17, 30-34; 23:15-18 (Starting at Page 289 (HCSB) & 269 (NLT) in your FCA Bible)
◊ What attitudes did Jonathan and David have toward each other?
◊ What commitments did they make to each other?
◊ What sacrifices did Jonathan make for David?
◊ What was the basis for the friendship?

**Read John 15:13 and I John 3:16-18 (Page 1243 (HCSB) & 923 (NLT) and 1129 (NLT) in your FCA Bible)**

Jesus was the perfect example of what a friend will ultimately do.

What is the closest you have come to laying down your life for a friend?

**Game Plan**
- Self-Reflection: What is one thing you can change that would help you be a better teammate and friend?
- Talk to one of your huddle officers and ask them to hold you accountable for being a better teammate and friend.

**Close in prayer.** Spend time praying for one another and the friendships you shared about during the huddle.
Purpose of meeting
To continue to develop a better understanding of true friendship and how to be a better friend.

What you will need
Bibles, pencils and copies of this meeting

Warm-up
Circle of Compliments – Icebreaker
Have huddle sit in two circles – one on the inside, one on the outside, facing each other. Everyone partners up and for 20-30 seconds the pair exchanges what they like about the person (from hair to spirituality, pairs can compliment whatever they choose; will depend on how well they know each other). After time is up, have the outer circle move one person to the left and begin again.

At the end of the icebreaker have everyone share something that someone else said that encouraged them.

Workout
Open in prayer.

1st Half
Write down the name of the person you would call if:

________________ you are at a crossroads in your life and need good counsel.

________________ you have a serious personal problem and needed someone to talk to who would keep it in confidence.

________________ you need spiritual counsel.

________________ you needed a good laugh or a good time.

________________ you were recently broken up with and need a shoulder to cry on.

Take a few minutes to share your answers and the reasons why.
Read Proverbs 17:17 (Page 592 (HCSB) & 544 (NLT) in your FCA Bible)

Answer the following questions, and then discuss your answers.

◊ When I'm in a time of trouble, I tend to rely on (rank your top three):

   ____ myself   ____ one friend   ____ God
   ____ my coach/teacher   ____ my teammates
   ____ my family   ____ other

◊ When one of my friends is in trouble, I'm best at (circle two):

1. listening to them
2. going to battle for him/her
3. praying for them
4. cheering them up
5. sharing my own struggles
6. sticking by them
7. getting others to help
8. I don't really care
9. other _________

Read Luke 10:30-37 (Page 967-968 (HCSB) & 879 (NLT) in your FCA Bible)

Now answer the following questions as a group:

◊ How did the religious leaders respond to the man who was attacked and robbed?

◊ Have you ever seen someone in need and just walked by? Explain.

◊ Have you ever been in need and it seemed like everyone was passing by and didn't stop to care? Explain.

◊ How did the Samaritan show he cared? Be specific.

◊ What does Jesus command his listeners to do in light of this story (verse 37)?

Cool-down

What was the point of Jesus' story?

Read Ecclesiastes 4:9-10 (page 559 (NLT) in your FCA Bible)

How do these verses apply to us being "Good Samaritans"?
Game Plan

- Memorize Proverbs 17:17.
- When you get home, write down a few ways you can show your friends mercy daily. Bring this with your next meeting and share about your experience.
- Talk to a friend about one thing you can do this week to be a "Good Samaritan" to someone else. Follow-up with that friend before next meeting.

Close in prayer.
Purpose of meeting
To encourage Christian athletes to press on in their relationship with Jesus Christ.

What you will need
Bibles

Warm-up
Have everyone go around and share their favorite item in their bedroom. What makes it special?
Have everyone share what was the favorite Christmas gift that they have ever given to someone else. Why was it so special?

Workout
Open in prayer.

1st Half

FAITH

How important are your friends to you? Are they less important than your family? More important than anything else?

How much time do you devote to your closest group of friends in an average week? How do you spend this time? (on the phone, at school, etc.)

How much time do you spend with your family in an average week?

Rate how important your family is to you:

5: Can’t live without them
4: Love ’em, but love my space too.
3: It’s your family. They are supposed to be important.
2: They rank in my top 10 of important things.
1: We are related by blood, isn’t that enough?

How do you spend your time with your family? *(Yard work, eating, church, shopping, arguing)*
Spending time with your family and friends is both practical and important to you. But, what about God? Is knowing God practical to your daily life as a student athlete? Why?

Knowing God is essential for us to have faith as Christians.

Have you ever thought: "I need more faith!" Explain what the situation was that made you think that way.

Read Hebrews 11:1 (page 1210 (HCSB) & 1101 (NLT) in your FCA Bible) and discuss what you think that verse means.

Faith is not a warm, fuzzy, positive feeling you "get". Faith is making a decision to believe in, trust or depend upon someone or something. Thus, faith never exists alone; there is always a person or object you put your faith in. You have faith in a coach to direct you in a sport. You have faith in your parents, in your friends and in God. How you see the object of your faith will determine your actions.

Is it difficult to place your trust in someone or something you hardly know? Why?

Real faith involves a "knowing." Because you know the chair will hold you up, you sit on it. Because you know your best friend cares about your feelings, you can share your secrets with him/her.

2nd Half

Knowing God
How well do you think you know God?
How did you get to know God?
What are you doing to strengthen your relationship with Him?

What are some key ingredients to developing a new friendship? List them.

Can you apply these to getting to know God better? Why or why not?

- If someone were to ask you, "Hey, what is God like anyway?", how would you answer them?
- The picture represents a wheel with 4 spokes. Of what importance are the spokes to the wheel?
Each spoke of this wheel represents a key element in knowing God. Discuss the four key elements below. Which do you find easiest to do? Which is the hardest? What would happen to the wheel if one of the spokes was missing or broken?

◊ Talking to God - prayer.
◊ God talking to us - the Bible.
◊ Fellowship with other Christians.
◊ Sharing with others who God is to us.

The arrows show that two of the spokes, prayer and Bible study, are directed inward – which is us relating to God. The other two spokes, fellowship and witnessing, are directed outward - us relating to others about God.

**Game Plan**

- Find someone to hold you accountable as you take steps to get to know God more.
- Talk to your huddle coach about which spoke of the wheel you need help with. What are you going to do about it?

**Close in prayer.**
Purpose of meeting
To encourage Christian athletes to press on in their relationship with Jesus Christ.

What you will need
Bibles & copies of this meeting.

Warm-up
Have everyone share their favorite activity when they were 10 years old.
Now, have everyone share what they think the biggest problem facing high school students is today.
How do you deal with this problem personally? Do you think there is anyway God can help you deal with this?

Workout
Open in prayer.

1st Half
Time with God

Think about the amount of time you spend with your family and friends.

◊ How much time does God spend with you each week?
◊ How much time do you think you spend with God each week?
◊ Is it possible to include God in everything you do? Why or why not?
◊ Do you look for Him to be with you when you’re at practice or at a game?
◊ What about when you’re riding to school?
◊ Where or what situations do you think about God regularly?

We limit God when we put Him in time slots that say "at church, God is with me", "at school, He isn't with me," "God is with me when I pray," "He is not with me when I practice."

◊ Is there an activity or time when you do not feel God's presence? Why don't you feel His presence?
◊ Is there a time when you do not want to feel God's presence? Explain.

God wants to be a part of our everyday life, not just on Sunday mornings or at FCA meetings.
2nd Half

PRESS ON

Read Philippians 3:12-14 (Page 1157 (HCSB) & 1049 (NLT) in your FCA Bible)

❖ When you set a goal what are some things you do to help you reach it?
❖ Do you make a plan of action?
❖ Do you dwell on the past when you failed to reach your goal, or look to the future for when you'll reach it? Which is better?
❖ If an athletic team were to decide their goal was to win a conference title, what would be some suggestions you would give them? (Practice hard, teamwork, etc).
❖ If someone told you that their goal was to know God better what advice would you give them?
❖ Would you be able to encourage them to "Press On" and be able to back it up with evidence from how you live your own life?

One important source of inspiration for us is those who have gone before us. For example, former quarterback Roger Staubach, for example, was inspired by his coach, Tom Landry.

❖ Who has inspired you most and why?

Cool-down

As Christians those who have “pressed on” before us can encourage us. Our examples can be those from the Bible, most importantly Jesus Christ, or perhaps the apostle Paul who wrote most of the New Testament encouraging new Christians to continue on, or they can be someone we know personally like a friend, a parent or a coach.

Who is a person who has "pressed on" and you would like to imitate? Share with the group who that person is and why you choose them.

Close in a circle prayer praying that you will stand strong and "press on."

Game Plan

❖ Memorize Philippians 3:12-14.
❖ Write a letter to someone who has helped you “press on” in your faith.
Purpose of meeting
To discuss the role of respect within our relationship with God. Through this huddle meeting, we hope to dig into how respect factors into our relationship with God.

What you will need
Copies of meeting, Bibles

Warm-up
- Who of your past/present coaches do you respect the most? Why?
- If you can, give a specific example of how that coach earned your respect.

Workout
Open in prayer.

1st Half
Respect is a big issue in our society today. There are many words that are used in place of the word Respect:

- Reverence
- Appreciate
- Value
- Admire
- Regard
- Fear

When you think of our Lord in heaven, do any of these words come to mind? If so, which one(s)?

Using the words listed above, how do you see people respecting or disrespecting God in your school? On your team?

Read Genesis 22:2, 9-12 (Page 60-61 (HCSB) & 59-60 (NLT) in your FCA Bible)

In your own words, what is God saying to Abraham here?

How would you describe Abraham’s level of respect for God?
What does it mean to “fear God”? Is it a bad thing to fear God?

Do you fear God? Fear of God can also mean being in awe of God. When have you been in awe of God?

Through this story, God revealed the depth of Abraham’s reverence for who God is.

Why should we respect God like Abraham did?

How can we have that level of respect for God on our team? In the classroom? At home?

It’s easy to say what we should do, but what about how we truly act? Do you really think you respect God? If so, in what ways?

What are some practical ways that you personally can show more respect for Him?

2nd Half

Read Psalm 95:6 (Page 551 (HCSB) & 508 (NLT) in your FCA Bible)
Read Ephesians 3:14 (Page 1147 (HCSB) & 1039 (NLT) in your FCA Bible)
Read Philippians 2:10a (Page 1156 (HCSB) & 1047 (NLT) in your FCA Bible)

How does Scripture describe our respect or worship of God?

How do you show respect for a coach that has earned your admiration?

Should you show respect for a coach that has not earned your respect? Why or why not?

Should you show respect for a coach that has lost your respect? Why or why not?

How can showing respect for God and others in authority be a witness to others?
Cool-down

Take a few minutes to prayerfully consider your level of respect for God. Ask Him to reveal to you all that He is and has done to earn your respect. Then ask God to show you how to give Him the respect He deserves both for your own relationship with Him and the witness it will provide to others.

Game Plan

- Memorize Psalm 95:6
- Write down some ways you can be better at respecting God and the authority in your life. Put those thoughts in a place you will see them often. Pray for yourself and that list when you see it.

Close in Prayer
God’s Gym

Purpose of meeting
To look at the importance of discipline in athletic and spiritual growth.

What you will need
Bibles, copies of this meeting

Warm-up
Discuss the following quote: “There are only two great pains in life; discipline and regret.”

What is the definition of discipline?

Workout
Open in prayer.

1st Half

• Why is lifting weights so important to athletic performance?

• Have you ever been around somebody that talks about going to the weight room but never gets any stronger? How is that possible?

• What does it take to get stronger?

• What are the benefits of lifting weights?

• What are some common lifts that benefit athletic performance?

• What would happen if an athlete only lifted one part of their body?

• If lifting is so beneficial, than why do some athletes choose not to lift?

• Discuss how lifting weights can give you an advantage in the specific sport that you play.

2nd Half

Read I Timothy 4:6-8 (Page 1182 (HCSB) & 1074 (NLT) in your FCA Bible)

• Why is exercising spiritually so important to your faith?
• Have you ever been around somebody that talks about going to Church but never seems to gets stronger spiritually? How is that possible?

• What does it take to get stronger spiritually?

• What are some common disciplines (exercises) that benefit your faith?

• Discuss the following spiritual disciplines (exercises); what each one is, how to implement each discipline, and the benefits of each:
  o Prayer
  o Bible Study
  o Church attendance
  o Worship
  o Quiet time.
  o Memorizing scripture
  o Fasting

• What would happen if a Christian only used one of the spiritual exercises?

• If strong faith is beneficial, then why do some Christians never exercise spiritually?

• Which area is easier for you to be disciplined in - athletics or your faith? Explain why

**Cool-down**

Which of the spiritual exercises do you enjoy doing the most?

Which ones could you add to broaden your spiritual workout routine?

**Game Plan**

• Memorize 1 Timothy 4:6-8.

• Think about the spiritual disciplines we listed earlier. Which one do you need to work on in order to grow spiritually? Find someone to hold you accountable to that.

**Close in prayer** by asking for dedication and commitment to working out spiritually on a consistent basis.
Eager Patience

Purpose
To understand how we can maintain our eagerness while we wait patiently for God’s timing.

What you will need
Copies of this meeting, Bibles

Warm-up
Ice-breaker of your choice

Workout
Open in prayer.

1st Half
Have you ever wondered in life why some kids athletically mature faster than others? Think back on junior high or even elementary sports. Was the best athlete then the best athlete at the end of your senior year?

In most sports, athletes and coaches talk constantly about peaking at the right time. For some athletes this is hard to do because they are over zealous when it comes to their sport. These athletes want to win as much as possible all the time, even though too much activity too young could jeopardize them in the long run.

Have you ever trained so hard for your sport, especially in the off season, that instead of making you more prepared for the season it actually set you back because of an injury? Share your story.

Read Psalm 40:1-3 (Page 522 (HCSB) & 482 (NLT) in your FCA Bible)

The Lord always hears our prayers, and He always answers. The answer might not always be what we would like, but we must have patience and faith that He knows what is best for us.

Describe a time when you had a victorious season overall but lost in the playoffs or championship game.

Was it difficult to wait for next year to try again?
Re-read verse 3. What happens to our attitude when we place our trust in Christ instead of ourselves?

Why is it difficult to focus on Christ after a big defeat?

**Read Matthew 6:25-34 (Page 882 (HCSB) & 803 (NLT) in your FCA Bible)**

What are Jesus’ instructions for us in these verses?

Jesus tells us that worry has no place in the life of a believer. God knows all of our needs and when we seek His priorities first, all of our needs will be provided for.

**2nd Half**

**Read Romans 5:1-5 (Page 1076 (HCSB) & 975 (NLT) in your FCA Bible)**

What can be the product of our afflictions?

How has a personal trial produced perseverance, character and hope in your life?

Our failures in life are one thing that makes us stronger. Think about it, when do athletes strive to improve more - after a win or a loss? Why?

Young athletes that are very talented can have a tendency of not working hard. They may lack a dedicated work ethic because they have been able to succeed on mere talent alone. However, without a commitment to practice and improvement, these athletes will quickly be overtaken by the competition.

In the same way, our spiritual afflictions can cause us to get stronger and work harder.

**Read Philippians 3:12-14 (Page 1157 (HCSB) & 1049 (NLT) in your FCA Bible)**

Here, Paul instructs us to move on from our mistakes and to re-focus; to press on toward our goal of heaven and eternity.

In what areas of your Christian walk do you need to re-focus? How can you better press on toward the heavenly call of Christ?

**Cool-down**

Just as a young athlete’s eagerness to win and succeed right now can overshadow the potential successes that await them in the future, our desires to have immediate answers for our current situation can distract us from what God has for us in the long run.
**Game Plan**

- Write down the things you are worried about in life. Pray about each thing on your list and give each item to God.
- How do you refocus after you make a mistake in a game?
- Ask a teammate to remind you to refocus when you make a mistake.

**Close in Prayer**
Purpose of meeting
To get guys together and discuss how obedience enables us to be more like God wants us to be. This is the first of a four meeting series.

What you will need
Bibles

Warm-up
Have everyone describe a time when they were obedient and really didn't want to be. Discuss what happened because you were obedient.

Workout
Open in prayer.

1st Half

1. OBEDIENCE: Read Exodus 20:1-6, 12 (Page 109 (HCSB) & 104 (NLT) in your FCA Bible)
   A. Vs 1-6: Discuss what you read in these verses. What does God command us to do? What might be some examples of "other gods (vs. 3)?" Describe what you feel the word "command" means.

   B. Read vs. 12 and Ephesians 6:1 (Page 1150 (HCSB) & 1042 (NLT) in your FCA Bible): There is one specific commandment directed to your age group: "Honor your father and your mother..." How do or can you honor your parents? Finding God's direction in your life and living a Christian and meaningful life must start with your willingness to be obedient to God and to your parents. Your leadership and development as a man of God must begin here.

   Discuss the word, "honor." What does it mean to you? Why would God make this a commandment?

   It is often difficult to obey and honor your parents. Take a few minutes to discuss why or when this becomes difficult.

   C. It is often said that a good leader is only at his best when he is first a follower. Willing to learn and be submissive to authority. Often our pride hinders or blocks us from pursuing or following Christ and people He has put in authority over us. Do you agree or disagree?
2nd Half

Discuss **pride** for a minute. Do you feel it is a unique "**male**" attribute? What is pride's place in our lives and when can we and should we have it? When does it become a problem?

D. **Read Romans 13:1-4 (Page 1088 (HCSB) & 985 (NLT) in your FCA Bible) and Philippians 2:5-8 (Page 1155 (HCSB) & 1047 (NLT) in your FCA Bible).** Discuss the reasons listed as to why we should be willing to be under authority.

Obeying and being under authority is not a lessening of your manliness or character. Obeying God is a command that we cannot question. God has placed individuals in your life to instruct, guide, and love you so that you can be more like Christ, who was in total submission to God, His Father. Your parents are one of God's tools in training you. Though you have and will have differences, you must learn and strive to honor them even if it appears that a wrong decision may be made.

E. **Look at the end of Exodus 20:12 (Page 109 (HCSB) & 104 (NLT) in your FCA Bible).** What blessing is promised to you? God has a plan ready to unfold for you after you meet the first requirement.

Stay tuned for part II.

**Game Plan**

- If you don’t already have one, find an accountability partner. This is someone you can be open and honest with. Someone you trust.
- Talk with your accountability partner about what you need to change in order to be a better leader.
- Talk together about the pride in your life that is keeping you from seeing God in your life.

**Close in prayer.**
**For Men Only Part II**

**Purpose of meeting**
To discuss leadership and influence as it pertains to guys.

**What you will need**
Bibles

**Warm-up**
Share about your experience with the Game Plan section of *For Men Only Part I*.

**Workout**
Open in prayer.

In the last meeting, the word "obedience" was discussed. We learned 1) how we are to obey God and 2) how obedience to God started through obedience to parents.

1. LEADERSHIP: **Read Titus 2:6-8 (Page 1194 (HCSB) & 1086 (NLT) in your FCA Bible)**
   Titus was a young pastor of a church. This book was a letter from Apostle Paul.
   
a. **"Sensible"**. What does being sensible mean to you? What does it mean to an athlete?
   
b. What makes a person a real leader?
   1) List some areas where you are, have been and anticipate being a leader.
   2) Are there certain leadership roles given to guys only? Discuss some of them.
   
c. Discuss vs. 7-8. List what young men are to be. Do you struggle with any of these? Chances are you do - we all do - daily! What do you believe the answers to these struggles are?
   
d. What are the qualities of a leader? What are the qualities we often mistake for being a leader?
   
e. What example can a Christian young man be to:
   1) His family?
2) His church?
3) Girls?
4) His teammates?

f. What would you have to give up, what price would you have to pay, to be the leader you need to be? Get specific and honest in your answer.

g. What man do you most look up to and why?

Cool-down


Read it quietly. (Individually if everyone has a Bible). Then together, close in prayer and ask God for specific things in your life that you want Him to help you with.

Game Plan


- Go back and reflect on the things you have to give up to be the leader you were created to be. Write those things down and ask the Lord to help you see His power in giving those things up.

Close in prayer.
For Men Only Part III

Purpose of meeting
To discuss relationships with girls, casual and dating, and how we can glorify God through them.

* Due to the nature and, sometimes, awkwardness of this topic, please remember to be encouraging and respectful throughout your discussion.

What you will need
Bibles

Warm-up
Share about the things you are giving up from For Men Only Part II.

Workout
Open in prayer.

FRIENDSHIP

a. Read John 15:13 (Page 1018 (HCSB) & 923 (NLT) in your FCA Bible).
   Describe what a friend is to you.
   The Bible describes friendships quite often. In terms of relationships with young women, the Bible does not mention "dating." Though the Bible never discusses dating, it does say a lot concerning friendship. In the truest sense, all of our relationships should be built on friendship, respect and God's love.

b. Pastor Barry Wood, author of books on relationships, says that friendship is freedom to discuss vital issues without the fear of rejection. Such vital issues should include spiritual goals like salvation and God's will. Talk about the fear of rejection. Who do you fear rejection from? How does this affect a date?

c. Take time now to discuss problems in relationships with young women. What are some of the real struggles that young men face in casual relationships? Are friendships difficult to make with women? If so, why? If not, why not? Can you have a dating relationship without friendship?

d. How would you define dating?
   What do you feel is the purpose of dating? What are the 1) benefits and 2) problems we face in dating? List some of them.
Use the remaining meeting time to discuss the following two questions about Christian men and Christian relationships:

1. Do Christian young men face unique problems in dating?
2. Do Christian young men have greater benefits in dating?

Friendship and mutual respect are the keys to successful dating. Often, trouble and temptation result when self-interests are first in our life. Through respect, planning, prayer and accountability to someone close to you, healthier relationships can and should result. This will be the focus of the next discussion.

**Cool-down**

Is there a specific need or problem you have that all can pray together with you about?

**Game Plan**

- Talk with your accountability partner about this meeting. Review your definition of dating together.
- Ask for prayer where you need it in the area of dating from your huddle coach or youth pastor.

**Close in prayer.**
Purpose of meeting
To be challenged to set goals for our lives that will bring honor to God.

What you will need
Bibles, pens, paper and copies of this meeting

Warm-up
Pick an icebreaker from the FCA Playbook or FCA Bible.

Workout
Open in prayer.

1st Half
Break into groups of 3-5. Assign each group a woman listed on the reverse side and allow them groups 15 minutes to complete the questions accordingly. After 15 minutes join everyone together to discuss the results of their investigations. Like these examples of women in the Bible, we have the choice to honor God or serve ourselves.

2nd Half
When you are preparing to compete in any sport it is important to understand the rules and objectives of the game. Without a clear picture or understanding of the sport you are unable to be adequately prepared. Likewise, we need to set goals for our Christian life. Looking at the talents we have and the scripture from the 1st half of this meeting, what ways can we strive always to be more Christ like?

During the next 10 minutes let's take some time to set some personal goals. On a separate piece of paper, make three columns. Place the following words at the top of these columns: Myself - Others - God. Write goals for each of these areas of your life. Be as specific as possible. (These will be for your eyes only!)

Cool-down
Read: Colossians 3:1-2 (Page 1164 (HCSB) & 1056 (NLT) in your FCA Bible) - Where to set goals
Hebrews 10:35-36, 12:7-13 (Page 1210 (HCSB) & 1101 (NLT) in your FCA Bible) - Perseverance
II Corinthians 9:6-15 (Page 1126 (HCSB) & 1020 (NLT) in your FCA Bible) - A right attitude

Game Plan
- Memorize Colossians 3:1-2
- Before the next meeting, review the goals you wrote down and make an action plan for how you will reach those goals.

Close in prayer.
Subject #1 **Deborah** - Judges 4:1-10, 12-16, 23-24 (Page 248 (HCSB) & 233 (NLT) in your FCA Bible)
Who was she?
Where did she come from?
What was her mission?
Was she a willing agent?
What was her greatest attribute?
Was her mission successful?

Subject #2 **Esther** - Esther 2:17, 4:1, 5-16; 7:1-6 & 10; 8:15-17 (Page 466 (HCSB) & 434 (NLT) in your FCA Bible)
Who was she?
Where did she come from?
What was her mission?
Was she a willing agent?
What was her greatest attribute?
Was her mission successful?

Subject #3 **Rahab** - Joshua 2:1-21; 6:22-25 (Page 224 (HCSB) & 211 (NLT) in your FCA Bible)
Who was she?
Where did she come from?
What was her mission?
Was she a willing agent?
What was her greatest attribute?
Was her mission successful?

Subject #4 **Sapphira** - Acts 4:32-5:11 (Page 1035 (HCSB) & 938 (NLT) in your FCA Bible)
Who was she?
Where did she come from?
What was her mission?
Was she a willing agent?
What was her greatest attribute?
Was her mission successful?

Subject #5 **Elizabeth** - Luke 1:5-20, 24, 25, 29-45 (Page 948 (HCSB) & 862 (NLT) in your FCA Bible)
Who was she?
Where did she come from?
What was her mission?
Was she a willing agent?
What was her greatest attribute?
Was her mission successful?
**Purpose of meeting**
In order to bring God glory, we must look different from the world.

**What you will need**
Bibles, icebreaker materials

**Warm-up**

*Blind Simon Says – Icebreaker*
Choose 5 to 8 students to participate in the icebreaker found on page 1410 in the 2015 Undefeated FCA Bible. Answer the four questions at the end if there is time.

**Workout**
Open in prayer.

*1st Half*

**Read Jude 14-24 (Page 1252 (HCSB) & 1138 (NLT) in your FCA Bible)**

What are the four ungodly actions that are listed in verse 16?
1. 
2. 
3. 
4. 

What does it mean to be a “discounted grumbler”?

How have you been guilty of walking according to your own desires?

As a student-athlete, when have you heard people “utter arrogant words” or use flattery for their own advantage?

Why do we act in ungodly ways such as these, especially as competitors?

Use the following verses to find alternative reactions to the previous ungodly actions.
Read Psalm 100:4 (Page 552 (HCSB) & 509 (NLT) in your FCA Bible)
Instead of being discounted grumblers, what type of things would be more appropriate to come out of our mouths?

Read Psalms 40:8 (Page 552 (HCSB) & 482 (NLT) in your FCA Bible)
What is an alternative to walking according to our own desires?
How can this be a “delight”?

Read Psalm 44:8 (Page 524 (HCSB) & 484 (NLT) in your FCA Bible)
If we are going to have pride in someone, whom should it be in?
Why is it okay to boast in God, but not in ourselves? What is the difference between being confident and being prideful?

Read Proverbs 28:23 (Page 601 (HCSB) & 553 (NLT) in your FCA Bible)
God would rather we ______________ or correct someone than to flatter them.  Why?

2nd Half

Re-read Jude 19 (Page 1252 (HCSB) & 1138 (NLT) in your FCA Bible)
Who is the Spirit?

Read Galatians 5:22-23 (Page 1141 (HCSB) & 1034 (NLT) in your FCA Bible)
Which of the Fruit of the Spirit comes most naturally to you?
Which is the most difficult?  Why?
Give some examples of how the Fruit of the Spirit can be alternative reactions to the situations we discussed earlier.

Read Romans 12:2 (Page 1087 (HCSB) & 984 (NLT) in your FCA Bible)
What does conform mean?
What things of this world is it easy to conform to especially in high school?

How can we be transformed?

*Fill in the blanks.*

Once we are transformed, we will be able to discern the ____________, ____________, ____________ will of ________________!

**Cool-down**

Leviticus 11:44 says:

“I am the Lord your God, so you must consecrate yourselves and be holy because I am holy.”

God wants us to look different from the world because He is different from the world. (Holy means to be separate or set apart from the world).

In order to bring God glory, we must be holy – set apart – from this world.

When we are holy, we bring Him glory!

**Game Plan**
- Memorize Psalm 40:8
- Memorize Galatians 5:22-23. Write out the Fruit of the Spirit. Next to each word, write down where you see that in your life.

**Close in prayer.**
Purpose of meeting
To understand how God can receive glory through our witness to the people in our daily lives

What you will need
Bibles

Warm-up
Icebreaker: go on fcaresources.com and find an icebreaker

Workout
Open in prayer.

1st Half
Read Acts 8:26-39 (Page 1040 (HCSB) & 942 (NLT) in your FCA Bible)
How did God use Phillip to witness to the Ethiopian official?
How did Philip’s obedience to the leading of the Holy Spirit bring glory to God?
When it says, “The Spirit told Philip…” is that a mystical thing that only happens to really holy people? Or is it something that God tells everyone in His Word? (Read Acts 1:8 (page 1029 in your FCA Bible)

Who are some friends, teammates or family members that the Lord has placed in your path so that you may tell them more about Jesus? If you feel comfortable, share who those people are:

How have you or how do you plan on sharing the good news about Jesus with them? (reread verse 35)

Read 2 Corinthians 4:13-18 (Page 1121 (HCSB) & 1016 (NLT) in your FCA Bible)
In this letter, Paul was writing to the church in Corinth to encourage them to keep ministering to others, as he had ministered to them.
Have you or someone you know ever spoken up about Jesus and was made fun of because of it? Describe that instance.

How did you or that person feel afterward?

What does Paul mean in verse 13 when he writes “we also believe, and therefore speak”?

Would you still speak out for Jesus if you knew you were going to be ridiculed or persecuted in some way? Why or why not? Read Psalm 116 (page 562 (HCSB) & 517 (NLT) in your FCA Bible). How did the writer believe in spite of his severe affliction?

In verse 15, Paul recognizes his sufferings are for others, because he knows what hearers will miss out on if he fails to speak the good news of Jesus.

How does God receive glory through the believers’ testimonies (verse 15)?

What encouragement can you receive from verses 16-18 about being a witness for Christ?

2nd Half

Read Jude 20-23 (Page 1253 (HCSB) & 1139 (NLT) in your FCA Bible)

What are the four main instructions outlined in these verses for sharing your testimony with others?
1. Have faith, pray, love God, trust God (verse 20-21)
2. Have mercy on doubters (verse 22)
3. Share Christ with even the most hateful people (verse 23)
4. Hate sin while still showing compassion to the sinner (verse 23)

The first instruction is about maintaining your personal walk with God. How are you to do this according to verses 20-21?

Why do you think this is listed first?

The second is to be merciful to those who doubt. How does showing mercy to someone who is not a believer bring glory to God?
Thirdly, we are to save others by snatching them from the fire. What fire are we saving them from?

How is one saved (refer to the story of Philip and the Ethiopian official)?

We can’t actually “save” people from hell, so how are they saved?

What could our role be in someone receiving salvation?

Finally, we are to have mercy on others in fear. What kind of situation would you need to show mercy to a non-believer, yet have to also protect yourself from sinning as well?

What are some ways we can share Christ with others without becoming involved in their sin?

How can this be a testimony to them about our faith in Christ?

**Cool-down**

Take a few minutes to write down three people in your life that you know need to hear more about Jesus. Then, write a specific action you will take to share Christ with them (write a letter, hang out after school, etc).

1. 
2. 
3. 

**Game Plan**

- The belief that Jesus Christ has died and resurrected for our sins has changed our lives. Has it changed yours?
- God commands us to go and share His love and grace with ALL people.

As your huddle closes in prayer, be sure to ask God for the opportunity and for the courage to follow through. **Close in prayer.**
Grief

Purpose of meeting
To assist in dealing with grief as it relates to a loss in the lives of students.

What you will need
Bible, pen or pencil.

*Huddle coaches, understand that it may be necessary to have a trained counselor in this Huddle Meeting (pastor, psychiatrist, Christian counselor, etc.) If you are unable to contact a trained counselor or pastor, please call your FCA office for help.

Workout
Open in prayer.

1st Half
Go around the room and talk about a time of loss (loved one, pet, friend, etc.) and discuss how you were able to cope with that particular loss.

2nd Half
Read II Samuel 12:18-23 (Page 311 (HCSB) & 289 (NLT) in your FCA Bible)
1. Losing a loved one is never easy. No matter how one may prepare for it, it is always a surprise. How did David come to grips with the loss of his son?
2. It is a widespread belief that Christians should always be happy. Do you agree with this? Is it okay for a Christian to be sad, or angry? Why or why not? (Use Romans 12:12-15 and Ephesians 4:25-27)

Read Romans 5:3-5 (Page 1076 (HCSB) & 975 (NLT) in your FCA Bible) and James 1:2-4 (page 1217 (HCSB) & 1108 (NLT) in your FCA Bible)
1. Coping with losses is a thing athletes must regularly deal with. Some cope with them more often than others do. What can we do to make it through losses in life, as well as competition?
2. There is a chain reaction that comes from rejoicing and focusing on the Lord in times of trouble. What is this reaction, and why does it occur?

Read II Corinthians 1:3-7 (Page 1118 (HCSB) & 1013 (NLT) in your FCA Bible)
1. How can Paul consider his suffering to be a comfort to others?
2. How can we reconsider our hurts and see them as opportunities to help someone else?
Cool-down

There is never really a good time to lose anyone to death. No matter how old a person is, when he/she dies, for the family and friends it is always untimely. Grieving is a process that is pretty tough to get through. Don’t be afraid to speak with a Christian counselor or your pastor. Understand that Jesus said He would “never leave you or forsake you”. Trust the fact that our God is the God of all comfort (II Cor. 1:3) and believe that He will reward those who diligently seek Him (Hebrews 11:6).

Read Psalm 34:18 (page 518 (HCSB) & 479 (NLT) in your FCA Bible) and John 16:33 (page 1019 (HCSB) & 924 (NLT) in your FCA Bible).

Take time to specifically pray for those who are mourning. Pray that God would comfort them and in turn you as a huddle could be a supportive group to help those who are hurting.

Game Plan

- Grief and sorrow are sure to happen because we live in a cursed and fallen world.
- God provides hope and peace in His eternal care and everlasting comfort.
- God has called us to take the peace of Jesus to our friends and families who are hurting.

Close in prayer.
Purpose of meeting
To show respect for yourself through the virtue of self-control.

What you will need
Bible, Icebreaker materials

Warm-up
Choose an icebreaker.

Workout
Open in prayer.

The dictionary definition of “to respect” is to feel or show honor or esteem, to value highly.

Using that definition, what does it mean to respect yourself?

In what ways do we show respect for ourselves? (Give specific examples)

Conversely, what does it mean to “disrespect” yourself?

In what ways do we/others disrespect ourselves? (Again, give specific examples)

1st Half

Read Psalm 139:13-16 (Page 573 (HCSB) & 526 (NLT) in your FCA Bible)  What do these verses tell us about the people God creates?

How should this make you feel about yourself?

From these verses, why does God want us to show respect for ourselves?
Does God have the right to tell us what to think about ourselves? Why or why not?

2nd HALF:
In 1 Peter 5:8 (Page 1231 (HCSB) & 1120 (NLT) in your FCA Bible), the Bible tells us to be sober (self-controlled) and alert.
What does being self-controlled mean? *(The dictionary defines self-control as control of one’s own emotions, desires, actions, etc.)*

Which area do you find hardest to control – emotions, desires, actions, thoughts, or something else?

How hard is it to show self-control when competing?

How does practicing self-control show respect for ourselves?

How can we develop more self-control over some of our negative traits or tendencies?

For God’s perspective on self-control vs. no self-control, **Read Galatians 5:19-23 (Page 1140-1141 (HCSB) & 1034 (NLT) in your FCA Bible).**

From verses 19 – 21, what are some of the listed acts of our sinful nature?

Are these actions and behaviors common in our culture? If yes, give specific examples from your daily life – TV, music, at school, on your team?

How do people who practice these actions show a lack of self-control?

How does that show a lack of respect for themselves and others?

Now consider verses 22-25.

What are the Fruit of the Spirit listed in these two verses?

How do you get these nine characteristics in your life? Is it just about working hard to obtain them? (Hint: They are the fruit of who?)

Which list of actions and attitudes will lead to more respect for one’s self – the first list (v.19-21) or the second (v.22-23)? Explain why you chose that one.
Why would you want to live a life that’s characterized by respect and self-control?

Cool Down

Below is a list of some areas where many people find it difficult to show, demonstrate or exercise self-control. Each topic has a correlating verse to encourage growth in that area. Discuss what each verse means and how you can implement them into your daily lives. Then write each area with verse on a piece of paper and pass them out for people to read.

**Anger**
James 1:19 – Be quick to listen, slow to speak, and slow to ANGER

**Over-eating**
Proverbs 31:27 - ...the woman of noble character...does not EAT the bread of idleness

**Sex before marriage**
I Corinthians 6:18-20 – Flee from sexual immorality...Honor God with your body

**Envy**
Proverbs 14:30 – A heart at peace gives life to the body, but ENVY rots the bones

**Drinking**
Proverbs 20:1 – Wine is a mocker, beer is a brawler, and whoever is led astray by them is not wise.

**Drugs**
I Corinthians 6:19-20 - ...your body is the temple of the Holy Spirit...Therefore, honor God with your body

**Laziness**
Proverbs 10:4 – LAZY hands make a person poor, but diligent hands bring wealth.

**Greed**
Luke 12:15 – Watch out! Be on guard against all kinds of GREED; a person’s life does not consist in the abundance of his possessions.

**Lust and Pornography**
Matthew 5:27-30 – You have heard that it was said, “Do not commit adultery.” But I tell you, everyone who looks at a woman to lust for her has already committed adultery with her in his heart...

**Unkind or vulgar speech (including texts, posts, tweets, etc.)**
Ephesians 4:29 – Do not let any UNWHOLESOME TALK come out of your mouths, but only what is helpful for building others up.

**Game Plan**
- Self-control is a fruit of the Spirit and necessary for obedience to Christ.
• Respecting others and ourselves is a form of self-control.
• God can grant the victory no matter how much failure you've had in this area up to now. He is faithful!

Close in Prayer.
**Purpose of meeting**
To discover that Christ, not our accomplishments, is the source of true confidence.

**What you will need**
Bible, pen or pencil, copies of this meeting

**Warm-up**
Please share the following:
- When do you feel most confident?
- When do you feel least confident?
- Make a list of really confident people/celebrities/athletes. What do you think gives them their confidence?

**Workout**
Open in prayer.

**1st Half**
Write one of the following words on a piece of paper and hold it up for all to see.
What do you think is the most important factor in success?
- a) Talent/ability
- b) Confidence
- c) Experience/practice
- d) Desire
- e) Coaching/training

Why did you choose that one?

While all five of these factors are very important, a good athlete without confidence will probably never succeed. Do you agree?

What causes us to lack confidence at times?

What problems can lack of confidence lead to?

**2nd Half**
Read Proverbs 3:19-26 (Page 580-581 (HCSB) & 533 (NLT) in your FCA Bible).

- How does this say God made the world?
- How can you use these verses to help you find confidence in Christ?
- How does the way we are created give us confidence?
- If our confidence is in an almighty and unchanging God who loves us why would we fret?
- Does having confidence in God mean that life will be perfect and we will never fail?

Read Genesis 1:27 (Page 44 (HCSB) & 44 (NLT) in your FCA Bible)

- Since we are made in God's image, how should we feel about ourselves? How can we use this verse to give us more confidence?
- Since God made us, is it important that we see ourselves as God sees us?

**Personal:** Do you see yourself as God made you?

- When you have negative thoughts about yourself what are you saying to God?
- How can you use these verses to stop having a lack of confidence in your physical characteristics, family situation, or current circumstances that are out of your control?

**COMPARISON**

- Why is it that we sometimes compare ourselves to others and end up with negative feelings and a lack of confidence?
- Has this ever happened to you when you were playing your sport? What was the result?
- What are some other factors that cause us to compare ourselves to others and lose our confidence?
- How do you think TV, magazines, and social media contribute to our lack of confidence?
OVERCONFIDENCE

Read Romans 12:3 (Page 1087 (HCSB) & 984 (NLT) in your FCA Bible).
- When do athletes have too much confidence? Have you ever experienced this?
- Do you think it is possible to become overconfident? Why or why not?
- What would be the cause of being overconfident?

Read Jeremiah 9:23-24 (Page 689 (HCSB) & 634 (NLT) in your FCA Bible).
How can this verse help us from becoming overconfident and too proud of ourselves?

Read Romans 8:31-39 (Page 1082-1083 (HCSB) & 980 (NLT) in your FCA Bible).
According to these verses, what is the source of the Christian’s confidence?

How can you apply these verses to your life, so that you have more confidence but give proper credit to the source?

How do these verses apply to sports?

In what other situations can you apply these verses?

Cool Down
How does being confident relate to the 2015 FCA theme “Undefeated”?

(Theme Verse: I Corinthians 15:57)
“But thanks be to God who gives us the victory through our Lord Jesus Christ!”

Game Plan
- Confidence is necessary in sports and in life.
- Our confidence is in the power, love, and forgiveness of God through Jesus Christ.
- Self-confidence often leads to pride, rivalry, and lack of honor of Jesus.

Close in Prayer
Purpose of meeting
To find out why we should follow God’s rules.

What you will need
Bible, pen or pencil

Warm-up
- Rules: do you like them or hate them? Why?
- Why do we resist rules that other people make?
- What rules in life do you think are really important?
- Some people say God made the rules in the Bible to help us, to save us from being hurt, and so we can enjoy His best. Do you agree or disagree with this? Why?

Workout
Open in prayer.

1st Half

Read Exodus 20:1-17 (Page 109 (HCSB) & 104 (NLT) in FCA Bible). This passage serves as God’s “Ultimate Top Ten List.”

- Commandment #10 refers to coveting.
  - What is that in today’s culture?
  - How does our culture seem to make this problem of wanting other people’s stuff worse?
  - How do you think TV commercials add to this problem?
  - How do you think Instagram, Facebook, and other sites where people post photos add to this problem?
  - As an athlete, do you ever feel envious of other people’s ability? Describe a time when you felt this way.
How can you channel this desire to have their talents into a positive action?

**Commandment #9** says not to tell lies.
- Do you think this means all lies or just really big ones?
- Do you like it when others lie to you? How does that make you feel?
- Why is it hard to tell the truth, the whole truth, and nothing but the truth?
- What would it be like if everyone told the truth and you could always believe what others said?
- Read John 14:6 (Page 1016 (HCSB) & 922 (NLT) in your FCA Bible). Jesus says He is truth. How can this motivate you to live truthfully?

**Commandment #8** says not to take other people’s stuff.
- Has anyone ever stolen from you? How did it make you feel?
- Why is stealing wrong?
- What if you find something at school and keep it (i.e., “finder’s keepers, loser’s weepers”)? Is that stealing? Is that exhibiting honesty?
- Do you consider that to be stealing? Why or why not?
- Read 1 Corinthians 6:7-11 (Page 1101 (HCSB) & 996 (NLT) in your FCA Bible). Why does this say we should no longer be thieves if we are in Christ?

**2nd Half**

**Commandment #7** states that sex is only proper within the confines of marriage.
- Is this too old fashioned, or is it true for people today as well?
- What are some risks you face when you decide to have sex before marriage?
- How is a relationship between one man and one woman in marriage a reflection of God’s relationship with us?

**Commandment #6** says not to murder or kill.
While most of us will never actually commit murder, we all have evil thoughts in our hearts every day.
How can having evil and hate in our hearts be similar to killing someone?

Read Matthew 5:21-22 (page 880 (HCSB) & 801 (NLT) in your FCA Bible).
Jesus said that being angry is the same as committing murder in God’s eyes. What does the heart have to do with murder/anger/hatred?

Commandment #5 says to honor your parents.
- What does it mean to honor your parents?
- Why is this so difficult?
- Why do you struggle to obey your parents?
- What are some consequences of not listening to and disobeying your parents?
- How does your attitude toward your parents reflect your attitude toward God?

Read Exodus 20:12 (Page 109 (HCSB) & 104 (NLT) in your FCA Bible)
What reward does God promise to those who honor their parents?

Cool Down

II Corinthians 5:17 says, “If anyone is in Christ he is a new creation; the old has gone, the new is come.”

How does being a new creation in Christ make you want to follow these rules?

Pray that you will desire to apply this “Top Ten” from God to your daily life!

Game Plan
- The 10 commandments do not save us. God provided these commands as guidelines for how to interact with Him and how to interact with others.
- Our failure to keep the 10 commandments perfectly shows us that we need a God of love and perfect sacrifice in Jesus to save us from our sin.

Close in Prayer.
God’s Ultimate Top Ten
Part II

Purpose of meeting
To look at behaviors that show we are new creations.

What you will need
Bible, pen or pencil

Warm-up
Pick an icebreaker.

Workout
Open in prayer.

1st Half

Read Exodus 20:1-17 (Page 109 (HCSB) & 104 (NLT) in your FCA Bible).

Commandment #4 says set aside a day to concentrate on and worship God.
  o Why is this hard to do sometimes?
  o What things in our culture make this difficult?
  o What are some ideas for attending church on the days you have Sunday games or practices?
  o How can you be intentional about giving God a day of Sabbath rest and reflection?

Commandment #3 says not to use God’s name in vain.
  o What does “using God’s name in vain” refer to?
  o Do you think saying, “Oh my, God” casually is pleasing to Him? What about, “I swear to God”?
  o How can we change our speech to show more respect and reverence for God?

Commandment #2 says to avoid idols.
o What are some of the idols people have today? What are things you make into idols in your own life?

o Why is it so easy to turn our attention away from God and to our idols?

o Read Psalm 135: 13-18 (Page 571 (HCSB) & 525 (NLT) in your FCA Bible). What lasting benefit do our idols have?

o If we find that we have been neglecting God in our daily lives, do you think God will forgive us and welcome us back to Him?

o As athletes, we often find that our sport has become more important to us than God. How can we use our ability to worship and to please God?

2nd Half

Commandment #1 says to have no other gods, except for God.

o What is one of the best ways to get to know God?

o How can studying the Bible help you learn about God?

Read John 14:6 (Page 1016 (HCSB) & 922 (NLT) in your FCA Bible).

o What does Jesus say is the only way to get to God?

o If this statement is true, what does that say about Muslim, Buddhist, agnostic, and other beliefs that say there are multiple ways to get to heaven?

o It has become popular for rock stars, movie stars, and pro-athletes to invest in and support “trendy” religions. How do you think this affects people in this generation?

o What do you think is really the “truth”? Read John 16:12-15 (Page 1018-1019 (HCSB) & 924 (NLT) in your FCA Bible).

Cool Down

1. If you are a follower of God, why do you think it is important to follow His “Ultimate Top Ten List?”

2. How does following the “Ultimate Top Ten” list relate to being a new creation? (Read Ephesians 4:17-24 on page 1148 (HCSB) & 1040 (NLT) in your FCA Bible).
Game Plan
- Write out the 10 Commandments this week and memorize them.
- God desires to be honored, respected, and adored by His people. These commandments help us to do that purely.
- **Read Matthew 22:36-40 (Page 905 (HCSB) & 823 (NLT) in your FCA Bible)**, when someone asked Jesus which commandment was the greatest.

Close in Prayer. Pray that everyone in the Huddle will know who God really is and will want to follow Him.
Purity

Purpose of meeting
To study the importance of living a pure life on and off the field.

What you will need
Bible, pen or pencil

Warm-up
Go around the group and have each member identify their favorite movie. Why is this your favorite?

Workout
Open in prayer.

1st Half

Read Matthew 5:8 (Page 879 (HCSB) & 801 (NLT) in your FCA Bible)
Have you ever met someone you would characterize as “fake”? Why would you say that?

The dictionary describes purity as freedom from anything that debases, contaminates, or pollutes; unmixed with other matter.

In Matthew 5:8, Jesus teaches the disciples and the crowd that those who are pure in heart will be blessed.

What do you think it means to live a pure life?

Is a pure life possible? Why or why not?

What is the promise in Matthew 5:8 if we ARE pure?

The Bible says that no one is pure by himself/herself (Romans 3:23). No one can go through life without a wrong or sin, so God made a provision for us through His Son, Jesus. If we acknowledge our sin, ask for forgiveness from God, and seek eternal life through believing in Jesus, God will make us pure.

Read Romans 10:9-10 (Page 1085 (HCSB) & 982 (NLT) in your FCA Bible) and 2 Corinthians 5:17, 21 (Page 1122-1123 (HCSB) & 1017 (NLT) in your FCA Bible).

How should our attitude be toward God since He has forgiven us for our sins?
God’s desire is that we are pure and perfect like He is. In the beginning, Adam and Even chose to disobey God leading to a world that is plagued and cursed with sin. No one is exempt. Jesus’ death was the substitute of a completely pure man for a completely impure world. If we trust Him and Him alone for salvation, He will make us pure at our core.

Has athletics ever been an area where it is difficult to be pure? If so, why?

Do you think that your environment encourages or discourages purity? (Think about movies, TV shows, friends, music, social media, etc.)

What ways could your focus be more pure to honor God?

Read Psalm 119:9-16 (page 563 (HCSB) & 519 (NLT) in your FCA Bible).

What truths can we learn from this passage that will point us to Jesus during tempting situations that can lead us to impurity?

Cool Down

Read Philippians 4:8 (Page 1158 (HCSB) & 1050 (NLT) in your FCA Bible)

What are we supposed to think about? What are some ways to remind yourself what you should be thinking about?

Game Plan

- Purity of heart, action, thought, and tongue is only possible by trusting in Jesus.
- Purity is an expectation of God.
- Living from a pure heart allows us to see the glory of God in the world.

Close in Prayer
Final Season

Purpose of meeting
To help athletes through the transition of their final season.

What you will need
Bible, pen or pencil

Warm-up
Imagine you can be the best athlete in your sport, like a Rafael Nadal, Payton Manning, Hope Solo, Adam Weinwright, or LeBron James. You will have a record-breaking high school career, and then you excel in college. You play your first season in professional sports; once again, shattering records as you go.

The question is, would you still go through with it, if you knew your wonderful career would end after one short professional season? Why or why not?

Would the success and experience be worth the pain and sadness at the end of your career?

Workout
Open in prayer.

1st Half
Looking at your sports experience, what has been the best thing you’ve gotten from playing?

What lessons have you learned from sports?

What benefits have you gained from playing sports?

Where do you think you’d be now, if you’d never played?

- In light of these questions, how would you handle a season ending injury?
- What if your injury ended your plans for a college scholarship or your opportunity to make it to the professional level?
- How would you handle that loss?
2nd Half

While playing sports is possibly one of the greatest experiences in life, eventually every athlete will face a time when it’s no longer possible to play at the same level of competition.

What do you think will be the hardest part of not playing your sport anymore?

Do you think it will be possible to continue to enjoy your sport if you play at a less competitive level? Why or why not?

Read Acts 20:24 (page 1058 (HCSB) & 958 (NLT) in your FCA Bible).
How does Paul’s perspective in this verse help retiring athletes find their purpose in Jesus rather than in sports?

How can you use this verse to help you when you face this situation? (Read Philippians 1:20-21 (page 1155 (HCSB) & 1047 (NLT) in your FCA Bible) to help.)

Read 1 Peter 5:6-7 (page 1231 (HCSB) & 1120 (NLT) in your FCA Bible)
When we come to our final season, what some common emotions we may have?

How can we use these verses to trust God and be obedient with our emotions?

Read Psalm 33:10-22 (Page 517 (HCSB) & 478 (NLT) in your FCA Bible).
These verses say that God’s counsel and plans will stand forever (vs.11), and that God watches over those who fear and depend in His faithful love.

Why is this hard to do as you enter college? Why is this hard to do as you enter the next level of high school?

How might these verses help you to hope in the Lord?

Read Ecclesiastes 3:1-14 (Page 607 (HCSB) & 559 (NLT) in you FCA Bible)
How are these verses helpful?

Cool Down

If you are facing your final season, don’t run from your feelings. You have probably enjoyed some really fun times, and it's natural to have feelings of sadness and loss. Understand, though, that just because your time in the sports spotlight has ended, your life still has countless possibilities to strive for excellence and glorify the Lord. Your worth and value is in Christ, not in sports. Glorify God with your body, mind, attitude, and decisions as you seek Jesus in whatever comes next!
**Game Plan**

- There comes a time in every athlete’s life where their time in sports comes to an end. When your time comes, where will you find your identity and purpose?
- The purpose of playing sports is to worship God. When our time is up, we should be humble and grateful not bitter and prideful.
- God’s plans are better than ours!

**Close in Prayer**
The Female Athlete

Purpose of meeting
To understand why God created women to be uniquely wonderful and excellent in athletics

What you will need
Bible, pen or pencil

Warm-up
Have everyone name a female athlete that they admire and why they admire her (like her work ethic, her talent, the way she plays, etc.)

Workout
Open in prayer.

1st Half
Created Female

1. What is the best part about being female?
2. What is the hardest thing about being a female?
3. What image do you find hard to live up to, as a female?
4. What image(s) do female athletes have to live up to?
5. What images do male athletes have to live up to?
6. In your opinion, which image is harder to live up to?

Read Genesis 1:27 (Page 44 (HCSB) & 44 (NLT) in your FCA Bible)
What do you think it means to be made in the image of God?

Notice that God created both male and female. Since God created females, then how should we feel about being female?

What does this verse say about the idea that the two sexes are equal, (but different) in God’s eyes?

Read Psalm 139:13-16 (Page 573 (HCSB) & 526 (NLT) in your FCA Bible)
What word is used to describe how every person, female and male, is created?

How does knowing that God created you, and that you are wonderfully made, make you feel about yourself?
How can we celebrate, or praise God, for how He made us?

2nd Half

She’s Got Game

1. Sometimes female athletes are stereotyped in a negative way. What are some of the negative stereotypes, people say about female athletes?

2. Has this ever happened to you?

3. Some people have said that female athletes are less feminine than other females. Do you think that being feminine takes away from your ability to compete as an athlete? Why or why not?

Madeline Madding Mims, four time Olympian in track and field, explains it like this:

"The problem in women’s sports is that some women try to get their identity as athletes by taking on and focusing on the masculine characteristics. They buy into a lie that being masculine makes them better athletes... God created me as a woman and He created me as an athlete. As and athlete, I can be aggressive. I can become the best in the world at my sport, but I can also choose to be a lady. It’s a misconception that you can’t be both feminine and athletic at the same time."

Madeline Mims states that God created her to be a woman, and He created her to be an athlete. How do you think God would feel if she wasted her athletic talents?

Read Matthew 25:14-30 (Page 908 (HCSB) & 827 (NLT) in your FCA Bible)

What does this parable say about using the talents God has given to each of us?

Why was the master so hard on the servant with one talent? If “The Master” (God) returned today, what would he say about how you are using the talents He gave you?

How can you use your talents, including athletic talent, to serve God?

It is important to know that God has given each of us, as female athletes, our specific talents. You may be better than me at free throws, but I may be better than you at hitting a softball. The talent isn’t what matters—it’s what we do with it, and how we glorify God who gave it to us that does matter.
**Cool Down**

“God made you with the particular body shape, skills and abilities you have. As an athlete, the goal is to develop your skills and abilities within the limitations you have as a human being.”

Do you agree or disagree with this quote? If you agree, then how can you further develop your skills and abilities? How can you encourage other females to develop their skills and abilities?

**Game Plan**

- **God created me specifically as a female, and my value comes from Him alone.**
- **God gave me specific talents as a female athlete and my purpose is to glorify Him with what He’s given me.**
- **As a steward of the talents God has given me, I can grow in my skills and abilities for God’s glory.**

Pray that each female in your huddle will appreciate the way God created her, and will develop the talents God has given her. **Close in Prayer.**

Footnote: The quotations in this huddle meeting are from *Experiencing God’s Power For Female Athletes.* Written by Dr. Deb Hoffman, with Julie Caldwell and Kathy Schultz.
Purpose of meeting
To equip athletes with the spiritual confidence to live for Jesus Christ when they go out on their own (aka “The Real World”)

What you will need
Bible, pen or pencil

Warm-up
Choose an icebreaker from fcaresources.com

Workout
Open in prayer.

1st Half
Think back on this year of FCA, in what ways has your relationship with Jesus been strengthened?

Have the times when you felt closest to God occurred around spiritual weekend retreats, events, or FCA meetings? Why do you think that is?

Do you think is it harder to act and think like an “on-fire Christian” a few weeks or months after you return? Why?

Read Mark 5:1-20 (Page 925 (HCSB) & 841 (NLT) in your FCA Bible)

After Jesus healed the demon-possessed man, he wanted to go with Jesus. Why?

According to the passage, why didn’t Jesus let the man stay with Him?

What did Jesus tell him to do? Why?

What was the result of the man going home instead of staying with Jesus in vs. 20?

Why is it important for you to tell people at home, school, church, and your FCA huddle how your life has been changed by Jesus?

How can we help each other stay strong and committed to follow Jesus in school, on the weekends, and on the field?
2nd Half

Think of at least one Christian you admire, who you can share your struggles and joys of following Jesus with. (Someone who could become an "accountability partner" for you)
Share why you admire them:

Write down the names of the people you thought of and commit to tell them how you've changed this year and what you plan to do to continue to grow closer to Christ.

If you cannot think of someone, begin to pray to God that he would provide a godly, wise Christian in your life.

Read Hebrews 12:1-3 (Page 1212 (HCSB) & 1102 (NLT) in your FCA Bible)

Why is it important to be “surrounded” with other Christians (“witnesses”)?

Although it is helpful to have accountability partners to keep us on track, why is it most important to “fix our eyes on Jesus” according to these verses?

Read Psalm 119:9-16 (Page 563 (HCSB) & 519 (NLT) in your FCA Bible)

What are some things you can do when you encounter “the real world” to keep yourself pure and focused on Christ according to these verses? (You might want to make a list of these items and give them to your accountability partner so he/she can pray for you and ask you if you are keeping your commitments.)

Cool Down

Read Deuteronomy 31:7-8 (Page 218 (HCSB) & 205 (NLT) in your FCA Bible)

How can this verse help you when you are out on your own?

In these verses, Moses is passing leadership and responsibility on to Joshua before he dies. How do you think Moses’ words encouraged Joshua to rely on God while in leadership? Can this apply to us today?

Read Jeremiah 29:11-13 (Page 707 (HCSB) & 650 (NLT) in your FCA Bible).
The people of Israel had chosen to abandon God bringing about hardship and shame on all their people and land. God told His people through Jeremiah that He had better plans for them if they would only trust Him.

What were His plans? How were the people to seek God’s plans? Does this apply to us today?
Game Plan

- At some point, we will all have to face “the real world.” Who will you trust?
- God calls us to go and share what we learn at FCA, youth group, and church camp.
- Jesus is the source and perfecter of faith, therefore we can live “on fire” for Him everyday!

Close in Prayer.

Pray that God will bring you to trust in Him during times of trial and doubt.
**Purpose of meeting**
To encourage student athletes to remove what doesn’t honor God and add what does. It’s time to get back to the basics.

**What you will need**
Index cards, copies of the meeting, Bibles, pens

**Warm-up**
What are some of the fundamentals or basics of the sport you play?

What are some of the basics of sports in general that you do not have to with technique? (ex. Focus, hard work, desires, etc.)

**Workout**
Open in prayer.

**1st Half**

In our Christian walk we have to maintain the basics, or the fundamentals, in the discipline of the Christian life. Being involved in a Bible study, spending time in prayer, daily spending time alone with the Lord, taking part in corporate worship, serving others, telling people about Jesus, reading God’s word everyday, and learning under a Christ-centered pastor or priest are all parts of going *Back to Basics.*

**Read Romans 12:1-2 (Page 1087 (HCSB) & 984 (NLT) in your FCA Bible)**

- What do you think the word sacrifice means?
- As an athlete, what sacrifices do you make in order to compete year after year?
- A sacrifice is a gift to God. Do you think the world has changed this meaning? How?

In the old testament of the Bible, sacrifices of animals and plants were made to God as an act of worship and as a means to have sin forgiven by Him. With that in mind, what does it mean “to present your bodies as a living sacrifice”?

- Could you say that sports are important but not be willing to sacrifice for it? Why?
- Could you say that a relationship with Jesus is important but not be willing to sacrifice for Him? Why?
- How do you feel when you make sacrifices? Good? Bad? Why?
List at least three things the theme verse says about sacrifices.

Why or how could a sacrifice be a form of worship?

Romans 12:1 says “by the mercies of God.” A Christian’s motivation to obey God stems from the overwhelming gratitude for how God has shown them mercy.

How has God shown you mercy?

“living sacrifices, holy and pleasing to God.” Rather than kill yourself on an alter of wood or stones, God commands us to live a life fully devoted to Him in purity and obedience.

What are some areas or aspects of your life that you are not giving to God as a living sacrifice? (athletic goals, relationship with boyfriend/girlfriend, language, time, how you treat others, etc.)

2nd Half

Each of us wrestles with these “Ultimate Questions”: Why am I here? What’s the most important thing in my life? What have I built my life on? Where do I find true happiness?

Like a pebble in a shoe, these questions bother us and nag at us with every step we take in this life. In Romans 12:1, Paul tells us to “present our bodies as living sacrifices.” When we present an offering, we usually know what we are giving.

If the offering that you are presenting is yourself, what are you giving?

Some of you are presenting a person who is bitter with life because the “breaks” haven’t come your way. Others are presenting a person who is lonely and afraid. Some will present addicted lives while others will present lives that have everything that this world gives, yet with empty souls. Some will present lives that are happy because of their circumstances, their families, their popularity or lack of it. Regardless of the situations, each of us is in some way presenting a fractured life. But that is what God is looking for, and He is in the business of healing our fractured lives. All that He asks is that we come to Him in honesty and truth. Jesus said, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.” (Mark 2:17)

- Do you find yourself asking these “Ultimate Questions?” If so, what answers have you come up with?
- What is the hardest thing about sharing your “BASIC SELF” – who you really are – with others?
- In what ways can this huddle help each individual present their “basic self” as a living sacrifice to God?
In what ways can this huddle help each individual get back to the basics of prayer, Bible reading, and telling people about Jesus?

**Cool Down**

Reflect on the things that you hear, read and experience, and be honest as you share with others about where you are in your life and in your walk with God. Some of you may discover that you know **about** Jesus but do not yet know Him or have a relationship with Him.

Take some time to read through the “More Than Winning” section of your FCA Bible on page 1505 with your huddle.

What are some basic truths you read about in this section?

Take this opportunity to be real with God. On a note card, write down the commitment(s) you plan to make with God. Maybe God is challenging you in a certain area, or is asking you to make a specific sacrifice for Him. Write this down, and keep it to yourself. It’s just between you and your heavenly Father, so stash it in your Bible.

During your quiet times, take out this card and pray to God to give you strength and renewal to commit to what it is He has challenged you to. Maybe this card is a start to a prayer journal. How awesome it would be to look back and see how faithful God has been and reflect on the promises He has kept!

**Game Plan**

- Just like there are basics in sports that must be done well to succeed, there are basics to the Christian life that must be done for us to know God.
- Jesus sacrificed His life on the cross to save us from our sins. Now we give our lives wholly to Him as an act of thanksgiving and worship.

**Close in Prayer**
The Narrow Road

Purpose of meeting
To understand how to walk the narrow road with Christ.

What you will need
Bibles, copies of the meeting, Icebreaker supplies

Warm-up
Find an icebreaker from fcaresources.com

Workout
Open in prayer.

1st Half
As you seek to follow Jesus, what is your biggest hardship or “roadblock” to following Him the way you would like to?

Read Matthew 7: 13-14 (Page 883 (HCSB) & 804 (NLT) in your FCA Bible)

What do you think Jesus means by this illustration of the narrow gate?

Read Luke 13:24 (page 973 (HCSB) & 884 (NLT) in your FCA Bible) and John 10:7-10 (page 1010 (HCSB) & 917 (NLT) in your FCA Bible).

Who is the gate/door?
How do we begin down the narrow path that leads to life?

Read John 14:5-6 (Page 1016 (HCSB) & 922 (NLT) in your FCA Bible)

What does Jesus mean when He says, “I am the way, the truth, and the life?”

In this statement, does Jesus leave any other option to get to heaven?

What does Jesus say is the only way to be with God forever?

Is there anything that is personally holding you back from trusting Jesus for eternal life?
Answer if you feel comfortable.
To get through the narrow gate, we must put our faith in Jesus Christ. Jesus is honest when he says that few find their way through the narrow gate and that it can be a difficult road to travel. But those who commit to living out that narrow walk daily with Christ will receive an eternal reward.

Read Jeremiah 35:8-10 (page 714 (HCSB) & 656 (NLT) in your FCA Bible) and Psalm 16:11 (page 508 (HCSB) & 470 (NLT) in your FCA Bible).

What stands out to you in these verses?

2nd Half

If we put our faith in Jesus Christ, how will it affect our daily lives? (use the verses above for help)

How about our lives as athletes?

Read Jude 24-25 (page 1253 (HCSB) & 1139 (NLT) in your FCA Bible).

According to verse 24, what is God able to do?

As a result, what does God deserve from us (v. 25)?

How can we give glory to God through the choices we make on the field and off the field?

Cool Down

Simply put: walking the narrow road means putting your faith in Christ alone. To walk the narrow road, we must daily choose to honor God in all we do.

Read Luke 9:23-24 (page 965 (HCSB) & 877 (NLT) in your FCA Bible)

Go around the group and pray for each huddle member – that they will have the ability and desire to choose God by following Jesus in the daily challenges they face as a student-athlete.
**Game Plan**
- The narrow road goes through Jesus and leads to abundant life, but few take that road.
- There is only one way to know God and enjoy Him forever – repent of our sins and believe in Jesus as Lord and Savior.

**Close in Prayer**
Purpose of meeting
To get back to the basics of your walk with Christ in order to be ready to get into the game for Christ.

What you will need
Copies of the meeting, Bibles, pen or pencil

Warm-up
As a group, go around and state a celebrity that either you think (or someone has told you) you look like or act like.

Workout
Open in prayer.

1st Half
Players can sit in on only so many strategy sessions, listen to so many discussions of tendencies, and observe only so many chalk talks and X’s and O’s! As good as all of those things are, as valuable as it is to have knowledge about the game, at some point, the coach has to call for action. He has to send his team out on the field and tell them to make it work. Execute. Perform. They need to put what they have learned into game time action.

- What is the purpose of practice?
- How is practice a form of "getting Back 2 Basics?"
- Which do you enjoy more, practicing or the game? Why?
- Share a time you went through practice after practice, working your tail off only to sit the bench. How did this make you feel? What was going through your mind?

As athletes, we go through rigorous practices to get us ready for the moment of competition. We may not always enjoy it, but at least we are ready and prepared come game time.

Now, think about your Christian walk. Quite often the opposite occurs. We go through the practice of daily quiet times, being fed at church, participating in Bible studies, regular prayer. All of this is practice that we enjoy, and it contributes to our spiritual growth. However, when it comes to game time, time to stand for Jesus in the face of peer pressure, or temptation many of us prefer to be benchwarmers.
1. What do you think it means to be a benchwarmer for God?

2. Can you share a time that you felt God calling you to do something for Him, but ignored it?

3. Why do you think you reacted this way?

2nd Half

The Bible states very clearly what it takes to be a Christian – to be a follower of Christ.

**Read Ephesians 2:8-10 (Page 1145 (HCSB) & 1038 (NLT) in your FCA Bible)**

1. What truths are revealed in these verses?

2. What is Paul saying about grace and works?

**Read James 2:14-26 (Page 1219 (HCSB) & 1109 (NLT) in your FCA Bible)**

1. What do you think James means by this passage about faith and deeds?

2. What have we, as Christians, been practicing for?  What has God, our coach, trained us to do?

3. Why do you think we are afraid to get into “the game”?  What is holding us back?

Cool Down

After reading these verses and going through the meeting with your huddle, what changes do you see you need to make in order to “Get into the Game?”

Take the opportunity this week to really listen to God and hear what He is calling you to do.  Then execute...perform...play!  **You’re in!**

Thank God that you are no longer a benchwarmer, but a starter!
Game Plan

- Why do you read your Bible, pray, and go to church?
- When temptation or struggle comes, will you have faith in Jesus and what you have learned about Him?
- We are saved by grace, through faith, in order to do good works to give glory to God.

Close in Prayer
Batteries Not Included

Purpose of meeting
Recognizing that our one true “power source” should only be our one true Savior.

What you will need
Bibles, copies of the meeting, pen or pencil

Warm-up
Have everyone share a highlight from their week.

Workout
Open in prayer.

1st Half
GET THE BATTERY

Adolf Coors, heir to the Coors Beer fortune, became a Christian later in life. When sharing his testimony at a businessmen’s luncheon, he said, “God created humans - batteries not included.”

To many, Mr. Coors would seem to have a great life as a millionaire. But his father was murdered, his mother died an alcoholic, and his marriage was falling apart when he found the void to fill his life...Jesus!

~ What do you think he means by “batteries not included?”

~ What do you think God intended us to use as “batteries” to keep us running?

~ What are some things people use instead of the “batteries” God wants us to use?

~ Why do we try those things instead of God’s batteries?

~ What happens if you try to make sports your battery and the thing that makes your life meaningful? Will you receive lasting fulfillment or temporary fulfillment?

~ Have you made Jesus your battery? If yes, then describe how Jesus has made your life complete and fulfilling.

Read John 4:7-15 (page 999-1000 (HCSB) & 907 (NLT) in your FCA Bible).

• What did the woman think she needed to be satisfied?
• What was Jesus offering her instead?

Read John 14:6 (Page 1016 (HCSB) & 922 (NLT) in your FCA Bible)

How does this verse say that Jesus is the battery of your life?

Read Romans 10:9 (Page 1085 (HCSB) & 982 (NLT) in your FCA Bible)

How does this verse say our lives can be saved?

If anyone has questions about giving their life to Jesus, give them an opportunity to talk to a huddle leader or huddle coach after the meeting.

2nd Half

RECHARGE THE BATTERY

How can you tell if a flashlight has batteries in it?

What happens to a flashlight when the batteries have been used for an extended period of time?

Read Matthew 5:14-16 (Page 879 (HCSB) & 801 (NLT) in your FCA Bible)

~ What does this verse say is our purpose as Christians?

~ How can we be a light to others?

~ How can we be a light to our teammates?

Read Galatians 6:9-10 (Page 1141 (HCSB) & 1035 (NLT) in your FCA Bible)

~ What causes us to become weary in doing good?

~ How can our teammates or friends cause us to become weary & discouraged in our faith?

~ What does God promise will happen if we don’t give up and keep doing good for His glory?

What kind of harvest would you most like to see in your life, your school or your teams?

Cool Down

If your “batteries” are low, how can you recharge and refocus on Jesus for joy and true life?
**Game Plan**

- Jesus gives us life and meaning.
- When we try to live life without Jesus as our source we will always lack power and light.

**Close in prayer.**
**Purpose of meeting**
To encourage the Christian Athlete to run strong to the finish.

**What you will need**
Bibles, copies of the meeting

**Warm-up**
Have everyone get into the "wall sit" position (like everyone is sitting in chairs, but with no chairs). Do this for 10 seconds then stand back up.

Now have everyone do it again, but this time for 1:00; If someone can go longer (with good form), see how long they can go.

Which one burned more? Which one was easier? Which one would force you to get stronger?

If you were going to run a race, would you rather run a 100-meter sprint or a marathon...where the finish line is 26.2 miles away? Explain your answer.

Which of these takes more training? Patience? Faith? Explain.

**Workout**
Open in prayer.

**1st Half**

In what way is the Christian life more like a marathon than a sprint? Explain.

If being a Christian were like a sprint it would be much like a fast-food drive through. We place our order, round the turn, and we get the finished product. However, God has set up our Christian life to last a lifetime and we must pace ourselves for the entire race.

**Read Hebrews 12:1-3 (Page 1212 (HCSB) & 1102 (NLT) in your FCA Bible)**

What does it mean to run with endurance? What types of things require endurance in the Christian life?

Why does the Christian athlete have to fix his/her eyes on Jesus in order to persevere and endure? How does this relate to the marathon runner having to fix his eyes on the finish line in order to achieve his goal?
2nd Half

Finish the following:

◊ If the Christian life were short and easy it would be better because...

◊ The Christian life is difficult because...

◊ It is important for me to have a relationship with Jesus Christ because...

◊ I get tired as a Christian sometimes because...

Read Hebrews 12:1-3 again.

The author says that you must throw off "everything" that hinders or holds you back. What does this mean? Is there anything you have thrown off or changed in order to run a better race?

What things hinder your relationship with Jesus Christ?

How does sin "ensnare" our lives?

What are some things you could be doing to lighten your load and help you run the race that God has set before you?

Read James 1:12-18 (page 1217 (HCSB) & 1108 (NLT) in your FCA Bible).

What are some truths we learn from these verses?

Cool Down

Game Plan

- A life lived for Jesus may be difficult, demanding, and uncomfortable... but eternally rewarding.
- God has provided all we need to endure in the person of Jesus Christ.

Pray for endurance to run the Christian race, as well as any things that may be hindering you. Close in Prayer.
Knowing God’s Will

Purpose
To discover God’s will for our lives and how our lives can bring Him glory.

What you will need
Bibles, copies of the meeting & copies of the Icebreaker

Warm-up
Please pick out an icebreaker.

Workout
Open in prayer.

What makes decisions in life so difficult?
How do you go about making difficult decisions?
What is one area of your life you wish you knew God’s perfect will/plan?

1st Half
Part 1. Understanding God Has A Plan For You

Read Jeremiah 29:11-13 (Page 707 (HCSB) & 650 (NLT) in your FCA Bible) and Proverbs 19:21 (page 593 (HCSB) & 545 (NLT) in your FCA Bible).

As you plan for the future have you considered God in your plans? Why or why not?

Read Hebrews 13:20-21 (page 1214 (HCSB) & 1104 (NLT) in your FCA Bible).

What do we mean by “God’s will”?

Does the Bible tell us what God’s will is?

Read 1 Thessalonians 4:3 and 5:18 (pages 1171 (HCSB) & 1063 (NLT) and page 1173 (HCSB) & 1064 (NLT) in your FCA Bible).

Do you feel God may be calling you to use your passions to glorify Him?
Part 2. Four Steps To Determining God’s Will

1. Ask through prayer

Read 1 John 5:14-15 (Page 1246 (HCSB) & 1131 (NLT) in your FCA Bible) and John 15:7 (Page 1018 (HCSB) & 923 (NLT) in your FCA Bible).

God hears all prayers. How come all prayers are not answered?

What are we supposed to do when our prayers are not answered the way we want them to be?

Have you ever had a time where your prayers were not answered the way you wanted them to be? What was the end result?

Do you ever get angry at God for not answering your prayers? How come?

2. Seek Him – Through our walk with the Lord we will be able to search and discover God’s will for our lives.

Read Romans 12:2 (Page 1087 (HCSB) & 984 (NLT) in your FCA Bible)

What does it mean to be transformed?

What can you do to transform and renew your mind?

What do you think the words “his good, pleasing and perfect will,” means?

How might “this age” conflict with God’s purpose for you?

In today’s society, why does it seem so easy to conform to the world?

Read Matthew 6:31-34 (Pages 882-883 (HCSB) & 804 (NLT) in your FCA Bible).

What does it mean to seek first the kingdom of God?

2nd Half

3. Seek Godly Counsel – In our quest to seek the will of God we need to seek advice from Godly people and God’s word.

Read Proverbs 12:15 (Page 587 (HCSB) & 540 (NLT) in your FCA Bible) and Psalm 1:1-3 (Page 502 (HCSB) & 466 (NLT) in your FCA Bible).

Who can you seek godly counsel from?
As we seek counsel from others, we sometimes might receive different opinions. How can we decipher what is the right thing to do in various situations?

Read Psalm 119:105 (Page 565 (HCSB) & 520 (NLT) in your FCA Bible).

4. **Listen For God and Obey** – The most important part in seeking the will of God for our lives is to listen for his voice and obey.

Read Genesis 22:2-14 (Pages 60-61 (HCSB) & 59 (NLT) in your FCA Bible)

How did Abraham demonstrate his faith?

Abraham displayed obedience even when he could not see the logic in what God told him. How does this story relate to discovering God’s will?

When have you had to trust and obey God even though you did not agree with the direction He took you?

Read Proverbs 3:5-6 (Page 580 (HCSB) & 533 (NLT) in your FCA Bible).

**Cool Down**

How are you challenged to discover the will of God for yourself?

How are we to handle the struggle of God’s will verses our own personal goals?

**Game Plan**

- God’s will is that we are always thankful.
- God’s will is that we become more and more like Jesus.
- When making a decision I should take into account, “Am I making this decision from a thankful heart? Will this decision help me grow in holiness and in Christ’s likeness?”

**CLOSE IN PRAYER**
Purpose of Meeting
To introduce parents to FCA, provide awareness of area-wide events, and present ways that parents can get involved or help support the huddle.

Warm-up
In FCA huddle meetings, we like to traditionally begin with an icebreaker as part of the FUN, which is one of the 3 Fs of FCA: Food, Fun, & Fellowship.

Rock-Paper-Scissors Posse—Icebreaker
Pair off and find someone to challenge in Rock-Paper-Scissors. (Rock beats scissors; scissors beats paper; and paper beats rock). The loser follows the winner and becomes part of their "Posse of Encouragement." The winner finds another person to challenge. The new loser and their posse join the winning posse, and so on, until two people are left, and half the room is cheering for one person while the other half is cheering for the other person. Winner takes all!

This icebreaker is a powerful representation of the vision and mission of FCA as it shows how we can encourage each other in Christ in the midst of competition.

Have someone in the group read the following:

FCA Vision: To see the world impacted for Jesus Christ through the influence of athletes and coaches.

FCA Mission: To present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

Workout
Open in prayer.

1st Half

Divide the group into smaller groups of 6-8 people, and make sure there are at least two parents in each group. Hand out copies of the next page, and have each person in each group follow the instructions.
Go around the circle and do the following:

⊙ Introduce yourself.
⊙ Share who your favorite athlete is.
⊙ Answer the question: “What do you enjoy doing most as a family?”

**Read John 3:16-17 (Page 998 (HCSB) & 907 (NLT) in your FCA Bible).**

FCA is Christ-centered and Bible based. Why do you think this is?

Take a few minutes and check the top 5 issues you have discussed with your parents (or parents, with your teen) the most often at home.

- Family Rules
- Your future plans
- Chores
- Schoolwork
- Family relationships/problems
- Sex
- Alcohol/drugs
- Christianity/church
- Politics
- Friendships
- Fears
- Feelings
- Disobedience
- Your interests/hobbies
- Sibling problems
- Social issues (i.e. crime/homelessness)
- Your problems
- Music

Looking at the list below, what you would rank as the first priority in terms of importance in your family? Why?

- Job
- Friends
- Working Out
- Church
- Spending time with each other
- God
- School
- Extracurricular activities

When time is up and everyone is finished, discuss the following questions:

⊙ What were the most common topics discussed at home?
⊙ Which topics are most rarely discussed at home?
⊙ Which were the highest priorities?
2nd Half

At a typical FCA meeting, we begin our discussions by sharing our thoughts on topics like those listed above. Next, we look to the Bible and discuss what it has to say about the topic and how that pertains to our lives.

**Look up Acts 2:42-47 (page 1032 (HCSB) & 935 (NLT) in your FCA Bible) and have someone read it aloud to your group.**

- What do you see this group doing?
- What was their fellowship centered on?
- What were they devoted to?

Likewise, the purpose of an FCA huddle is to show interest and concern for one another, pray for each other, and confess our faults to one another revolving around our common bond of athletics and faith in Jesus Christ.

- What are some examples of how your huddle has done these things this year?

**Cool-down**

*Have everyone re-assemble as a large group.*

Share the following:

In addition to our meetings, the Greater St. Louis Area FCA hosts several camps and events throughout the year that encourage fellowship and spiritual growth. Each summer, FCA hosts a multitude of sports camps that offer exceptional instruction from top clinicians at a great price. The camps are sure to be a one-of-a-kind experience that challenge athletes in their faith and sport.

*Have 2-3 (pre-selected) students who have attended FCA camps briefly share their experiences with the group. Afterwards, hand out copies of information about upcoming FCA camps and events.*

*Have your huddle coach share how parents can support the huddle and thank the parents for attending and for their support. (For example, parents can host meetings or huddle events, provide food or drinks, provide rides, sponsor kids to go to camp, donate FCA Bibles, etc.)*

**If parents have any questions or would like to volunteer with FCA, they can go online and contact the FCA staff member serving in the area at [www.stlfca.org](http://www.stlfca.org)**
**Game Plan**

- We come to FCA to learn about and grow in our relationships with Jesus Christ.
- FCA is about gathering for fellowship around God’s word with like-minded athletes to discuss Jesus Christ, sports, and everyday life.
- Parents are strongly encouraged to be involved in FCA in whatever way they can.

**Close in prayer.**
Purpose of Meeting
To discuss what it means to be excellent as a Christian, an athlete and as an FCA member.

Warm-Up
Pick an Icebreaker from fcaresources.com.

Workout
Open in Prayer.

1st Half
1. How would you define the word “excellence?”

2. Describe some qualities of a person who excels in sports, their job, or in school. What makes them excellent?

3. What are some things God has given you the ability to be excellent in?

4. What keeps us from being excellent in certain areas?

5. Is it important that we are excellent in all that we do? Why?

Read Philippians 4:8 (page 1158 (HCSB) & 1050 (NLT) in your FCA Bible).

- What are the characteristics that are defined here as going along with moral excellence?

- Does this list match up to your list in question two?

- Why is it important for us as athletes to think about these things? What does it mean to have moral excellence?

2nd Half
The Greek word used for excellence in Philippians is Arete. It appears three other places in the Bible within 1 & 2 Peter translated as praises once and goodness twice.
Read 1 Peter 2:9 (page 1227 (HCSB) & 1117 (NLT) in your FCA Bible).

- Whose “praises” are we proclaiming, displaying, and demonstrating through our lives and our sports?
- According to the bottom of the FCA Bible, the word “praises” is synonymous with “mighty deed.” What are the mighty deeds God has done for us?

Read 2 Peter 1:3 (page 1234 (HCSB) & 1122 (NLT) in your FCA Bible).

- How is God’s goodness excellent?
- What has God given us in order to live a life of godliness for His glory?
- How does this comfort you in times of hardships through your athletic season and training?
- Have you ever thought of God’s divine power being in you before? How have you relied on God’s power instead of your own to strive for excellence?
- Charles Spurgeon said, “…the more simply we depend upon the grace of God in Christ and wait upon the Holy Spirit, the more we will bring forth fruit unto God.” What does this mean to you?

Read 2 Peter 1:4-8 (page 1234 (HCSB) & 1122 (NLT) in your FCA Bible).

- Peter says to supplement our faith with a gradual progression of qualities. Why must these things be added to our faith? Why isn’t faith good enough in and of itself (this may require a definition of faith to be given)?
- Put together a mental image of an athlete based on these verses. Describe the athlete as each quality is added to their character starting with faith. (i.e. An athlete has faith alone. Then an athlete has faith with goodness. Then an athlete with faith, goodness, and knowledge. Etc.)
- Notice verse 8 says, “if these qualities are yours and are increasing, they will keep you from being useless or unfruitful in the knowledge of our Lord Jesus Christ.”

NBA basketball coach Pat Riley said, “Excellence is the gradual result of always wanting to do better.”

- What do you think of this thought?
Is excellence something you ever arrive at or achieve?

Can excellence be maintained? Why or why not?

Cool-down

Pick your favorite quote from the three below and discuss why you agree with it.

“Excellence is not an act…but a habit.” – Aristotle

“The hallmark of excellence, the test of greatness, is consistency.”
– unknown

“The quality of a person’s life is in direct proportion to their commitment to excellence...” – Vince Lombardi

Respond to the following statement:

In the end, I wonder if excellence is like goodness... how good is good enough? How excellent must I be to be excellent? Is excellence a certain level we strive to achieve? Is it a bar that is set really high that we try to climb our way to athletically and spiritually? If that’s true, then can we “arrive” because of something we do or by some way we work? I wonder if excellence isn’t what we do, but who we are. We don’t do excellent things. We are excellent. We’re excellent because of Jesus Christ and what He did by dying for us on the cross. Therefore the way we live is simply a response to Him not an action we create.

Game Plan

- Ask God to show you what spiritual excellence is.
- God’s goodness, mighty deeds, and sacrifice for His people are excellent.
- Out of gratefulness and thanksgiving for our excellent God, we strive for excellence to glorify Him.

Close in prayer.
Game Ready: 
Getting Armed for Battle

Purpose of Meeting
To identify who and what we are battling so we can be victorious in daily living by putting on the protection God has provided.

Warm-up
- Who is one of your rivals—the most challenging person or team you compete against each year or the biggest game/meet of the year?
- What makes this such a great rivalry?
- How do you prepare for competition against your greatest rival? (Physically, mentally, spiritually, etc.)

Workout
Open in prayer.

1st Half
We all know what it means to compete. You face an opponent. You prepare. You watch and see how your competition plays the game. You search for weaknesses. Your opponent does the same, so you need to be ready.

- What is an example of a weakness you target when competing?
- What type of protection or defense do you or your team put in place to protect yourselves from your competition?

Read Ephesians 6:12 (page 1150 (HCSB) & 1043 (NLT) in your FCA Bible).

In preparation for athletic contests, we first identify our opponent, study their strategies, and then set up a game plan. Ephesians 6:12 reveals to us who our enemy is. We have identified our enemy, now let’s pinpoint some of his tactics.

Read 1 Peter 5:8 (page 1231 (HCSB) & 1120 (NLT) in your FCA Bible) and John 10:10 (page 1010 (HCSB) & 917 (NLT) in your FCA Bible).

- Who is our enemy?
- According to these verses, what are some of his tactics for trying to defeat us?

Ephesians 6:12 makes it clear that our battle is not against flesh and blood. If our true enemies are not physical beings, then building up physically or mentally will not give us sufficient armor to stand against the devil’s tactics. We must exercise spiritual disciplines at all times to stand against the schemes of the devil. By practicing the disciplines that are mandated for a follower of Christ, we enter into that victory, and God provides our armor.
Read Ephesians 6:13-17 (p. 1150-1151 (HCSB) & 1043 (NLT) in your FCA Bible).

God’s goal for you is to be equipped. Without the proper uniform and protective gear, the coach would never put you in the game. To be Game Ready, the Bible describes another uniform that stands above all others—the full armor of God. Stepping into that uniform is the preparation that makes you truly Game Ready!

- As part of your preparation for a game/meet, what gear or equipment do you put on or need in order to be ready to compete?

- What equipment does Ephesians 6:13-17 tell us to “put on” in order to prepare for spiritual battle?

- What would happen if you didn’t have the uniform or the equipment you needed for your game/meet?

The same thing happens for us as we approach each day without spiritually being prepared. If we don’t put on the armor of God—His uniform—it’s like waking up each day and playing a full-contact game without the equipment while everyone else has the appropriate gear. Unfortunately, when we don’t put on the pieces of the full armor of God each day, we become vulnerable to the enemy attacking and convincing us to “put on” sin, which is anything contrary to the word of God (selfishness, negative thoughts, things that “feel” good, etc.). Although these temptations or attacks from the enemy can cause us to sin, the good news is that the enemy’s attacks can be defeated!

THE ARMOR OF GOD: PUTTING ON THE GEAR

For each piece of armor, discuss the function and how it protects us. (If you are short on time, you may assign different pieces to people/groups, reconvene to share what you learned, and end with the “Cool-down” together).

**Belt of Truth**

- What is the essential function of a belt?

- How do we find truth, and how can surrounding ourselves with truth protect us?

The Roman soldier’s belt held together all the other pieces of his armor. In the same way, truth anchors everything! Jesus, and the truth about Him, never changes! Hebrews 13:8 states, “Jesus Christ is the same yesterday, today, and forever.”
When we aren’t armed with truth, we allow the enemy’s lies to surround us and take truth’s place as our reality. What are some examples of lies that surround us?

**Breastplate of Righteousness**

Read 2 Corinthians 5:21 (p. 1123 (HCSB) & 1017 (NLT) in your FCA Bible).

- Righteousness is having the “right” to stand before God as holy and blameless. According to 2 Corinthians 5:21, what is the only way we obtain righteousness?
- What is the essential function of a breastplate?
- How can seeking the source of righteousness protect our hearts?
- When our hearts aren’t protected and cleaned by righteousness, what sinful emotions can creep into our hearts?

**Sandals of Peace**

An all-star NBA player once said the most important part of his game was having the right shoes. In the same way, a Roman soldier’s footwear was essential for battle. Spikes on the bottom of the sandals provided balance and proper stance when walking through tough places. When walking with Christ, our feet need to be fitted with the readiness that comes from the gospel of peace.

- What is the essential function of footwear?
- When might we need footwear most? When do we need peace most?
- When God calls us to go somewhere or do something uncomfortable or difficult, what negative thoughts or emotions can consume us if we are not protected by peace?

**Shield of Faith**

- What is the essential function of a shield?
- How is faith like a shield?
Ephesians 6:16 is not referring to a small and flimsy shield. It was a huge, thick, oblong shield that was door-like, made out of wood, and covered with thick leather. Each shield was about 4 feet high and 2 ½ feet wide, curved to the shape of the body. When joined together, these shields would form a wall that provided protection from the enemy’s attacks.

Read 1 John 5:4: “For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith.” (ESV)

- What are examples of life circumstances that may weaken our “shield of faith,” thus making us susceptible to Satan’s fiery arrows?
- How can we keep life circumstances from affecting our faith?

**Helmet of Salvation**

- What is the essential function of a helmet? How can knowing where your salvation comes from protect you like a helmet?

Read Romans 12:2 (p. 1087 (HCSB) & 984 (NLT) in your FCA Bible).

- One of Satan’s greatest weapons is doubt. He wants to discourage us. In Romans 12:2, the apostle Paul instructs us to renew our minds. How can you renew your mind daily?
- Why is protecting and renewing our minds essential?

**Sword of the Spirit**

Read Hebrews 4:12 (p. 1203 (HCSB) & 1094 (NLT) in your FCA Bible).

- What is the essential function of a sword?
- Why is God’s word referred to as the sword of the Spirit?
- What does the word of God provide that no other book, magazine, or other type of media provide?

Read Psalm 119:9-11 (p. 563 (HCSB) & 519 (NLT) in your FCA Bible) and 2 Timothy 3:16-17 (p. 1190-1191 (HCSB) & 1082 (NLT) in your FCA Bible).

- Notice that the sword of the Spirit (the Bible illuminated by the Holy Spirit) is an offensive weapon? How does God want us to use His word?
What influences might guide the way we live our lives when we are not armed with God’s word?

**Cool-down**

- We are under attack by our enemy. What happens when we give into temptation and “put on” the enemy’s lies instead of the armor of God?

- How would our sports, relationships, and lives be affected if we daily “put on” the full armor of God?

- What are some practical and tangible ways you can personally “put on” the armor of God daily in order to defeat the enemy and live victoriously?

Commit to one step you are going to take this week to ensure that you “put on” the armor of God. Pray that the Lord will give you the power and strength to fulfill that commitment, and ask a teammate or huddle member that you trust to hold you accountable by asking you how you are doing in that area.

**Game Plan**
- If we don’t get ready for the game every day, we will be vulnerable to attacks by the enemy.
- We have the proper armor available to us to protect us from the enemy—but we must be willing to use it.
- Renewing our minds daily through the study of God’s Word and prayer will help strengthen our armor to fight the tactic of the enemy.

**Close in prayer.**
Dealing with Injury

Purpose of meeting
To recognize that all things good and bad, are from the Lord.

Warm-up

What is the worst injury you have ever seen?
What is the worst injury you have ever experienced yourself?
Have you ever tried to play injured? How did it go?

Workout

Open in prayer.

1st Half

A lacrosse player from Lindenwood University struggled through a career ending injury.

Lacrosse was her life. She broke and set records all through high school and in the years she played in college. She was offered several scholarships to schools all over the country, but she chose to go to a school that would allow her to get a degree in what she felt the Lord calling her to, while playing the game she loved.

Near the middle of her second season playing, her ankle gave out before the biggest game of the season. The coaches and trainers all told her it would be unwise to play in the game, but she asked to be wrapped up and play anyway. The team won the game, but she did not play to her full potential. "I couldn’t let my team down—I had to play."

1. How would you react in this situation? Would you have played?

2. Think about this athlete’s explanation of “I couldn’t let my team down, I had to play.” If you were her teammate, how would you feel, or what would you be thinking when you heard her comment of why she played injured?

3. Do you believe you are the key to your teams’ success? Why or why not?

After the game, she went to get x-rays and talk with doctors where it was determined the ligaments in her ankle were all torn, and she would not be cleared to play until the very end of the season. She couldn’t believe what the doctors were telling her; the team needed her. She was angry and confused.
Injured athletes deal with all kinds of feelings and emotions. Some wrestle with being angry and bitter. Others feel guilty and helpless or worrisome and fearful.

Anger is a common feeling injured athletes have.

It is ok to be angry with God for what has happened. However, sometimes we get so caught up in the anger we feel that we dwell on that rather than giving the situation back to the Lord for healing.

Read Ephesians 4:26-27 (Page 1148 (HCSB) & 1040 (NLT) in your FCA Bible) and James 1:19-20 (Page 1217 (HCSB) & 1108 (NLT) in your FCA Bible).

4. What can being angry with God for a long period of time, not letting it go do to our faith?

Failure is also a feeling injured athletes struggle with.

We tend to feel completely responsible for all situations, and when an injury occurs and we can’t control the outcome anymore, we feel as though we have failed. Failure is a heavy weight we carry with us. But it doesn’t have to be.

Read Psalm 40:1-5 (Page 522 (HCSB) & 482 (NLT) in your FCA Bible).

5. According to this passage, what good can come from crying out to the Lord when we are in the pit of feeling like a failure that injury can cause us to fall into?

6. Can good come from injury if we trust the Lord in the midst of it? Explain.

Cool-down

The lacrosse player from Lindenwood was out the majority of the remaining season but was able to play in the last few games. “The Lord showed me a lot during the time I was out. I had become very prideful in my athletic ability and put lacrosse in front of my relationship with God every single day. The Lord used my injury to reveal that to me. It was painful, but very necessary. My eyes were opened to what the Lord had placed in front of me for my future since this was going to be my last season playing the game.”

The Lord is faithful. He uses the injuries we face for His Glory. He is able to use anything, big or small to wake us up and put us back on track with His plan, not our plan.
Do you think there is something in your life right now the Lord is using to get your attention?

Find your coach, huddle leader, or a friend to talk to about what the Lord may be doing in your life. If you are currently injured or out from your sport for some reason, talk to the Lord about it.

**Game Plan**

- Our athletic ability has been given to us to honor God, and we can continue to honor Him by the way we respond to injury.
- Being frustrated or angry with God is often a natural reaction, especially to being injured, but go to Him with that anger and pray that He would heal you from it and fill you with His peace.
- Be willing to share your frustrations with a trusted fellow believer in Christ. We don’t have to struggle alone!

**Close in prayer.**
Social Networking

Purpose of meeting
To better understand how to use social media to glorify God.

Warm-Up

- What would you do with an extra 15 days of the year? (go on vacation, practice your soccer drills, spend time with family, etc.)
- How much time per day do you spend on Facebook?

On average, studies show students spend 55 minutes per day on Facebook alone.

So if you spend an hour on Facebook every day, that’s 365 hours a year, which is equivalent to 15 days! Think about that! Is what you are doing on Facebook a good use of your time?

Workout

1st Half

As of 2015, 81% of teens online use social media. So how as Christians do we use social media to glorify God?

- What are some negatives and positives of being on Facebook? Twitter? Instagram? Snapchat?
- What are some problems with social networks at your school?
- Do you think people bully or gossip more on social network than in person? Why or why not?

2nd Half

Social networking can be used for good, but it can also be used for evil. Let’s discuss some of the negatives of how these websites enable us to fall into sin.

1.) Gossip

- Have you or someone you know ever said something online about/to someone you would not say directly to their face? Explain.
Why is it easier to be rude, spread rumors, or gossip online versus in person?

Read Ephesians 4:29 (page 1148 (HCSB) & 1041 (NLT) in your FCA Bible), Proverbs 10:18-20 (page 585 (HCSB) & 538 (NLT) in your FCA Bible), and Proverbs 16:28 (page 591 (HCSB) & 543 (NLT) in your FCA Bible).

- What does the Bible say about gossip?
- How do those verses apply to social networks?
- List some practical steps of ways we could have an Ephesians 4:29 attitude online?

2.) Cyber-bullying

- Do you know someone who has been emotionally or verbally abused online? (For example, by mean comments or photos) What did you do about it?
- As leaders on the athletic field, and on our campus, we need to take a stand against mean and negative comments on the field, on the bus, and even online. Why is this so important?
- How could we hold each other accountable to what we say on the internet?
- Read Proverbs 6:16-19 (page 582 (HCSB) & 535 (NLT) in your FCA Bible). How do these verses apply to cyber-bullying?

3.) Self-centeredness

Look at the names of these social networks: Myspace and Facebook—the names are even all about self-interest.

- Is your social network site important to you? Why or why not?
- Are social networks narcissistic? Why or why not? (narcissistic = love of one self or body)
- We often care about others’ opinions and how they respond to our posts or comments. Whose opinion should we care about most?

Read Galatians 1:10 (page 1134 (HCSB) & 1028(NLT) in your FCA Bible) and John 12:43 (page 1014 (HCSB) & 920 (NLT) in your FCA Bible).

- Why does God desire us to be God-centered instead of self-centered? What would we be like if we lived like that?

Cool-down

Even though there are many negatives about social networks, there are also positives. These sites can be great places to share about your faith in God, to show that Christians can have fun even though we live counter-culturally...
Challenge each other to truly show Christ online. That includes websites you should avoid looking at (like pornography), what you write (messages or blogs), and what you spend your time reading online. If you claim to be a believer at FCA, then your online activity should also follow the same example—don’t be hypocritical. If your religious status says, “Christian,” then act like how Jesus would online and off-line. Let’s show our campus how Christians are united and focused on presenting the Gospel everywhere, including on the internet.

Matthew 12:34 “... For out of the overflow of the heart the mouth speaks.”
John 15:17 “This is my command: Love each other.”

Game Plan
- If we aren’t actively trying to be counter-cultural or social media, it will be easy to slip in to hypocritical actions online.
- While social media can be very self-centered, it CAN be used to glorify God.
- Keep this quote in mind while post:
  o “If people took their cues for Christian doctrine and Christian discipleship from my posts, tweets, and updates day after day, for years and years, what sort of Christians would they become?” –Kevin DeYoung

Close in prayer. Ask the Lord how we as a huddle should use social media to present Christ. Pray that we would be good examples of Christ online, on the field, and on the weekends.
Team United

**Purpose of meeting**
To explore the need for Christians to be united in their devotion and relationships to Jesus Christ and each other.

**Warm-up**

*Sardines* (Icebreaker)

Will need a lot of room, but not a lot of open space. Pick one person to be “It.” “It” must go and find a very good hiding place while the rest of the huddle sits in a neutral spot with their eyes closed for a certain amount of time (count to 100). When time is up, everyone goes looking for “It.” If someone finds “It,” that person does not let anyone else know and now hides with “It.” The object is to not be the last one searching. The first person who found “It” gets to be “It” next time, if time allows for another round.

**Workout**

Open in prayer.

*1st Half*

- What is unity?
- How would you describe team unity?
- Why would unity be important for a sports team to be successful?
- How could unity make a FCA huddle more successful?

Read Philippians 2:1-4 (page 1155 (HCSB) & 1047 (NLT) in your FCA Bible).

- What are some benefits we receive from our relationship with Christ?
- What does "focusing on one goal" mean?
- What are some things we can do to enhance unity in our huddles?
- What can we do to enhance unity in sports?
Refer to verses 3 and 4 for these questions.

These verses seem to describe the ideal leader. Can you think of anyone like that?

- How does this kind of leader affect the rest of the group or team?
- What is “rivalry or conceit” or selfish ambition (NIV translation)?
- How would life be different if everyone followed verse 4 and looked after the interest of others?
- Who is the ultimate role model in being a humble, yet effective leader?
- How can you follow what is laid out in these verses to become a better leader? Try to think of 4-5 practical ways to be more Christ-like and show concern for others.

Cool-down

Read Ephesians 4:1-3 (page 1147 (HCSB) & 1040 (NLT) in your FCA Bible) and Colossians 3:14-15 (page 1165 (HCSB) & 1057 (NLT) in your FCA Bible).

- Why is it sometimes hard to consider others better than yourself and to look after the interests of others?
- What are some issues on a team that make it hard to have unity?
- How can you use some of the material discussed in this huddle meeting to develop more unity on your sports team? Try to think of 4-5 practical ideas to share with teammates.

Game Plan

- Unity is not just important for success on a team, it is commanded in Scripture as believers in Jesus.
- We can be better leaders when we are genuinely looking out for the interests of others.
- Memorize Colossians 3:14 “Above all, put on love – the perfect bond of unity.”

Close in prayer. Pray that everyone will look for ways to encourage unity to grow in the huddle and on their sports teams.
Purpose of meeting
To discuss how humility beats pride.

Welcome
"The one who boasts must boast in the Lord." – 1 Corinthians 1:31

The word “Undefeated” invites selfish pride to well up in the hearts of those few athletes that can say they’ve reached this accomplishment. The word pride can be used in positive ways and in negative ways. But it’s the negative, selfish kind of pride that can cause problems. Unfortunately, it’s easy to give into pride. It’s embedded within our human nature. And how we deal with it can make or break us—not just on the athletic playing field, but also throughout our entire lives.

Jesus is the perfect example of how we should approach everything we do—including sports. Yet despite His amazing accomplishments—miracles, a sinless life, resurrection from death—Jesus never boasted in Himself but instead displayed humility and gave all of the glory to God the Father.

He showed us that overcoming pride is the first step to being “Undefeated!”

Warm-Up
The Matching Game: Prive vs. Humility

As athletes, we often face situations where we can choose to display pride or humility. Using the two lists on the next page, draw a line from each prideful reaction to its opposite humble reaction:

<table>
<thead>
<tr>
<th>HUMILITY</th>
<th>PRIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focusing on team results</td>
<td>Talking smack</td>
</tr>
<tr>
<td>Bragging about others after wins</td>
<td>Keeping track of individual stats</td>
</tr>
<tr>
<td>Using encouraging words</td>
<td>Taking a cheap shot</td>
</tr>
<tr>
<td>Showing respect to the officials</td>
<td>Bragging about self after wins</td>
</tr>
<tr>
<td>Playing fair and clean</td>
<td>Arguing with the officials</td>
</tr>
</tbody>
</table>

Which items on the pride list have you struggled with?
What are some items on the humility list that you would like to do a better job displaying?

WORKOUT
Sports Story
Kim Nezianya became a basketball star at the University of Missouri-Kansas City because of her ability to control her emotions and humbly perform on the court. She began a relationship with Jesus during her junior year of college and then started to recognize that if she submitted her athletic abilities to the Lord, He would give her the opportunity to show Jesus to her teammates. “You could see my joy for basketball and how I interacted with my teammates was completely different… In the joy you have for the game or in the moments where you’re down, however you react, people can see Jesus through that.” Nezianga was a highly decorated player during her time at UMKC. She is extremely humble about her accomplishments, and understands that her awards mean nothing compared to the life she has in Jesus and the opportunities she has had to share that hope with her teammates.

Nezianga understood the importance of following the Apostle Paul’s instruction found in 1 Corinthians 1:31. She knew that her athletic ability and her desire to pursue excellence was not the product of her own doing, but rather it was a gift from her Maker. After entering into a relationship with Jesus basketball wasn’t about winning, it was about giving her best and giving the glory back to God.

Can you name an athlete on your team or a famous athlete that you would say shows humility? How do they display humility?

Read 1 Corinthians 1:31. (Page 1097 (HCSB) & 993 (NLT) in your FCA Bible)
What are some examples of how you can live out that scripture as an athlete?

Bible Story
In Matthew 20:20-28, there’s a story about James and John, two of Jesus’ disciples, and their mother, that illustrates the common struggle to resist pride and embrace
humility. One day, after a time of teaching, James and John’s mother approached Jesus and made a peculiar request:

"Promise," she said to Him, "that these two sons of mine may sit, one on Your right and the other on Your left, in Your kingdom." (V. 21)

Jesus looked at the brothers who were standing nearby and responded with a question of His own:

"You don’t know what you’re asking. Are you able to drink the cup that I am about to drink?" (V. 22)

"We are able," they said to Him. (V. 22)

James and John had no idea how naïve their response was, so Jesus quickly explained that it was not for Him to decide, but rather God the Father. As the other disciples expressed their frustration with James and John, Jesus again stepped in to share some divine wisdom.

"You know that the rulers of the Gentiles dominate them, and the men of high position exercise power over them. It must not be like that among you. On the contrary, whoever wants to become great among you must be your servant, and whoever wants to be first among you must be your slave; just as the Son of Man did not come to be served, but to serve, and to give His life—a ransom for many." (VS. 25-28)

In your words, what do you think Jesus was trying to say in verses 25-28?

How is Jesus’ teaching on humility different from what we see in today’s sports world and throughout our culture?

My Story
As athletes, we are presented with many opportunities to give in to pride. The Holman Bible Dictionary defines pride as "undue confidence in and attention to one’s own skills, accomplishments...possessions, or position." Overcoming pride and choosing humility is never the easy thing to do. That’s because pride is embedded into our fallen nature. The Apostle Paul explains this in his New Testament teachings:

"For I know that nothing good lives in me, that is, in my flesh."—Romans 7:18
Using the space provided to list some things that, as an athlete, can make you proudful and some things that can humble you.

THINGS THAT MAKE ME PRIDEFUL:  

THINGS THAT MAKE ME HUMBLE:

Name some of the things that can make you prideful as an athlete. Share a specific story that relates to something on that list.

Now talk about some of the things that can humble you as an athlete and share a story that illustrates something on that list.

WRAP-UP
Humility Beats Pride
The only way we can know true humility is to look to Jesus Christ’s perfect example. There is perhaps no better description that in Philippians 2:3-8:

"Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interest, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal’s death on a cross."

Game Plan:
- Humility is not a “soft” characteristic. It is recognizing our own sinfulness before God, obeying God and submitting to His will knowing He desires good for us.
- We can be humble because Christ shows us the ultimate form of humility. We can learn from His example.
- Name one thing you can do this week to grow in humility.

Close in prayer.
Purpose of meeting
To discuss how truth beats lies.

Welcome
"Love finds no joy in unrighteousness but rejoices in the truth.” – 1 Corinthians 13:6

Failure happens. Even in an undefeated season, there will be fumbles, missed shots, strikeouts, fouls, & missed tackles. But often in the sports world, failure within a game, a season, or an entire career unfairly dictates how athletes feel about themselves. We sometimes believe that our worth is wrapped up in our performance.

That couldn’t be further from the truth. And there are many more lies we can believe if we’re not careful. But whether we’re dealing with sports or just everyday life, the Truth of Jesus Christ always overcomes lies and serves as a key component in our quest to being “Undefeated!”

Warm-Up
Two Truths, One Lie

Have each huddle member tell three things about themselves, two of which are true and one of which is not true. The rest of the group should try to figure out which of the three facts is actually a lie.

Was it easy or difficult to discern the truth from the lies? Explain.

How good are you at telling whether or not someone is being truthful with you? What factors help you decide what is true and what is untrue?

WORKOUT
Sports Story
"Therefore, if anyone is in Christ, he is a new creation; old things have passed away, and look, new things have come.”—2 Corinthians 5:17
Jets wide receiver Brandon Marshall has achieved plenty in his 9-year NFL Career. But due to the cultural lies of what a man’s purpose is, his marriage was falling apart. “I just thought a man was supposed to provide, I looked around and said you have a beautiful house...money in our bank account, that’s what I thought a man was” Marshall told The Increase.

After Brandon and his wife Michi separated in 2011, Brandon devoted himself to God’s word and recognized he needed help, and was diagnosed with a personality disorder. After identifying the issue, Brandon sought God’s word for how to move forward during this dark time.

“After praying for clarity for months on end, God started to reveal himself to me in ways I’ve never experienced before”

After 3 months, Brandon and Michi met at their pastor’s home and after praying together and walking with one another, their marriage has been restored by God. God has also used Brandon in the salvation of his father, mother, brother and sister!

“We’re stuck in this cycle but we’re stuck in this cycle because we don’t understand the root of it. For us, we figured out what the root of it was; and that was the absence of Jesus in the root of our homes and now He’s the center of everything that we do.”

Can you relate to Brandon’s story of how a lie can control your life? What was that lie?

Read John 8:31-32 (Page 1007 (HCSB) & 914 (NLT) in your FCA Bible). How does knowing the truth of Jesus set us free?

Bible Story
Satan has been lying to mankind since the beginning of time. He was a fallen angel who had foolishly tried to overthrow God. After the first man and woman were created, Satan disguised himself as a serpent and convinced them to disobey their Creator. (Genesis 3:1-7)

Since Adam and Eve ushered sin into this world, Satan has been doing his best to keep man separated from God. Even Jesus was not immune to this sort of temptation. In fact, the devil attempted to trick the Son of God into sinful behavior with his trademark
words of deception. Turn to page 878 (HCSB) & 799 (NLT) and read the story found in Matthew 4:1-11.

What three ways did Satan try to tempt Jesus?

How did Jesus respond to each of these temptations? Why do you think His response matters to us?

My Story
Brandon Marshall believed the lie that his identity and self-worth could only be found in the sport of football and what he could provide. In the Bible story, Satan tried to entice Jesus into sinning by using the truth (that Jesus was all powerful) in a deceptive way.

Perhaps you’ve experienced similar lies in your athletic career or in your personal life. Or maybe you’ve heard some other lies that we will discuss in a moment. But here’s the truth: Satan is the father of lies and God is not just the Creator of Truth—He is Truth. Lies are based on hate and destruction, while Truth is based in love. Today’s theme verse shows us the difference between the two:

"Love finds no joy in unrighteousness but rejoices in the truth." – 1 Corinthians 13:6

Take a look at the two lists below. On the left are some lies that Satan tries to tell us. On the right are some Bible passages that share God’s Truth. Read the scriptures and then draw a line from the verse that counters Satan’s lies.

Satan’s Lies:
- God doesn’t really love me
- I’ve done too many bad things to be saved
- I’m worthless
- I’m only as good as my performance
- I can’t do anything right

God’s Truth:
- Romans 10:13 (page 1085)
- Philippians 4:13 (page 1159)
- Psalm 139:13-14 (page 573)
- John 3:16 (page 998)
- Ephesians 2:8-9 (page 1145)

What are some of Satan’s lies on the list above that you have personally fought against?

What are some other lies you’ve heard that aren’t listed?
Do you ever struggle to embrace God’s Word as the Truth? If so, why?

WRAP-UP
Truth Beats Lies
When Jesus responded to Satan, He didn’t enter into a debate or take time to contemplate what His enemy had to say. Instead, Jesus quickly quoted from God’s Word. In just a few short sentences, He demonstrated how to use an unbeatable tool in the fight against Satan’s lies.

In Ephesians 6:17, the Apostle Paul describes God’s Word as “the sword of the Spirit,” and in 1 John 2:14, the Apostle John tells us that if we have God’s Word in us, “you have had victory over the evil one.” And in the Gospel of John, Jesus makes the boldest statement of all:

"I am the way, the truth, and the life. No one comes to the Father expect through Me."  
– John 14:6

We can silence the lies of the enemy because we know the Truth!

Game Plan:
• The Truth of Jesus Christ will set you free from the lies you hear.
• God’s Word is the Sword of the Spirit. Knowing the Bible is the best way we can fight against the enemy.
• Memorize one Bible verse to help you fight against a specific lie you hear.

Close in prayer.
Purpose of meeting
To discuss how love beats fear.

Welcome
“There is no fear in love; instead, perfect love drives out fear, because fear involves punishment. So the one who fears has not reached perfection in love. We love because He first loved us.” – 1 John 4:18-19

Some opponents are greater challengers than others. We may enter one contest with great self-assurance while another matchup might cause concern. But for all athletes, there is likely no more dominant competitor than fear.

Warm-Up
Would you rather:
- Would you rather skydive from 10,000 feet or scuba dive 1,000 feet into the ocean?
- Would you rather hold a tarantula or hold a python?
- Would you rather give a speech in front of the President or sing in front of an award winning recording artist?
- Would you rather be stuck in an elevator or stuck in a small cave?

What are some common fears that you have (spiders, snakes, heights, deep water, tight spaces, public speaking, etc.)?

WORKOUT
Sports Story
An emotional moment took place at the 1992 Summer Olympics in Barcelona where medal favorite Derek Redmond from England tore his hamstring during the 400-meter semi-final. While struggling to finish the race, his father Jim broke through security and ran onto the track. The sight of father helping son hobble to the finish line is still one of the Olympics’ most enduring images. Redmond has since become a successful motivational speaker and entrepreneur. Redmond had to rely on his father to overcome his fear and reach the finish line.

When is a time when someone else’s love for you gave you courage?
How has that courage changed the way that you lead and compete? How has it changed the way you interact with family and friends?

**Bible Story**

*Read Luke 15:11-32 (Page 976 (HCSB) & 886 (NLT) in your FCA Bible).* Divide up the story between 3 readers.

The young man in the story feared his father’s rejection because of his poor choices and mistakes in life. Yet, he was met with love and compassion. *Are you fearful God will reject you because of poor choices or mistakes you have made? Share if you feel comfortable.*

**How did the father show love and acceptance to the son?**

Similarly, if we repent and turn from our sin and selfishness by trusting in Jesus, how will God show us His love and acceptance?

While the story of the Prodigal Son serves as a metaphor of God’s love for us, Jesus demonstrated that same love in a very real and tangible way.

“For while we were still helpless, at the appointed moment, Christ died for the ungodly. For rarely will someone die for a just person – though for a good person perhaps someone might even dare to die. But God proves His own love for us in that while we were still sinners, Christ died for us!” – Romans 5:6-8

**How does this passage in Romans 5 express Jesus’ love for you?**

**My Story**

Earlier, we had some fun testing ourselves against some common fears. But we all deal with varying degrees of anxiety as athletes and human beings. Use the blank space below to write down any fears you have:
If you haven’t yet, take some time to share your fears with one another and how those fears have kept you from discovering and fulfilling God’s purpose for your life.

**How do you think God’s love for you might begin to drive fear out of your life?**

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**WRAP-UP**

**Love Beats Fear**

Talking about overcoming fear is one thing. Actually doing it is completely different. Fear doesn’t just go away. It lingers until it gets its way or until something more powerful comes along. Without the presence of true relational love, it’s doubtful that Derek Redmond would have been able to become one of sport’s most inspiring stories. Without you experiencing the unconditional love God has for you, you won’t be able to truly lead those on your team or in your school the way God is calling you to do.

As Jesus displayed perfect love for us, He demonstrated what it looks like to overcome fear and gave us the example that we can use whenever fear seeks to shut us down. There is, in fact, no fear that we cannot defeat if we understand the inspired truth that the Apostle Paul shares in his writings to the Christians in Rome:

**Read Romans 8:34-39 (Page 1082 (HCSB) & 980 (NLT) in your FCA Bible)**

And when we wholeheartedly believe that to be true, we can take another step towards experiencing the “Undefeated” life!

**Game Plan:**
- God’s perfect love drives out fear.
- Even though we mess up and fall short, we don’t have to live in fear that God will stop loving us! His Word tells us that while we were sinners, Christ died for us! (Romans 5:8)

**Close in prayer.**
Purpose of meeting
To discuss how faith beats doubt.

Welcome
"Fight the good fight for the faith; take hold of eternal life that you were called to and have made a good confession about in the presence of many witnesses." – 1 Timothy 6:12

It happens to all athletes and every team – even the ones in the middle of an undefeated run. Difficult circumstances arise. Tough challenges get in the way. Setbacks take place. Doubt begins to creep in and threatens to rob the confidence that has been built up throughout the season.

Warm-Up
The Faith Walk


WORKOUT
Sports Story
As a lacrosse attacker at Winthrop University, Megan Wallenhorst has to make split second decisions to help her team to score. She cannot doubt her abilities in those moments; she has to move quickly without a second thought. Her tough mentality helped Salisbury University win the Division III Lacrosse Championship 2 years in a row, and gave the team hope to win 3 years in a row.

When Megan pauses as an attacker and doubts her next steps, the defender closes in and she looses the opportunity to shoot unguarded. If she doubts her ability on the lacrosse field, she can cost her team a goal.

Just as doubt can hurt an athlete in lacrosse, doubt in God can hinder our faith in Him. Megan shared with FCA Magazine about doubting God’s plans, "(It is important) to trust that He has a plan, no matter what...You may not know why things happen when they do, but take the time and be patient and wait. He knows what’s going to happen, and He knows what He’s doing. So don’t get frustrated with not having the answers right away."
Have you ever lost confidence in your athletic ability? If so, what helped you overcome that doubt and restore your faith?

Read James 1:5-8 (Page 1217 (HCSB) & 1108 (NLT) in your FCA Bible). What message does it contain about faith and doubt?

Bible Story
Read John 20:24-31 (Page 1025 (HCSB) & 929 (NLT) in your FCA Bible)

In this passage, we read how Thomas doubted because he had not seen Jesus after His resurrection. Thomas was one of the original 12 disciples. He had heard many times Jesus speak of His promised resurrection from the dead...yet Thomas still doubted.

Have you ever had a situation like Thomas where you have doubted the existence of Jesus?

Why do you think it is easy to go from a place of strong faith to a place of crushing doubt?

My Story
As athletes, it doesn’t take much for our confidence to be weakened. Like Megan Wallenhorst, it may be waiting on God for answers with something you are going through. For others, it might be an injury, a costly mistake or a strong opponent that creates uncertainty and disbelief.

The same is true in our relationship with God. When we first make that commitment, our faith is very strong and we have great confidence in what the Lord has done and will do in our lives. But over time, as difficult circumstances come our way—illness, relationship issues, broken friendships, hard family circumstances, the loss of a loved one, etc.—Satan uses doubt to place a wedge between us and God that weakens our faith in Him.
Read Jeremiah 29:11-13 (Page 707 (HCSB) & 650 (NLT) in your FCA Bible).
How might believing that God has a plan for your life help overcome your doubts and strengthen your faith in Him?

When do we find God?

When have you searched for God with all of your heart? If you haven’t, what is holding you back from searching for God with all your heart?

WRAP-UP
Faith Beats Doubts
In the life of Jesus, we see what it looks like to overcome doubt with the power of faith. He lived the perfect life of faith every day and taught His disciples about God’s Word, prayer, testimony, and perseverance.

Like Thomas, we hear the truth but may still struggle to believe it; therefore, doubting in the power He has in our lives. Satan uses the things of this world to foster doubt in our hearts and minds. He also uses pride, fear and lies. Satan knows that doubt, when left unchecked, can weaken our faith, make us ineffective as followers of Christ, and derail us from our God-inspired purpose.

But the only influence Satan has in our lives is what we allow him to have. Because of our relationship with Jesus, we have access to a power that cannot be defeated, no matter how difficult our circumstances become.

"You are from God, little children, and you have conquered (the world), because the One who is in you is greater than the one who is in the world." (1 John 4:4)

What are some ways that you can keep Satan from having influence on your life?

What is the impact of knowing that “you are from God” and that “the One who is in you is greater than the one who is in the world?”
Being “Undefeated” in God’s eyes is not about being perfect or winning every game or having everything you want. It’s about overcoming pride with humility, overcoming fear with love, overcoming lies with truth and overcoming doubt with faith. And in doing so, it’s about having the kind of abundant life and fulfilled purpose that Jesus promises.

**Game Plan:**
- “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” – John 16:33 (ESV translation)
- We can grow in faith by reading God’s Word – it is full of stories & powerful promises that can build up your faith.
- We can grow in our faith through prayer – we bring our requests before God in prayer and truth that He will come through for us.

**Close in prayer.**
Purpose of meeting
The Purpose of this meeting is to understand that I can be on mission every day in all areas of life: as an athlete, a student, a family member, and a friend.

Warm-up
Divide up into teams of 3-5 people and do a mini scavenger hunt: 30 min max

Workout
Open in prayer.

1st Half
What is your mission as an athlete?

How does the mission get communicated?

What’s the process of completing your mission as a team?

What does it mean to “be on mission” OR “be missional?”

Do you believe that mission produces purpose, desire, and dedication? Why or Why not?

One definition of MISSIONAL: “An important goal or purpose that is accompanied by strong conviction; a calling or vocation.”

If being on mission produces these ideas or feelings and also directly correlates to us becoming more focused on something greater than ourselves, then would you say that you are on mission? Or are you going through the motions? Share where you are on this spectrum and in what area of life. You may be in different places depending on what context you consider (athlete, student, family member, friend)

Sold out on mission  Going through motions
|--------------------------------------------------------------------------------------------|
Read Mark 8:34,35 (page 931 (HCSB) & 847 (NLT) in your FCA Bible).

How do we turn from our selfish ways? It’s a good idea in theory, but HOW do we do it?

What does it mean by “if you try to hang on to your life, you will lose it?”

What does it mean to “lose your life for the sake of the Good News?” What is the “Good News?”

How does living for Jesus (being on mission for Him) affect the way you are on mission with your team?

As an athlete, you need to understand your mission. Then you choose daily to train, and eat the right food to stay strong and healthy in order to give yourself the best opportunity to accomplish the mission. In the same way, we need to choose daily to train and eat the right food spiritually to be successful also.

Read John 15:5, 9-17 (page 1018 (HCSB) & 923 (NLT) in your FCA Bible).

Jesus says to remain in Him, because apart from Him we can do nothing. In other words, the mission won’t be accomplished. What are some ways that we can remain in Jesus?

For you who have placed their trust in Jesus and have committed to follow Him (on mission), you choose to obey God’s commands. What is His command for us? What is our mission? (Suggestion: Read Matthew 28:18-20, page ____ in your FCA Bible)

What does it look like to love those on our team? Our coaches? Our teachers? Our parents? Our friends?

How does it feel to be chosen or appointed to be on this mission?

Cool-down
Read John 4:34 (page 1000 (HCSB) & 908 (NLT) in your FCA Bible).
Remember, in order to accomplish our mission, we need to be healthy.

What does John tell us we need to be healthy and to accomplish our mission?

Doing the will of God is the answer...how do we know the will of God?

**Game Plan**

- Remain in the Lord: commit to read your Bible regularly, pray, and know God more to discover His will for you.
- Feast on obedience, it tastes good! Find someone in your huddle or church as an accountability partner.
- Commit to turn from your selfish ways and find ways to serve others on your team, at school, in your family, at church, etc...

**Close in prayer.**
Purpose of meeting
To help us learn how to develop spiritual strength and endurance through spiritual conditioning.

What you will need
A Bible, pen, an index card for each person.

Warm-up
Describe the worst conditioning experience in a practice you have experienced.
What made it so difficult?

Workout
Open in prayer.

1st Half
Merriam-Webster dictionary defines conditioning as, “the process of becoming stronger and healthier by following a regular exercise program and diet.” Often, before our season begins, we spend time conditioning for upcoming practices and games. Even when we are in season, coaches often set aside a time at the end of practice to run sprints down the court or through the bases to help us keep up our physical fitness. In the same way, we should prepare for our spiritual lives through spiritual conditioning by “practicing” and “eating” right.

Spiritual Food
What is your favorite food & why?

Has there ever been a time when you over-ate right before practice or a game? If so, tell what happened.

Explain what happens when we continually put bad food in to our bodies.
Read Isaiah 55:2 (Page 666 (HCSB) & 614 (NLT) in your FCA Bible)
What kind of good food do you think Isaiah is describing here?

How do you think we put “bad food” into our lives spiritually?

What does food do for you, physically?

Read Psalm 63:5 (page 533 (HCSB) & 492 (NLT) in your FCA Bible)
How is God’s Word food for our souls? What does it do for us?

2nd Half

What is your favorite exercise or drill to do during practice? Why is it your favorite?

Just like our regular exercises and drills in practice help us to perform with excellence when game day rolls around, there are also spiritual drills and exercises we can perform to keep our heads in the game spiritually! We typically call these spiritual disciplines. Some spiritual disciplines include: prayer, Bible study & memorization, journaling, solitude, and worship.

If we are all honest, these spiritual disciplines are hard for us. Why is it so difficult to spend time in prayer and Bible study?

Has there been a time in your life when it wasn’t hard? When you were consistently seeking the Lord through spiritual disciplines? If so, share with the group.

Read Philippians 4:8 (page 1158 (HCSB) & 1050 (NLT) in your FCA Bible)
How can this verse be an exercise we can practice in our spiritual lives?
Read 1 Corinthians 9:24-27 (page 1105 (HCSB) & 1000 (NLT) in your FCA Bible)

What is the purpose for spiritual disciplines, as explained in these verses?

On the index card provided, write down one area of your spiritual life you would like to grow in and how you plan to do so. Keep this in your Bible, pocket, purse – somewhere you will see it consistently – as a reminder to keep conditioning, keep growing.

**Cool-down**

**Read John 6:35 (page 1003 (HCSB) & 911 (NLT) in your FCA Bible)**

Jesus calls Himself the Bread of Life. Our Savior and Lord calls us to feast on Him! He is the best diet plan we can follow! Paul reminds us in the passage from 1 Corinthians we read earlier that our training has a purpose. We exercise and condition for a purpose – to know God deeper and grow closer to Him through prayer, study of His Word, worship, and much more.

The point of conditioning isn’t to be the best athlete on the team the very first day of practice. The point of conditioning is to prepare yourself for the season. Spiritual conditioning isn’t about working our way in to heaven, or trying hard enough to earn God’s love. It is about growing in our relationship with Christ day by day. It is a journey, not a destination!

**Game Plan**

- What goes in to our bodies matter – fill yourself with God’s Word!
- Conditioning takes time. Stay disciplined and devoted and your endurance will grow!
- Share your area of spiritual discipline growth with another huddle member in order to stay accountable with one another. We aren’t meant to live this life alone, so commit to conditioning with your teammates in Christ!

**Close in prayer.**
**Purpose of meeting**
To discuss the motivation behind why we live for Christ, on and off the field.

**Warm-up**
Have everyone in the group share a game where they were highly motivated to compete? What was the motivation?

Share a time in competition when you weren’t motivated to play. What was the result of the competition?

**Workout**
Open in prayer.

**1st Half**
The Webster Dictionary defines motivation this way: “That within the individual, rather than without, which incites him to motion; any idea, need, emotion, or organic state that prompts to an action.”

What motivates you to play your sport? Does the motivation change with your circumstances? Why or why not?

**Read Mark 2: 1-5 (page 920 (HCSB) & 837 (NLT) in your FCA Bible).**
What was the obstacle the paralytic’s friends had to overcome?

What was their motivation? The circumstances were difficult, how did this affect their motivation?

Whose faith did Jesus see? What did that lead to?

What motivates your relationships with others? Your teammates? Parents? Friends? Is your faith leading them to know more about Christ? Why or why not?
2nd Half

There are a lot of motivations in sports: playing time, scholarships, status, pride, winning, and countless others. But the Bible states that love is the greatest motivator in the world.

Read 1 Corinthians 13:1-13 (page 1109 (HCSB) & 1004 (NLT) in your FCA Bible).

Have someone summarize what was read.

What are some characteristics of love mentioned in the passage?

Why do the good deeds mentioned in the passage not mean anything if they aren't backed by love?

What does that say about the motivation to do good works?

Why is love the greatest motivator?

Cool-down

We may experience many motivation tactics from our coaches and teachers, including fear and status, but love has proved to be the greatest motivator of all. Jesus Christ talks about his love for the world as his motivation to die on the cross for the sins of the world.

Read John 3:16-17 (page 998 (HCSB) & 907 (NLT) in your FCA Bible).

How does the knowledge of Christ’s love for you affect your view of Him?

When does God’s love motivate your daily actions? What about on the field?

Game Plan

- Everything we do is driven by our motivation.
- Love is the greatest motivator of all.
- Christ’s love for us motivated Him to die on the cross for the sins of the world, and in turn, His love should motivate our actions. Read Romans 5:8 page 1077.

Close in prayer.
Purpose of meeting: to better understand our God as a loving Father, as seen in the story of the Prodigal Son.

Warm-up

Go around and have everyone share a time when they disobeyed their parents (could be from when you were little, or currently).

How did your parents react?

Workout

Open in prayer.

1st Half

- Imagine a time when someone gave you a gift/money and you spent it/used it up too quickly. How in the past have you wasted money or a gift someone gave you?

- What was your reaction when you realized you had been wasteful?

Just like at times we can be wasteful and selfish, we see that in the story of the Prodigal son.

Younger Son “Gamer” INDEPENDENT

Read Luke 15:11-16 (page 976 (HCSB) & 886 (NLT) in your FCA Bible).

- We see from this scripture passage that the younger son was very self-centered and desired a quick fix. A quick fix doesn’t work in life or athletics for very long.
  - When have you tried to have a “quick fix/instant gratification” attitude in athletics?
- The younger son had an entitled attitude and wasn’t willing to serve others or work hard.
  - When have you felt this way? In school? In sports? At your job?
- What was the younger son seeking after? Did it ultimately satisfy him?

- The younger son realizes he has made a mistake and wants to repent and ask for forgiveness to his Father.
  - When have you had to repent and ask for forgiveness?
- If you were the Father in this passage, how would you respond?
- How does this Father in the story resemble God the Father?

**2nd Half**

**Older Son “Blamer” CODEPENDENT**

**Read Luke 15:25-30 (page 977 (HCSB) & 887 (NLT) in your FCA Bible).**

- The older brother was hiding behind his moralistic behavior; he was seen as a “do-gooder”.
  - What are Christian morals or rules you hide behind?
- What does hypocritical mean? How was the older brother hypocritical?
- The older brother was so self-righteous that he had no joy for seeing his brother repent and come home.
  - Think about friends you could invite to FCA or church that you think are “too far gone,” and pray that you could be bold and invite them to learn more about God. Write down this name on a notecard to pray about.

**Cool-down**

**Reborn Son INTERDEPENDENT**

**Read Luke 15:31-32 (page 977 (HCSB) & 887 (NLT) in your FCA Bible).**

- The son was fully accepted into the family despite his actions.
  - What helps you to see God’s love for you?
- The son recognized his sinfulness and came back to his Father.
  - When do you recognize your sinfulness and go back to God?

**Game Plan**

- Remember that there is nothing we can do to make our God love us any less, and there is nothing we can do to make our God love us anymore. He is a good Father that loves us because we are His children.
- We may lean towards falling into temptation of sinful behaviors or the temptation of self-righteousness, but both of these do not honor God. Figure out which brother you tend to act more like and pray that God would show you your sin more clearly and repent.

**Close in prayer.**
Purpose of meeting:
To discuss the meaning of repentance and how we can engage in it to grow closer with the Lord.

Warm-up
Ask everyone in the huddle,

- What’s the biggest mistake you have ever made in the course of competition?
- What was your response to the mistake?

Workout
Open in prayer.

1st Half
How do you normally respond to a mistake you make? Why do you respond in that way?

Why do you think that we normally respond to failure with excuses or blame shifting?

When was a time you took ownership of your mistakes?

How would you define repentance?

What does it mean to repent of something? Is it merely admitting fault? Why or why not?

Merriam-Webster’s Dictionary defines the word repent as; “to feel or show that you are sorry for something bad or wrong that you did and that you want to do what is right.”

Theologian C.H. Spurgeon defines repentance as: “Repentance is a discovery of the evil of sin, a mourning that we have committed it, a resolution to forsake it. It is, in fact, a change of mind of a very deep and practical character, which makes the man love what once he hated, and hate what once he loved.”
Read Matthew 4:17 (page 878 (HCSB) & 800 (NLT) in your FCA Bible).

Why do you think Jesus was preaching repentance?

2nd Half

In 2 Samuel 11, David, the king of Israel, a man described by God as, “a man after his own heart” (1 Samuel 13:14) and writer of the majority of Psalms, commits 2 heinous sins. First, he committed adultery with Bathsheba while her husband, Uriah, was away fighting a war, and after Bathsheba became pregnant, had Uriah killed. In 2 Samuel 12 we read about Nathan, God’s prophet and voice confronting David on his sin.

Read 2 Samuel 12:1-15 (page 310 (HCSB) & 288 (NLT) in your FCA Bible).

Have someone summarize what was read

What was David’s response to Nathan’s story? How did he respond when Nathan called his sin out specifically?

In the end David’s sin was forgiven, but what was the consequence for his sin?

How does the knowledge that there are consequences for our sins affect your view of sin?

In Psalm 51, we read David’s response after Nathan corrected his sin.

Read Psalm 51:1-17 (page 527 (HCSB) & 487 (NLT) in your FCA Bible).

What stands out to you in this passage?

What can we learn from repentance based on this Psalm?

Cool-down

Pastor James MacDonald lists 5 works in keeping with repentance:

- Open confession of sin
  Is there any sin you need to confess today?
  Read 1 John 1:9-10 (pg 1240 (HCSB) & 1127 (NLT) in FCA Bible)

- Absence of rationalization for sin
  In what ways are you currently rationalizing the sin you’re committing?
• Restitution for the people you’ve hurt
  Why is it important to seek reconciliation with those we’ve hurt?
• Restored heart for God
  What do you think of the quote by Thomas Watson: “Christ is never loved
till sin is loathed.”?
• Accountability plan for change
  It is impossible to passively repent. How can you create a plan to “go and
sin no more” as Jesus said in John 8:11

**Game Plan**

• Repentance is not just admitting your faults; it is a process of turning
  from your sin.
• Jesus calls us to repent of our sins, so that we can be more like Him.
• Repentance is hard, but it is a beautiful work of God’s grace in our life
  that He starts and works through us until completion. Philippians 1:6

**Close in prayer.**
Run So That You May Win

Purpose of meeting
To help us discern what the Bible means when it says, “run in such a way that you may win.”

What you will need
A Bible

Warm-up
Describe a race you have won (running, bicycle, speed walking, distance, sprint, race car, etc.). What did it feel like to win?

What strategy went into you winning that race?

How is life like a race?

How is our spiritual life like a race?

Read 1 Corinthians 9:24-27 (page 1105 (HCSB) & 1000 (NLT) in your FCA Bible)

Workout
Open in prayer.

1st Half
What would it look like to “win” at life?

At the end of your life, what would you have to achieve or accumulate to be able to say in your heart that you “won”?

God’s definition of winning is different than how most people would define it. It doesn’t have to do with gaining possessions, accolades, trophies, accomplishments or happiness. It has everything to do with our relationship with Him and His Son, Jesus.

Here are four qualities we need, according to God’s word, in order that we may “win” at this thing we call life:
1. **Vision – We Don’t Have It!**

   **Read Luke 6:39-42 (page 959 (HCSB) & 872 (NLT) in your FCA Bible)**

   Who are some people or groups who try to lead you in a specific direction? Would you say you follow popular opinion on social/cultural issues that you see on social media or the news?

   How do you know people on these venues aren’t “blind guides”?

   What are verses 41-42 trying to tell us?

   Jesus is our Guide who leads us into all the truth. Our first step to “winning” at life is to come to the realization that our vision is not good enough. WE are the blind guides. We have a plank log in our eye. We need Jesus to forgive us, save us and direct us everyday!

2. **Sacrifice – He Did It!**

   **Read Romans 5:6-11 (page 1077 (HCSB) & 975 (NLT) in your FCA Bible)**

   How would you define sacrifice?

   How is sacrifice necessary in order to win a game or competition?

   Have you ever made a great sacrifice for a teammate, family member or friend? What was it?

   Has anyone ever made a great sacrifice for you? What was it and how did it make you feel?

   How did Jesus sacrifice for us?

   Why is sacrifice necessary for us to “win” in God’s eyes?

   If Jesus did not sacrifice His life for us on the cross, we would not have an opportunity to be fully set free from our sin. Because of His sacrifice, we can pursue a life of meaning for His glory.
3. **Love** – Because He First Loved Us!

*Read John 15:12-17 (page 1018 (HCSB) & 923 (NLT) in your FCA Bible)*

Do you love your teammates? Why or why not?

Why do you love at all?

According to these verses, what is the truest proof of love?

How does it make you feel that God loved you first and chose you first?

The love of God for us in Jesus Christ is our motivation to run the race of life. No matter what happens, we can have the confidence that we are NOT trying to “win” at life so we can earn God’s love. No, God has already given us His love. So, we can run the race even harder knowing He created us, He loves us, and He desires to be close with us.

4. **Purpose** – To Know Him and Make Him Known

*Read Philippians 3:4-11 (page 1157 (HCSB) & 1048 (NLT) in your FCA Bible)*

In verses 4-6 Paul lists all the reasons he has to be confident in his own talents and accomplishments. Think to yourself, if you made a similar list of all the reasons for confidence in yourself, what would your list be? (i.e. starting quarterback, 4.0 gpa, daughter of a successful business man, brand new car, attend church every Sunday, etc.).

Now, Paul says he considers all of his accomplishments and talents “to be a loss in view of the surpassing value of knowing Christ Jesus...” Do you see your accomplishments, recognitions, and talents that way?

How can knowing Jesus be our life’s purpose?

Paul defines “winning” in verse 10 as his life goal, to know God. That is his purpose and mission. If at the end of his life he knows God greatly and intimately, then he has won. Our life is a joyful, continuous race of knowing God and helping make Him known to others! That is winning! #winning
**Cool-down**

Visualize a 100m race. At the start of the race it takes Vision and Sacrifice to begin. The recognition that we need Jesus’ leading and forgiveness. Then we begin the race with Love compelling us and motivating us forward. The finish line is our Purpose, why we began. To know God and the power of His resurrection, his joy and his presence.

**Game Plan**

- We need the humility to admit we do not have the appropriate vision to lead ourselves. We need the forgiveness and direction of Christ.
- Jesus Christ made the necessary sacrifice so that we could be saved from our sins and reunited to God through belief in Him.
- We love others because God first loved us. True love is laying down our lives for our friends. That is exactly what Jesus did for us on the cross.
- Our purpose in life is not to try hard and do enough good things in order to get to heaven someday. The true goal and true purpose of life is to know God and Jesus, His Son, whom He has sent for us.

Do you know Him?

**Close in prayer.**
God in our Suffering

Purpose of meeting
To better understand how God uses suffering in our lives for His glory, how He can comfort us during times of suffering, and how we can encourage/support our huddle members during seasons of suffering.

Warm-up
Find an ice-breaker from FCAresources.com.

Workout
Open in prayer.

1st Half
-What was the hardest loss in a game or match you have experienced?
-What was the worst injury you have ever suffered?
-We can suffer in athletics or have injuries, but what other ways have people we know suffered?

2nd Half
REPENTANCE: suffering is a call for us and others to turn from treasuring anything on earth above God. Read Luke 13:4-5 (page 973 (HCSB) & 884 (NLT) in your FCA Bible).

-What does repentance mean?
  Repentance means to turn...so if we are to repent from sin we are to “turn from our sin”
-What are we to repent from?
-How often are we called to repent?
-What is the difference between repentance and conviction?
RELIANCE: suffering is a call to trust God and not the world. Read 2 Corinthians 1:8-9 (page 1118 (HCSB) & 1013 (NLT) in your FCA Bible).

-Who is someone in your life you rely on? (ex. Parents, coaches, siblings, friends etc.)

-When have you had to rely on God?

-After a trying time and you relied on God, how was your relationship with God? Stronger or weaker?

RIGHTEOUSNESS: suffering is the discipline of our loving heavenly Father so that we grow to become more like Him. Read Hebrews 12:6, 12:10-11 (page 1213 (HCSB) & 1103 (NLT) in your FCA Bible).

-Share a time when your coach disciplined you/your team and it made you better

-What would be an example of a way God disciplines us?

REWARD: suffering is working for us a great reward in heaven that will make up for every loss here a thousand fold. Read 2 Corinthians 4:17-18 (page 1121 (HCSB) & 1016 (NLT) in your FCA Bible).

-As athletes despite hardships or losses during the season, we try to keep the culmination of the season as our final goal (goal could be a winning season or to improve as a team or to get a new personal record). How can you keep the reward or “final destination” a focus?

REMINDER: suffering reminds us that God sent His Son Jesus into the world to suffer so that our suffering would not be God condemning us, but molding us to be more like Jesus. Read Philippians 3:10 (page 1157 (HCSB) & 1049 (NLT) in your FCA Bible).

-When going through suffering, do you ever think about how Jesus suffered?

-Jesus suffered loss as a human and can understand our pain, how does that comfort you?
**Cool-down**

One of the best ways to handle hardships is to have a community of fellow believers surrounding you, encouraging you, and pointing you back to God.

- Are there any prayer requests we can pray for as a huddle- any specific struggles or areas you/your family are suffering? (possible idea: after people share requests, assign someone to pray for each individual prayer request)

**Game Plan**

- We will go through hardships in this life. But God cares for us, and loves us through hard times. He has not abandoned us or is not punishing us.
- Even though suffering it hard, it can mold us to be more like Jesus.
- When we suffer, it is an opportunity for us to show the unbelieving world that our God is enough during our hardships.

*Footnote: notes taken from John Piper’s devotional called, “Macro Purposes of God in our sufferings”*

**Close in prayer.**
Under Authority

Purpose of meeting
To understand our role with respect to the everyday authorities we have, and ultimately to understand who our ultimate authority is in Jesus Christ.

Warm-up

Ice breaker: Follow the leader – Sit in a circle. Choose someone to be the “guesser.” Identify one person in the circle as “leader.” The “leader” chooses different movements (i.e. hands on head) and the rest of the circle copies them. It’s the “guesser’s” job to figure out who the leader is.

Workout

Open in prayer.

1st Half

What comes to mind when you hear the word, “Authority?”

One definition of authority is, “the right to guide and decide.”

Who are the authorities in your life right now?

Is it easy to respect authority? Why or why not?

Have you ever questioned your coach? Your parents? Your teachers?
Share some of the times you have rebelled against authority.

There has been plenty of talk about LeBron James and his lack of respect for his head coaches. It has been reported he questioned his coach in Miami, Eric Spolstra, and also his coach in Cleveland, David Blatt. If you recall LeBron’s journey, he started his career in Cleveland and left for Miami to win a couple of championships. He left Miami and went back to Cleveland to try and win there. As LeBron has gained experience and accolades, he has increasingly been reported as being insubordinate. He has been seen calling his own timeouts, shaking his head at the play the head coach drew up, and intentionally huddling with the assistant coach instead of his head coach during games.
People say LeBron has earned the right to be able to do his own thing, even if it’s not in agreement with his coach. Do you agree or disagree? Why?

Think about a time where you witnessed someone (coach or player), or maybe you yourself, arguing a call with the referee, umpire, or judge. What were your emotions like? Were they in control, calm, rational? Or were they the opposite?

Would you say that the officials (referees, umpires, judges) have authority over us during competitions? Why or Why not?

Why is it important for you to submit to the authorities as an athlete?

What are the consequences of not submitting to authority?

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2nd Half

Just like we have authorities as athletes, we have an ultimate authority as Christians. God, our creator, has absolute authority over us. With that said, God’s word is our tool to help guide us and to help us decide what is right and true, just like a rule book for our sports. It is up to us to submit to His authority. John Piper said that “authority exists to provide protection and purpose.”

Is there a difference between submitting to someone and obeying someone? Explain.

There is a difference between submitting to someone and obeying someone. The idea of submitting to an authority says that I am giving in with my whole heart that I believe in what this authority says is the truth, a better way. The idea of obedience to an authority says that I am following the authority’s direction, however, I don’t necessarily believe their way to be absolute truth.

Read 1 Peter 2:18-21 (page 1227 (HCSB) & 1117 (NLT) in your FCA Bible).

According to this passage, when is God pleased with us when we are dealing with authority?

What does it look like to endure patiently under a coach who is cruel, in a way that God would be pleased with us?

Is patient endurance always doing what you’re told, no matter the consequences? Or is it going through the motions just to get it done? Or is it giving your all despite how you’re treated, giving glory to God who gave you the ability?
Who are examples that we can look to that endure patiently?

Being under authority may mean suffering at times. We want to always strive to avoid incurring punishment for wrongdoing, however, doing the right thing for the sake of Christ may bring punishment or suffering.

Read 1 Peter 4:15-16 (page 1230 (HCSB) & 1119 (NLT) in your FCA Bible).

We are told it is a privilege and should have no shame to suffer for Christ. What are some ways you may have to suffer on your team as a Christian?

How are we to respond when we are punished for the sake of following Christ?

Think of a difficult authority in your life who may cause suffering. What can you do to help transform that environment into one that brings unity and glorifies God?

Cool-down

Read James 1:2-4 (page 1217 (HCSB) & 1108 (NLT) in your FCA Bible).

James says “when” troubles come our way, not “if” troubles come our way.

How are troubles (or suffering) a joy?

How do you see suffering as an opportunity to grow your faith and dependence in Christ?

Be encouraged by Jesus. He said in John 16:33 that “…on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

Game Plan

- Make a decision to submit to your coach and bring your teammates along too.
- Be aware of your reaction to authority and how it can affect the team.
- When troubles come, find opportunity for joy and reliance on the Lord.

Close in prayer.
Purpose of meeting: To walk together through the book of James and determine what James may be saying to us about living a practical life of faith in Jesus Christ.

Warm-up

Everyone will need a notecard for the end of the meeting.

Workout

Open in prayer.

1st Half

Some background information on James:

James was the half brother of Jesus and author of this book. James did not believe Jesus was who He said He was until after He was crucified, rose again and appeared to the disciples and James. James doubted, but once he believed in Jesus, he became a pillar of the first church and God used him in some very powerful ways to advance the Kingdom.

James has a lot to tell us about how we handle ourselves in the midst of trials, how we treat one another, and the harm that can be done with our tongue. It is about practical Christian living that reflects a genuine faith that transforms lives.

Read James 1:1-18 (page 1217 (HCSB) & 1108 (NLT) in your FCA Bible).

- What do you think James means when he says to “count it all joy, my brothers when you meet trials of various kinds…”?

- What kinds of trials do you face when you are competing?

- Based on what you read in this passage, how can trials make you a better teammate?

Read James 1:19-27 (page 1217 (HCSB) & 1108 (NLT) in your FCA Bible).

- Re-read verses 22-25. In what ways can you start to put your faith into action?
• How can the things we say hinder our relations with teammates? Our coach? God?

• According to verse 23, what does it mean to be only a “hearer” or the word and not a “doer”?

2nd Half

In James 2:1-13, James writes about the importance of not showing favoritism to anyone regardless of what they look like, how they preform, or what they do or do not have. God has chosen us; He chose us at our worse so who are we to favor someone over anyone else. Showing favoritism or partiality is a sin. “You shall love your neighbor as yourself.” This is a command from the Father. When we fail to carry out this command we become guilty and in need of Jesus, our Savior.

• Think of a time you showed favoritism to a teammate based on their skills. How do you think others felt when they saw that?

• What can you do to work to treat everyone equally regardless of possessions, ability, or popularity?

Read James 2:14-26 (page 1219 (HCSB) & 1109 (NLT) in your FCA Bible).

• Re-read verse 17. What does this verse mean to you personally?

• How will doing good works prove your faith in Jesus based on the passage we just read?

Cool-down

Don’t be confused. Our faith is not about doing good works. We don’t do good works to achieve salvation, we have been given a free gift of grace through the death and resurrection of Jesus for the payment of our sins. Our good works flow out of our obedience to Jesus Christ. We should desire to love and serve others well because Jesus paid the ultimate sacrifice for us. This truth alone should push us to clothe the naked, feed the hungry, give to the poor, and love everyone equally.

We all go through trails; it is how we handle ourselves in the midst of the trials that will shape us when we are through the trials. We all have opportunities to hurt people with our words, but we have to choose to hold our tongue. We all have opportunities to show favoritism to people around us, but loving everyone as we love ourselves is what is commanded of us.
**Game Plan**

Everyone needs to pull out their note card and a pen.

1. Write down 1 main take away from today's Huddle discussion.

2. Write down 3 action steps or goals to work on based on the discussion and passages read.

3. Find one person in the huddle today to share these things with and ask them to hold you accountable to your goals during the next few weeks.

**Close in prayer.**
Purpose of meeting: To continue walking through the book of James together while determining what James may be saying to us about living a practical life of faith in Jesus Christ.

Warm-up

For those of you who were able to attend Part 1 of James, what were some of the big ideas from Chapters 1 and 2?

In chapter 1 of James, we learn that we are called to “…count it all joy when we face trials of various kinds…” We all face trials, some much harder than others, but when we see the trials as gifts from the Lord, we see that He grows us through the trial. James also teaches us that we should not show favoritism to anyone regardless of possessions or status. Lastly, we can’t just be a hearer of the word, but we also must be a doer of the word. Our good works flow out of our obedience to Jesus Christ.

Keep these things in mind as you read through the next part of James together.

Workout

Open in prayer.

1st Half

- How hard is it to keep your words pure in the heat of competition?
- When do you struggle with gossip or slander? (Don’t use specific names)

Read James 3:1-12 (page 1219 (HCSB) & 1110 (NLT) in your FCA Bible).

- Why do you think being a teacher, or leader, means you will be “judged more strictly”?
- James spends a significant part of this passage describing the strength of our tongue, why?
- Re-read verses 9-10, we all struggle with praising god and cursing others, how can we grow in this since James tells us this should not be?
Read James 3:13-18 (page 1220 (HCSB) & 1110 (NLT) in your FCA Bible).

- How can the things we say hinder our relations with others? Our coach? God?
- What is it like to have a teammate who is just focused on themselves?
- Re-read verse 17. What would it look like to be a ‘considerate’ athlete? Student? Child?

2nd Half

Read James 4:1-12 (page 1220 (HCSB) & 1111 (NLT) in your FCA Bible).

- What are some of the things that cause the most strife within your team?
- What do you think it means to be a “friend of the world”?
- What does it mean to “slander” someone?
- Re-read verses 7-12. How can applying these truths to your life change the outcomes to the strife among your teammates?
- How can applying these truths to your life redirect how you interact with people around you?

Read James 4:13-17 (page 1221 (HCSB) & 1112 (NLT) in your FCA Bible).

- James says, “For you are a mist that appears for a little while and then vanishes.” Why is it so hard to remember this life is fleeting?
- How should you be spending your time while you are here?

Cool-down

Many of these verses are really tough to read. If you want to submit your life to Christ, applying the Biblical truth found in James is hard work. It means changing your attitude, actions, and letting God completely take over. It means being someone who stands out to be different for the name of Christ, rather than
being a friend of the world. This is difficult to do in high school, but it is not impossible. Spend your time in high school leaving a legacy for Jesus.

**Game Plan**

4- Think of one person you need to apologize to for how you’ve used your mouth against them. Write them a letter this week and share with them why you are apologizing.

5- Memorize James 4:7-10.

6- Find someone in the huddle tonight to keep you accountable with your words to honor God.

**Close in prayer.**
Purpose of meeting: To continue walking through the book of James together while determining what James may be saying to us about living a practical life of faith in Jesus Christ.

**Warm-up**

For those of you who were able to attend Part 2 of James, what were some of the big ideas from Chapters 3 and 4?

We discussed the responsibility of being a leader, and the importance of holding our tongue because the power of our words. James 3:10 says, “From the same mouth come both blessing and cursing. My brothers, this ought not be so.”

We also talked about what it means to be a “friend of the world” and according to James 4:4b, “...whoever wishes to be a friend of the world makes himself an enemy of God.” It is impossible to be both a friend of the world and a person walking in relationship with Jesus.

As believers we are commanded to be different. James gives us practical and tangible examples of how to live a life that is evident of following Jesus. We wrapped up Part 2 talking about the legacy we want to leave.

- Name someone who has left a lasting impression on you—good or bad. What did they do to leave you with that impression on you?

**Workout**

Open in prayer.

*1st Half*

Read James 5:1-6 (page 1221 (HCSB) & 1112 (NLT) in your FCA Bible).

- Why is it so important for us to keep our priorities straight as followers of Christ and not to pay attention to materialistic things?

In James ended chapter 4 we read how our life is a mist, and boasting in arrogance and the things of this life is evil. James then talks about wealth. There are many passages throughout the Bible talking about how the love of money is the root of all kinds of evil.
Having wealth is not wrong, but boasting in the wealth is. This passage is specifically targeted at people who put their hope in their wealth rather than in God.

• Read Matthew 19:23-24 (Page 900 (HCSB) & 819 (NLT) in your FCA Bible)

• Why do you think Jesus says riches can make it hard to enter heaven?

• When have you struggled with putting your hope in money or your possessions?

Read James 5:7-12 (page 1222 (HCSB) & 1112 (NLT) in your FCA Bible).

• What are some things that make you lose your patience quickly?

• Give some examples of things that happen during competition that change your mood quickly.

• Go back and read James 1:1-4 together. What does this passage tell us about being patient in our suffering and hard times?

• Re-read 5:12. What does this mean in your own words?

• Why is it so tough to stay committed to our word when we say “yes” or “no”?

2nd Half

• Who can you talk with about your hardships?

• How do you think your life would be different if you did talk about difficult things?

Read James 5:13-20 (page 1222 (HCSB) & 1112 (NLT) in your FCA Bible).

• Prayer is important, it is how we communicate with God. Based on what you read in this passage, why is prayer such a big part of our relationship with the Lord?

• Re-read verse 16. How important is it for us to confess our sins to one another? Why?
**Cool-down**

The Message of James is deep, yet simple.

Matt Chandler, a pastor at the Village Church in Texas sums it up like this:

“It is our faith that makes us doers of the word not just hears, faith keeps us humble not proud, it’s faith that directs our words to bless not to curse, it’s faith that causes us to show mercy not judgement, it’s faith that leads us to true religion not its empty substitute, its faith that causes us preach the good news to every tribe, tongue, and nation, and faith causes us to worship our God for all eternity.”

**Game Plan**

7- Remember, we don’t work to BE saved, we work because we ARE saved.

8- Find a prayer partner. Over the next few weeks check in with them each day and be diligent about praying for that person.

9- Pray for patience in your life.

**Close in prayer.**
WARM-UP

“So God created man in His own image; He created him in the image of God; He created them male and female.” – Genesis 1:27

“All In.” That simple two-word phrase is the battle cry of all athletes that are willing to go do whatever it takes to achieve greatness. Athletes that go “All In” are fully committed to a singular goal. They will make personal sacrifices to maximize their potential. They will put in extra practice time and place complete trust in the coach. And during competition, athletes that are “All In” will give everything they have—diving for loose balls, outhustling the opponent, fighting through pain and adversity, staying focused regardless of any distractions—in order to obtain the prize.

As athletes, we often allow our self-worth to get wrapped up in our performance. We buy into the lie that we are only as good as our last hit, our last goal, our last birdie, our last touchdown, or however our sport measures success.

But long before humans began competing against each other in this thing we call “sport,” God went “All In” for us. He created the universe and this place that we call home. He lovingly crafted us in His image and gave us a purpose that runs much deeper than our accomplishments and far outweighs our failures. God’s love has nothing to do with our performance and everything to do with our very existence. We have value because we are His creation.

From the beginning of time until this very moment, God has always gone “All In” for you!

WHAT’S IT WORTH?
What are the primary factors in determining how much something is worth? Which factor is most important to you?
WORKOUT
SPORTS STORY
Jackie Robinson is one of history’s greatest examples of an athlete who was willing to go “All In”. In 1945, Brooklyn Dodgers General Manager Branch Rickey (who later became one of FCA’s founding fathers) signed the African-American second baseman to a contract. In 1947, Robinson made history as the 1st black MLB player in the modern era debut amid an intense flurry of racial epithets and public opposition. Through it all, Robinson maintained his dignity and bravely hoped for a time when people would see deeper than his skin color. He knew that his value wasn’t wrapped up in his performance on the baseball diamond, but rather it was based solely on the fact that he was a child of God. Rickey and Robinson could both testify to these powerful, life-affirming words written by King David:

“I will praise You because I have been remarkably and wonderfully made. Your works are wonderful, and I know this very well.” – Psalm 139:14

What are some characteristics that Jackie Robinson likely relied on as he went “All In” as a pioneering baseball player? What characteristics have you relied on to go “All In” athletically?

What are some ways that people sometimes determine the worth of others?

Based on Psalm 139:14, how is our worth in God’s eyes different than our worth might be in the world’s eyes? How do we view others in light of this passage?

BIBLE STORY
In Genesis 1, we read about how God went “All In” as the Creator. Over the course of six days, He created the heavens and the earth (v. 1), separated the light from the darkness (v.2), separated the water from the sky (v. 6), created dry land (v. 9), produced vegetation of all kinds (v.11), created the sun, moon and stars (vv. 14-17), and filled the oceans and the earth will every kind of bird, fish and animal creature (vv. 20-26).

But even after putting every ounce of His divine creativity into planet Earth, God saved his most prized creation for last. He 1st formed man out of the dust and breathed life into him (Genesis 2:7). Not wanting man to be alone, God then took a rib from his body and created the 1st woman (Genesis 2:21-22).
Read Genesis 1:27 (Page 44 in your FCA Bible). What does the phrase “created...in His image” personally mean to you? How does being created in His image help you as a FCA officer?

**MY STORY**

In Jackie Robinson’s story, you’ve read about a man who understood his self-worth despite what much of society was telling him at the time. In the story of Creation, you’ve read about how God’s great love for mankind is the source of everyone’s self-worth.

Using space below, write down your thoughts on how you view yourself, how others view you, and how God views you:

**HOW I VIEW MYSELF:**

**HOW OTHERS VIEW ME:**

**HOW GOD VIEWS ME:**

What are some negative views you have about yourself or negative views you perceive that others have of you?

What do you think is the source of those negative views?

**KEY TRAINING POINTS**

- **God’s Love Is “All In”:** God created you because He loved you. Even before you were born, He loved you and desired a relationship with you. Read John 15:15 (Page 1018 (HCSB) & 923 (NLT) in your FCA Bible) and 1 John 4:19 (Page 1245 (HCSB) & 1131 (NLT) in your FCA Bible).

- **God’s Sacrifice Is “All In”:** After man sinned, God prepared the ultimate sacrifice—the life of His only Son Jesus—to die in our place and give us the opportunity to have eternal life. Read John 3:16 (Page 998 (HCSB) & 907 (NLT) in your FCA Bible).
• **God’s Purpose Is “All In”:** God created you for a purpose. He wants you to be a part of His great plan! Read Jeremiah 29:11 (Page 707 (HCSB) & 650 (NLT) in your FCA Bible) and Ephesians 2:10 (Page 1145 (HCSB) & 1038 (NLT) in your FCA Bible).

In which of these three ways has God already revealed to you that He is “All In”?

In which of these areas have you struggled to believe that God is “All In”?

How could a real belief that God is truly “All In” for you affect your daily life? As a FCA Leader?

How do these 3 truths affect how you will approach treating others on your campus this fall?

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**WRAP-UP**

**GOD IS “ALL IN”**

Athletes compete for many reasons—self-satisfaction, achievement, personal fitness, and even just for fun. But the athletes that are “All In” have specific goals that they wish to accomplish, even if that simply means becoming the best they can be at their sport. Unfortunately, success and failure often dictate an athlete’s self-worth.

God went “All In” to demonstrate your true value. He created this world for you. He lovingly created you and even had you in mind before you were conceived. And then, God showed the ultimate act of going “All In” by sending his only Son Jesus to die on the Cross for your sins. But God didn’t stop there. He also created us for a purpose. He saw the future and provided a way for us to serve Him and bring glory to His name.

But you will never truly understand your self-worth until you accept the gift of salvation that God has made available to you (John 3:16-17; Romans 5:8). It’s only when you find your identity in a relationship with Christ that you will fully experience God’s love and be able to escape the negative views that you have of yourself. Then and only then will you have the strength to resist the temptation of caving into the world’s perception of who you are.

If you want to get to know Jesus personally, turn to page 1506 (HCSB) & 1369 (NLT) in your FCA Bible and review “More Than Winning.”

If you have already made that commitment, ask the Lord for a revelation of who you are in Christ so that you can go “All In” for Him as our theme verse calls us to do:

“*And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.*” – Colossians 3:17
**Game Plan:**
- God’s love is ALL IN – memorize John 3:16-17 as a huddle
- Your self-worth and identity should be rooted in Christ, not your athletic performance or ability.
- Pray that God would reveal areas of your life where you might still be holding on to a wrong view of yourself.

**Close in Prayer.**
"For all have sinned and fall short of the glory of God." – Romans 3:23

WELCOME
It doesn’t matter what level of greatness an athlete achieves, there is no such thing as perfection. It’s impossible to win every championship. It’s impossible to break every record.

And even if an athlete reaches the pinnacle of success, it never lasts. Everyone is bound to eventually fall short.

The sports world also shows us how easy it is to fall short in our personal lives. Athletes at all levels, especially the professional and collegiate ranks, have too often become the subjects of stories involving cheating scandals, drug and alcohol abuse, violent crime, sexual impurity and selfish, prideful behavior.

Whether in athletics or in our day-to-day existence, we have all fallen short of the standards we are trying to meet. We are also subject to the same temptations that are rooted in our sinful nature.

It’s the universal problem that has plagued mankind from the beginning. When it comes to sin, the world is “All In”.

WARM-UP
As an athlete, what does it feel like to fall short of another competitor’s mark?

What expectations do you have for yourself? Do you feel like you could possibly fall short when it comes to leading your huddle at school? Why or why not?

SPORTS STORY
From the time sports became a national pastime, breaking the rules has been commonplace amongst executives, coaches and athletes. For instance, in 1919, the Chicago White Sox were infamously dubbed “the Black Sox” after eight players were accused of intentionally losing in exchange for gambling money. Another example took place in 1986 when SMU’s football team was given the “death penalty,” a one-year shut down of the program, when boosters were caught paying players with cash and material goods. And in 2013, legendary cyclist Lance Armstrong admitted using
performance-enhancing drugs (PEDs) during his stellar career that included a record seven Tour de France victories. His reputation as one of the world’s greatest athletes was instantly destroyed.

It is commonplace for athletes and leaders to fall into the temptation of pride that manifests itself through power, fame, materialism, and selfish desires. In turn, activities such as the use of PEDs and violent crime routinely appear in the daily sports reports.

Have you ever had to deal with a teammate or a competitor who was cheating in order to gain an advantage? Share with your huddle.

When have you faced temptations as an athlete?

How has giving into those temptations affected you? Your team? Your FCA huddle?

**WORKOUT**

**BIBLE STORY**

God went “All In” when He created the world and created man in His own image. Adam and Eve, the first man and woman, were allowed to enjoy paradise in the Garden of Eden. But God did give them one rule. They were not to eat the fruit from the tree of the knowledge of good and evil (Genesis 2:17).

Satan wanted to create a wedge between God and His most prized creation. So he tempted Eve to eat from the tree.

“God knows that when you eat it your eyes will be opened and you will be like God, knowing good and evil.” Then the woman saw that the tree was good for food and delightful to look at, and that it was desirable for obtaining wisdom. So she took some of its fruit and ate it; she also gave some to her husband, who was with her, and he ate it.” – Genesis 3:5-6

After that moment of disobedience, sin entered into the world and separated mankind from experiencing the fullness of a relationship with God as He originally intended. Because Adam and Eve fell short and sinned, we too are born into sin and fall short of God’s glory (Romans 3:23).
Adam and Eve’s story highlights the three root causes of sin talked about in 1 John 2:16 (page 1242 (HCSB) & 1128 (NLT) in your FCA Bible):

The Lust of the Eyes: Adam and Eve saw that the fruit was good. They wanted it because it was pleasing to their eyes.

The Lust of the Flesh: Adam and Eve believed that fruit would fulfill their fleshly needs. They wanted it because they thought it would make them feel good.

The Pride of Life: Adam and Eve wanted to be like God. They wanted to have all knowledge and live forever. By eating the fruit, they were essentially saying they were as good as God and able to live without Him.

Which of these sins have tempted you? Why are these a temptation?

Read Genesis 3:8-24 (Page 46 (HCSB) & 45 (NLT) in your FCA Bible) What were the consequences that Adam and Eve faced after they sinned?

What are some of the consequences you will face if you give in to any of these sins?

MY STORY
An athlete might do everything right in his or her training and on the field of play but at the same time be living an immoral lifestyle away from their sport. Eventually, bad decisions in one area of life will have a negative impact on all areas of life.

The same principle is true in the spiritual realm. It’s impossible to maintain a part-time relationship with God and only live out our faith when it’s convenient (i.e. at church, FCA Camp, when we’re with Christian friends, etc.). If we’re living for the world the rest of the time, we won’t grow spiritually, we won’t reach our full potential and ultimately God will not be pleased. And just like things fall apart for the athlete living dual lifestyles, the same is true for the Christian who tries to have one foot in the world and another foot in the Body of Christ.

Why do you think it is easy for FCA leaders to have one foot in the world and one foot with Christ?

What are some things you can do right away that will help you plant both feet firmly with a committed relationship with God?
Go through each of these points and discuss a time when you or someone you know experienced these devastating effects of sin.

KEY TRAINING POINTS

- **Sin Separates You From God**: When Adam and Eve disobeyed God, they ushered sin into the world and were no longer in relationship with Him. Ever since that pivotal moment, all mankind has a sin nature. Only when we repent of our sins and ask Jesus into our hearts can we be restored back to our Maker. 
  
  Read Isaiah 59:2 (Page 669 (HCSB) & 616 (NLT) in your FCA Bible) and Romans 5:12 (Page 1077 (HCSB) & 975 (NLT) in your FCA Bible)

- **Sin Holds You Back From Your Purpose**: Pride, envy, impurity, anger and fear are just a few of the obstacles that can stand between you and God’s purpose for your life. When you have these sinful attitudes in your heart, any success you might attain will be shallow and short-lived. Read Proverbs 13:9 (Page 588 (HCSB) & 540 (NLT) in your FCA Bible) and Hebrews 12:1 (Page 1212 (HCSB) & 1102 (NLT) in your FCA Bible)

- **Sin Destroys Your Mind, Body and Heart**: Sinful behavior has a negative impact on the mind and can literally cause great destruction to the human body. And for those who reject God, they are at risk of losing their eternal soul. Read John 10:10a (Page 1010 (HCSB) & 917 (NLT) in your FCA Bible) and Romans 6:23a (Page 1079 (HCSB) & 977 (NLT) in your FCA Bible)

WRAP-UP

On the surface, the world has a lot to offer. It goes “All In” for our attention and our affection. We can easily become preoccupied with entertainment, technology, material consumption and impure relationships. And while all of those things may bring temporary pleasure, they ultimately lead to heartbreak, loneliness and pain.

“Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.” –1 Timothy 6:9-10

As soon as sin entered into the world, we were all born into the world with a sin nature. Because of that, our natural desire is for the things of the world—things that work against our spiritual wellbeing and promise to destroy our eternal soul. But when we follow Jesus, we receive more than anything the world could ever give. Through a life in Christ, we gain access to healing (Psalm 147:3), joy (Nehemiah 8:10), peace (Philippians 4:7), unconditional love (Romans 8:38-39), direction (Psalm 37:23), purpose (Jeremiah 29:11), and the incredible gift of eternal life (John 5:24).
Jesus summed it up with these words:

“*I have come so that they may have life and have it in abundance.*” – *John 10:10b*

Jesus came to Earth to show us what real life was all about and He died on the Cross so that we might experience life to the fullest. Even after we turn away from the world and accept God’s love and the Salvation that Jesus offers, we will still fall short from time to time. We are humans and we will continue to make mistakes. But thankfully, we can rely on God’s grace, which makes us worthy to be called His sons and daughters.

As we allow the Holy Spirit to transform our hearts and minds, and root out the sinful behavior that we hold on to, we can then begin to live “All In” for God just like it says in our theme verse:

“*And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.*” – *Colossians 3:17*

**Game Plan:**

- Our sin separates us from a holy and perfect God.
- Nothing we can do – athletically, academically, socially – can allow us to work our way into a perfect relationship with God.
- Because of Jesus – His perfect life, death on a brutal cross, and resurrection on the third day – we are made right in the eyes of God. He looks at us and sees Jesus’ perfect sacrifice, cleansing us of our sin!

**Close in prayer.**
"This is how we have come to know love: He laid down His life for us.”
– 1 John 3:16

When an athlete is passionate about his or her sport, they will do whatever it takes to be the best they can be. They will put the same full effort into practice and training as they do into competition. They will sacrifice other wants and desires in order to achieve their goals.

It’s that same sense of purpose that serves as the driving force behind how we as Christians should prioritize our lives. The more passionate we are about Jesus, the more we will put into our spiritual discipline and the more seriously we will take our call to share the Gospel with others through FCA on our campus. As we discover God’s purpose for us, we are able to give our lives fully to Him.

There’s no better example of having priorities line up than in the life of Christ. He sacrificed everything He had in order to fulfill the God’s plan. And Jesus is “All In” for us. He loves us and sacrificed his life in order to have a relationship with us.

WHAT’S YOUR PASSION?
If you want to figure out another person’s passion, and out how they spend their time, energy and money. Most likely, those three indicators will determine what they care the most about.

What do you spend most of your time on? Your energy? Your money?

What are you most passionate about? Does your time/energy reflect that?

As a FCA huddle member, are you passionate about Jesus? How does your time/energy reflect your passion for Jesus and leading the FCA huddle on your campus?

SPORTS STORY
Mike Singletary had it all. He was living his dream as one of the premiere defensive players in the NFL. He was making a lot of money. He was even blessed with a wonderful family. And to top it off, Singletary won a Super Bowl ring with the legendary 1985 Chicago Bears. But Singletary was “very frustrated and very angry” immediately
following that momentous occasion. Although he had accepted Christ at a young age, he had not yet truly surrendered his heart to the Lord. And the harsh reality was finally setting in.

Can you relate to Mike Singletary and think of a time when you reached your goals but found yourself still unhappy? Share with your huddle.

In what ways can having passion for your sport interfere with your passion for Jesus?

In what ways could your athletic passion work together with your passion for Jesus?

"I was almost depressed after the Super Bowl because I was trying to figure out why I wasn’t happy. And as I began to look at it, I began to understand that the Lord was calling me to a higher call. At that time I was lukewarm. I was a Christian around Christians and I was somebody else on the football field. I was somebody else at home. The Lord was just calling me out and allowing me to see myself for who I was. God was saying, 'You need to walk with me or get away from me.'" – Mike Singletary

WORKOUT

BIBLE STORY

Jesus’ passion is evident in the Gospels. He spent the full balance of his ministry serving, teaching, healing and mentoring those around Him. He was so passionate about all people that He left God’s side and the perfection of Heaven to come to this sinful Earth and take the form of a man.

“For you know the grace of our Lord Jesus Christ; Though He was rich, for your sake He became poor, so that by His poverty you might become rich.” -- 2 Corinthians 8:9

Jesus did this knowing the end game of God’s master plan. He was sent to Earth to live a sinless life and die for the sins of the world as a perfect sacrifice.

Even though He understood His mission, Jesus was equal parts God and human, so He still wrestled with the concept of being brutally tortured and nailed to a Cross. When He went to a garden called Gethsemene to pray, He cried out to God with great intensity.

"Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And
Jesus knew what had to be done and He surrendered to God’s will. That very night, He was betrayed by His disciple Judas and arrested by the Romans. Even though the Roman government saw no guilt in Him, Jesus was condemned to death at the request of His own people. He was mercilessly mocked, beaten and whipped, and then finally put to death (John 19).

Of the many ways Jesus showed His love for us, which one resonates the most with you? Explain.

Why do you think Jesus was so driven to do whatever it took to follow through with God’s plan?

When Jesus went “All In” for us, the key was surrender. He resisted the temptation to give in to fear and selfishness and instead surrendered to God’s plan. We need to take Jesus’ example and completely surrender to God’s plan for our lives. Part of that plan is to turn our dreams over to Him. Some of those dreams might need to be removed from your life or given to the Lord so He can use them for His glory.

What dreams have you surrendered to God? What dreams are you holding on to yourself?

KEY TRAINING POINTS

Ever since Adam and Eve disobeyed God in the Garden of Eden, mankind has been forced to deal with its sin problem. But thankfully, God put a plan into place that allows for your redemption:

• **You Were Born Into Sin:** There’s nothing you can do about it. The sin nature separates us from God and causes us to miss the mark. Because of sin, we are condemned to death. Read Romans 3:23 (Page 1075 (HCSB) & 973 (NLT) in your FCA Bible) and Romans 6:23a (Page 1079 (HCSB) & 977 (NLT) in your FCA Bible)

• **Jesus Died For Your Sins:** Jesus left His perfect home in Heaven and humbled Himself to live as a man in order to become the perfect sacrifice for our sins. Read John 3:16 (Page 998 (HCSB) & 907 (NLT) in your FCA Bible), Romans 5:8
(Page 1077 (HCSB) & 975 (NLT) in your FCA Bible) and Romans 6:23 (Page 1079 (HCSB) & 977 (NLT) in your FCA Bible).

• Jesus Rose From The Dead: Jesus defeated death and rose again so that He could offer us the gift of eternal life. Read John 11:25 (Page 1012 (HCSB) & 918 (NLT) in your FCA Bible) and 1 Corinthians 15:3-6 (Page 1112 (HCSB) & 1006 (NLT) in your FCA Bible)

•You Have Been Given A Choice: It’s your decision. Will you repent of your sins and accept the gift of salvation or will you reject the Good News and continue to live separated from Him? Read John 1:12 (Page 995 (HCSB) & 904 (NLT) in your FCA Bible) and John 5:24 (Page 1002 (HCSB) & 909 (NLT) in your FCA Bible)

What are some examples of how sin might have a negative impact on your life?

Every year we have FCA huddle leaders & members that struggle to acknowledge sins in their life, repent, and turn to the Lord in obedience. We all struggle with sin, but as a member of FCA what should your response be towards sin? Why does it matter how FCA members respond to their sins?

How does Jesus’ sacrifice challenge you to live differently than the world or your teammates/campus?

Wrap-Up
JESUS IS “ALL IN”

Jesus is still “All In” – he goes before the father on our behalf – He is closer than a brother – He loves us unconditionally
When we experience Jesus as Lord, His passion becomes our passion. We can then redirect our passion into the plan that God has for us. Then we can experience truth in this verse:

“Whatever you do, do it enthusiastically, as something done for the Lord and not for men.”
– Colossians 3:23
Game Plan:

- Jesus is our perfect sacrifice. Because of His life, death, and resurrection, we are given the free gift of eternal life through Him!
- We have a decision to make: repent of our sins and accept the gift of salvation, or reject the Good News and continue to live separated from God.
- Memorize Romans 5:8 as a huddle.

Close in Prayer.
WELCOME

"Then He said to them all, 'If anyone wants to come with Me, he must deny himself, take up his cross daily, and follow me.’” – Luke 9:23

Throughout the previous meetings, we’ve discussed what it means to be “All In,” as an athlete. It entails consistently giving your best in training, practice, and of course, in competition. But it means surrendering to the coach’s plan and committing to be a team player—laying your personal goals and desires aside.

The same is true for huddle leaders and all followers of Christ. Believers need to daily sacrifice their personal goals and desires, surrender to God’s plan for their lives, do their best to work together with fellow believers, and focus their energy on serving others and sharing the eternal message of salvation.

But what if the most effective way to be successful as both an athlete and a huddle leader trying to rely on Christ is to actually lose? What if it’s not possible to live unless you are willing to die? In fact, you must be willing to deny yourself and set all selfishness before you can truly say, “I’m All In!”

WARM-UP

When athletes go “All In”, they often are required to sacrifice other areas of their life such as other interests, relationships, time, energy or perhaps everyday activities that bring personal enjoyment. Below is a list of items that you as an athlete might be required to give up partially or completely in order to achieve your goals. Using the spaces provided, rank each item from 1 through 5 depending on which ones you would find easiest to give up (1) or most difficult to give up (5).

- Hanging out with friends
- Having a girlfriend/boyfriend
- Eating junk food
- Extra sleep
- Vacation
- Extracurricular activities (band, clubs, etc.)
- Watching TV/Movies
- Playing video games
- Social Media

Which items did you find easiest to give up? Why?
Which items did you find most difficult to give up? Why?

What are some other activities, interests, etc., that you have struggled to let go in order to pursue your athletic dreams?

**WORKOUT**

Defensive Tackle Gerald McCoy of the Tampa Bay Buccaneers was brought up in a Christian household in Oklahoma City and was a dominant force on the field for University of Oklahoma, being named an All-American twice for the hometown Sooners. He played well enough at OU to be drafted 3rd overall in the 2010 NFL Draft and has made two consecutive Pro Bowl appearances.

And while he’s always been “All In” as an elite athlete, it wasn’t until a series of injuries during his first two years in Tampa that he fully surrendered to God and made his passion for Christ the top priority in his life. McCoy had stopped balancing his life between the world and Jesus and instead planted both feet firmly “All In” for Jesus.

"Football had become who I was instead of simply something I did. I realized my relationship with God was not what it needed to be, and I had to make a decision if that was going to change. From that point on, it’s been God and me, for real.”—Gerald McCoy

Have you ever had a time when you felt like God was trying to get your attention through a difficult or challenging situation? Explain.

Do you think it’s possible to be “All In” as an athlete and be “All In” as a follower of Christ at the same time? Why or why not?

**BIBLE STORY**

The New Testament gives us two very different examples of how people can respond to God’s call to deny one’s self and make Him their top priority. In Mark 10, we read about a rich young man who approached Jesus, knelt before Him and asked, “What must I do to inherit eternal life?” (v. 17) Jesus told him he should obey the commandments. The young man explained that he had kept them since he was a child. Then Jesus gave him one last instruction:

"You lack one thing: Go, sell all you have and give to the poor, and you will have treasure in heaven. Then come follow Me.” (v. 21)
The young man was saddened after hearing Jesus’ words because he was very wealthy and unwilling to part ways with his possessions. On the other hand, the Apostle Paul took the words from Luke 9:23 to heart. Paul was originally known as Saul. He was a man who gained power and authority in his quest to squash the spread of Christianity. But during his travels, Jesus blinded him with a bright light and commanded him to turn from his ways. Because of Christ’s appearance, Paul was driven to humble obedience. He took up his cross and followed Jesus at all costs. Paul wasn’t afraid to live for Christ. Likewise, he wasn’t afraid to give everything for Christ either. Paul sacrificed a life of comfort and privilege for a life of hard travel, imprisonment and torture that ultimately led to his death. He had come to a place of surrender that allowed him to write these words:

“For me, living is Christ and dying is gain.” (Philippians 1:21)

How would you compare the rich young man’s attitude to the mindset of those in the sports world, society in general, and in your huddle?

What do you think gave the Apostle Paul the strength to follow Jesus’ instructions despite such intense persecution?

What do you think Paul meant when he said, “living is Christ” and what might that look like in your life? How might that look as a huddle leader?

MY STORY
In those Bible stories, we read about someone who was a sell-out and someone who was sold-out. The rich young man was only willing to go so far in his devotion to God while the Apostle Paul was willing to give up everything, even his very life, to fulfill his divine purpose. When we look at being a sold out athlete versus being a sell-out athlete, the differences between the two attitudes are crystal clear:

THE SOLD OUT ATHLETE...
• Gives 100 percent during training and practice
• Listens to the coach and surrenders to the game plan
• Gives 100 percent during competition
• Never cuts corners, cheats, or seeks out an unfair advantage

THE SELL OUT ATHLETE...
• Gives selective effort during training and practice
• Ignores the coach’s instructions and rebels against the game plan
• Gives selective effort during competition
• Cuts corners, cheats, and seeks out an unfair advantage
The same principles apply when we compare the sold out Christian to the sell-out Christian:

**THE SOLD OUT CHRISTIAN**
- Sacrifices anything that holds him or her from following Christ
- Surrenders to God’s purpose and plan for his or her life
- Makes every effort to share the Gospel with others
- Never compromises his or her values to gain acceptance from the world

**THE SELL OUT CHRISTIAN**
- Holds on to things that keep him or her from fully following Christ
- Resists God’s purpose and plan for his or her life
- Shies away from sharing the Gospel with others
- Compromises his or values to gain acceptance from the world

Using the descriptions above and the Key Training Points below, give an honest assessment of your status as an athlete and as a huddle leader. Are you sold out or are you a sell out?

What are some areas that you’ve holding back as an athlete? As a huddle member?

What do you need to do to be sold out in your relationship with God?

**KEY TRAINING POINTS**
Here are some ways you can go “All In” for God:

**Recognize your sinfulness:** When we come to grips with our own sin, it teaches us that we desperately need a Savior to rescue us. Read Romans 3:23-24 (Page 1075 (HCSB) & 973 (NLT) in your FCA Bible) and 2 Corinthians 5:21 (Page 1123 (HCSB) & 1017 (NLT) in your FCA Bible)

**Love God:** Put Him 1st always. Loving God sets everything else into motion. Read Matthew 22:37 (Page 905 (HCSB) & 823 (NLT) in your FCA Bible)

**Serve others:** In the same way that Jesus served those in need, we too are called to serve those around us and show them God’s love. Read 1 Peter 4:10 (Page 1230 (HCSB) & 1119 (NLT) in your FCA Bible)

**Share The Gospel:** Jesus’ last instruction to His disciples was to tell others about God’s love and His gift of Salvation. Read Matthew 28:16-20 (Page 916 (HCSB) & 833 (NLT) in your FCA Bible)
WRAP-UP
Going “All In” for God is a process. Just like the elite athlete doesn’t become a champion overnight, neither does the follower of Christ suddenly become a spiritual giant. But while the world may claim that being a Christian is no fun and too difficult, the truth is that there is great joy and contentment that comes from surrendering to God and committing your life to serving others and reaching the lost.

Jesus illustrated that message in a parable about a treasure and a priceless pearl:

“The kingdom of heaven is like treasure, buried in a field that a man found and reburied. Then in his joy he goes and sells everything he has and buys that field. Again, the kingdom of heaven is like a merchant in search of fine pearls. When he found one priceless pearl, he went and sold everything he had, and bought it.” – Matthew 13:44-46

What are you willing to give up in order to gain the abundant life of Jesus Christ?

What do you think it looks like when you go “All In” as an athlete, as a family member, as a friend, or as a huddle leader?

CONCLUSION:
God has a great purpose for your life. He wants you to accept His love and the gift of Salvation. He has given you talents, abilities and dreams. But more than anything, He wants you to use those things for His glory and for the advancement of His Kingdom. That’s what real life is all about. Once you understand those truths, you will then be able to go “All In” the same way that is described in 2014’s theme verse:

“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.” – Colossians 3:17

ARE YOU READY TO GO ALL IN?

Game Plan:
• The life of a Christian isn’t meant to be kept to yourself – invite one new person to your next huddle meeting to grow your community on campus!
• Write down one thing you are willing to give up in order to gain abundant life in Jesus Christ – take it one step further by sharing your “one thing” with a huddle leader or accountability partner.
• Memorize Colossians 3:17 as a huddle Close in prayer.
Purpose of Meeting
To learn and understand that faith life and social life aren’t separated and how you can combine them.

Open in Prayer

Warm-Up
Write down three people who you think are the most admirable and have good integrity. These people can be famous or people you know.

Now, look at these names of people you wrote down. Are these people reflecting Christ’s love in their daily lives?

Workout

1st Half
Do you think your faith life and social life are separate? Why or why not?

Your actions in your daily life reflect your relationship with Christ. Mark an √ if the statement looks like a person who has a relationship with Christ, and mark an X if the statement looks like a person not in a relationship with Christ.

______ An athlete on the opposing team who trash talks you throughout a game.

______ An athlete giving no effort in practice but works hard during a game.

______ A friend bringing you a surprise breakfast before school because he/she knows you have been stressed lately.

______ A friend talking behind your back.

______ Drinking at a party and making the decision to have sex with someone.

______ Cheating on a test even though no one knows you did it.

______ Being kind to everyone, no matter who they are.

Go over these statements and decide why you put a check or a X by each.
Read Matthew 5:16 (page 879 (HCSB) & 801 (NLT) in your FCA Bible), 1 Timothy 4:12 (page 1183 (HCSB) & 1075 (NLT), and Colossians 3:17 (page 1165 (HCSB) & 1057 (NLT)).

How do these verses show that social life and faith life are not separated, but intertwined?

2nd Half

Situation:
There is a high school athlete who plays basketball and soccer. She loves to play sports whenever she can, and she works hard in order to be the best athlete she can be. She is a Christian athlete who tries to show others Christ’s love through her own actions. She reads the Bible as often as she can and talks to God every day. On the weekends though, she goes out with her friends. They go to parties where they drink and smoke. She makes poor decisions regarding boys.

Based on her actions, do you think she is a follower of Christ? Why or why not?

What does this girl need to do in order to reflect Christ in her life all of the time?

When have you put your relationship with Christ above all else? How did you do this?

Cool Down

After going through this lesson, how do you feel about faith life vs. social life?

Today, society calls for us to not stand for God’s Word. Society wants us to focus on money, sex, drinking, drugs, etc. instead of focusing on God’s love. By doing the opposite of what society wants, we are showing God how we put Him first before everything else. We are showing Him how thankful we are for sending His Son Jesus to die for us on the cross. By showing love, humility, and kindness, people are seeing Christ in us, and this may lead to them wanting to know more of Christ. As Christians we are called to represent Christ on and off the field, at school and on the weekends, with our families and our friends.
**Game Plan:**
- Remember that faith life and social life aren’t separated.
- Bring God into your daily life through your friendships, schoolwork, and sportsmanship.
- When struggling to decide whether you want to make a decision based on what society wants you to do, look to the Bible or to prayer for an answer.

**Close in prayer.**

*meeting written by Greater St. Louis student board member.*
**Purpose of meeting:** To think about what is getting in the way of our walk with Christ. How we can turn away from sin, and how we can avoid it?

**WARM UP**
Open In Prayer

Show Video of top 10 Premature Celebrations

Ice Breaker- He/She is perfect for you in every way possible. They have a skin flap on their back that flips over into a hood if necessary (this cannot be altered). Would this be a deal breaker? Why or why not??

-How would you define the word “alert”.
  - **Adjective**- quick to notice unusual and potentially dangerous or difficult circumstances
  - **Noun**- the state of being watchful for possible danger
  - **Verb**- warn (someone) of a danger, threat, or problem, typically with the intention of having it avoided or dealt with

-Why is it important to always be on guard or alert in a game?

-In what ways does your specific sport require you to be alert?
  - **ex:** In lacrosse you must always be looking everywhere. If the other team is on the offensive and you turn your head for just a second and lose sight of the girl you are guarding they can take advantage of that and run past you to get the ball and score.

-Tell of a time that you or someone you know has not been on guard and something bad came out of it.
  - Think back to the premature celebrations video.
  - What happened when they did not remain on guard? What were some of the consequences?

**Workout**
In games, when we are not on guard it gives the opponent an opportunity to capitalize on that and take advantage of the fact that we were not completely alert.
When we take a “step back” the opponent “steps in.”

**Read 1 Peter 5:8 (page 1231 (HCSB) & 1120 (NLT) in your FCA Bible)**
An adversary is one’s opponent in a conflict/contest/dispute

-What does this verse call us to be?

Just like opponents “stepping in” when we are not on guard, sin can step into our lives just as easily. When we take a “step back” darkness “steps in.”

-In a game, what is the major goal you strive for?

-What gets in the way of these goals?

-Our faith is the game. The way to win is to run towards God with everything you have. This is what we are called to do. The second that we are not giving it our all or let our guard down is when sin takes a step in.

**Read Mark 14:38 (page 942 (HCSB) & 856 (NLT) in your FCA Bible)**
What does this verse say we need to do so we don’t fall into temptation?

Temptation is real and hard to fight.

What are some practical ways we can remain on guard in our walk with Christ?

**Read Romans 6:14(page 1078 (HCSB) & 976 (NLT) in your FCA Bible)**
When we do let our guard down, we need grace! What does the word “grace” mean to you. Or what do you think of when you hear the word grace?

**Cool Down**
When you or someone made a mistake in a game how did you react? How did your team react? Your coach?

**Read 1 John 1:9(page 1240 (HCSB) & 1128 (NLT) in your FCA Bible)**
What does this verse say will happen if we confront our sins and bring them to God?
The good news is that God will always be waiting for us at the end of the game. He doesn’t love us any less for the mistakes we made in the game or if we let our guard down. As long as we are willing to recognize those mistakes and do our best to turn away from them and towards God he will ALWAYS forgive us.

**Game Plan**
- If we are called to be running with everything we have towards God, how can we be actively Alert in our walk(or run) with Christ?
- What things in your life are making it hard to focus on God?
- Think about what changes you can make to better your focus on God.

**Close in Prayer**

*meeting written by Greater St. Louis student board member*
Purpose of meeting

To understand the true meaning of being content with Christ.

Warm-up

Ice-breaker of your choice

Workout

Open in prayer.

1st Half

If there’s one thing everyone in the world wants, it’s to be content, to feel like life is good. So why does it seem so hard to find real lasting happiness?

How do you try to find happiness?

What does it mean to be content?

Contentment is the attitude of accepting whatever God provides, and finding joy no matter the circumstances. Contentment is more than just being happy, it is trusting God.

Read Psalm 119:35-37 (Page 564 (HCSB) & 519 (NLT) in your FCA Bible)

According to Psalm 119, where should you be turning your heart to?

What should you be turning your eyes from?

Why do we think that happiness can be found in “material things”?

What things do you personally turn to for happiness?

Why is it hard to find contentment during difficult times?
Read Romans 8:28 (Page 1082 (HCSB) & 979 (NLT) in your FCA Bible)

Learn to rest in God’s providence. If we truly know God, we know that He is unfolding His agenda and purpose in our lives. He has determined each part of His plan for us so that it will be for our good and His glory.

2nd Half

Read Philippians 4:13 (Page 1159 (HCSB) & 1050 (NLT) in your FCA Bible)

How can this verse help you to be content?

When do you feel most content?

How can this verse be applied to everyday life, as well as, your sport?

How does stress counteract contentment?

What is the difference between contentment and complacency?

Cool-down

John 10:10 says, “A thief comes only to steal and to kill and to destroy. I have come that they may have life and have it in abundance.” In other words, do not allow the robber, whether it is your desires, your situation, or satan, to steal contentment away. God desires all of us to find an abundant life in Him.

Think about what steps you need to take to be content in your life. Ask yourself what you need to do to change your thinking and lifestyle to reflect God’s goodness, so you can be content and satisfied in only Him.
**Game Plan**

- Dive into Scripture more often and on a daily basis to grow in your relationship with Christ.
- Surround yourself with followers of Christ to be in solid Christian community. This will help you to have accountability when you are struggling to be content in the Lord alone.
- Know that true happiness isn’t always about how good and happy we feel, but in knowing that our deepest joy comes from God and nothing can take that away!

**Close in prayer.**

*meeting written by Greater St. Louis student board member*
Purpose of Meeting
To understand that comparing yourself to others can be harmful and to understand that we are all created for a special purpose

What you will need
A copy of the meeting, Bibles

Warm-Up
Icebreaker: Have one person in the circle begin by saying a few sentences to create a story. Each person will then add on a few sentences to the story. The last person will end the story with how they got to FCA that night.

Workout
Open in prayer.

1st Half
Many of us have heard of the “Real-Life Barbie” or Heidi Montag who had 10 plastic surgeries in just one day to make themselves “look better” and feel more accepted by society.

While most of us don’t think we would go to quite these extremes, many of us have done things to feel more accepted by society.

Are there times when you have done/worn/said things to feel more accepted? Give examples.

When have you compared yourself to the people or teammates around you?

As an athlete, how do you compare yourselves to your teammates? (ie: the star player, the best defender, etc.)

Read Galatians 1:10 (Pg 1134 (HCSB) & 1028 (NLT) in your FCA Bible)

What does this verse say about pleasing people?
When do you try to please God? When do you try to please people?

Which do you try to please most often? God? Or others?

**2nd Half**

Read Romans 12:1-8 (Pg 1087 (HCSB) & 984 (NLT) in your FCA Bible)

How can verses 1-8 help you to stop comparing yourself to others?

What does it mean to present your body as a living sacrifice?

How can you do this as an athlete?

How do you conform to the world’s ideals?

How is conforming to the world’s ideals be dangerous?

Re-read the verses above. Do you believe that you have a talent or athletic skill? Share your skill and how you have used it for God’s glory.

How can verses 4-8 help us remember that we are all created for a special purpose?

Young children seem to have a much better grip on the fact that they are wonderfully created. As we get older we seem to feel more pressure to fit in with society’s standards. Why do you think that is?

Have you found that comparing yourself to others usually results in a confidence boost? How does it normally make you feel?

How can you stop listening to the lie that you are not enough?
Cool Down

Read Psalm 139:13-18 (Pg 573 (HCSB) & 526 (NLT) in your FCA Bible)

How can this verse serve as a reminder of who we are created to be in Christ Jesus? If we remember this verse, we will not fall into the comparison trap and submit to society’s ideals because we will remember we have been made perfect in Christ.

Game Plan:
- Remember that you are created in God’s image – comparing yourself to others will only steal your joy!
- God created you uniquely and for His glory – your gifts and talents can be used as worship to Him!
- Memorize Psalm 139:13-14 as a huddle.

Close in Prayer

*meeting written by Greater St. Louis student board member*
Purpose of meeting
To teach student-athletes the importance of pursuing spiritual discipline and the enduring the trials and tribulations that accompany it.

Warm-up
Choose a warm-up from www.fcaresources.com

Workout
Open in prayer.

1st Half
As athletes, we have to train. Training is vital to becoming successful in anything and everything that we do whether it is in school or sports. Training is not always fun or enjoyable, but it is necessary.

Read Hebrews 12:11-13 (page 1213 (HCSB) & page 1103 (NLT) in your FCA Bible).

What does this verse say about discipline?

What are the rewards of exercising discipline according to the verse?

What does it mean to have the “fruit of peace and righteousness” in your life?

The author of Hebrews talks about discipline being painful. Share a time you had to do something that was painful or unenjoyable to make yourself better on the field or court? What about school?

How did this discipline help you?

Even though we must commit to these painful disciplines, God uses them for a higher purpose. He is glorified in our struggles because He uses our weakness to show His strength. We also must commit to spiritual disciplines, such as prayer, reading God’s Word, accountability with other believers. These spiritual disciplines will help us grow in our relationship with God.
Discipline takes endurance and perseverance. It will not always be easy to be a disciplined follower of Jesus, but it is worth it to grow closer to Him.

**Read James 1:2-4 (page 1217 (HCSB) & 1108 (NLT) in your FCA Bible).**

In this verse, James is saying that we need to consider the trials that God has set before us a “great joy”. Why is that?

How does the testing of our faith produce endurance?

Endurance, according to Dictionary.com, means “the ability of strength to continue or last, especially despite fatigue, stress, or other adverse conditions.” What adverse conditions have you been faced with?

Endurance and perseverance both mean to keep pushing on, even despite the odds. As Christians, we cannot just quit, give up, or give in just because we are persecuted or because it’s too hard or we become too busy. As the verse says, “But endurance must do its complete work, so that you may be mature and complete, lacking nothing.”

What does it mean to lack nothing? Who completes us?

Why is it so hard to commit to this challenge if the benefits are so great?

What is the one gift that we receive that surpasses them all? Why is it so vital to train and endure for it?

God never tempts us, but He does put us through trials to test our faith. As we experience hardships and trust God despite difficult circumstances we will mature in our faith.

**Cool-down**

Call upon Him to help you endure when you are going through trials. Prayer and fellowship can aid you in disciplining yourself spiritually, physically, and mentally. Ask God to give you the strength and courage to endure and rejoice in your trials.
**Game Plan:**

- Jesus completes us – nothing we can do or attain, only Christ!
- Make it a point to pray for strength to endure trials you may face in the upcoming season or school year.
- Memorize James 1:2-4 as a huddle.

**Close in prayer.**

*meeting written by Greater St. Louis student board member*
**Purpose of meeting**
To see the difference between the “do’s and don’t’s” of Christianity

**Warm-up**
Play Simon-Says or pick another from fcaresources.com

Is someone controlling you fun or not so fun? Did it make you want to participate further or not listen at all?

**Workout**
Open in prayer.

**1st Half**
Do you feel you know what not to do while playing your sport? Name some rules that prohibit you from doing something. (ex. In basketball, you can’t travel).

When your coach is giving you advice, does he/she usually give you goals (things to do) or is it usually things that you shouldn’t do? Explain why your coach does this.

Often in life we are told what we should not do, rather than what we should stand for and believe in. It is very easy to hear the negative rather than the positive; the same goes for us as Christians.

As Christians, we know what we should not do. Society today knows what Christians are against; abortion, gay marriage, cussing, pre-marital sex, underage drinking, and the list goes on. For most people who do not know Christianity, that is pretty much where their knowledge on the religion stops.

**Read Colossians 3:5-11 (page 1165 (HCSB) & 1056 (NLT) in your FCA Bible)**

What did this passage say about how we should live our lives as followers of Christ? Did it list things we should shy away from, or things we should work towards?
As believers and non-believers alike, it is easy to fall into a pattern of just focusing on things we should shy away from. Rules are always important to honor and follow, but there are so many wonderful aspects of being a Christian that society, and sometimes even other Christians, tend to overlook!

2nd Half

Read Colossians 3:12-17 (page 1165 (HCSB) & 1056 (NLT) in your FCA Bible)

What did this passage talk about in relation to how we should live our lives as followers of Christ?

Why do you think Paul chose to list things we as Christians should not do and then list things we should strive for, one right after the other?

We cannot just focus on the “do’s and don’ts” of Christianity! Jesus wants us to be the whole package; showing others his love while steering away from immoral things.

Why do you think society only views Christianity as a “do’s and don’ts” type of religion?

Read 2 Peter 1:5-12 (Page 1234 (HCSB) & 1122 (NLT) in your FCA Bible)

Why does Paul make it a point to cover both “brotherly kindness” and “love”? Is there a difference? If yes, why?

Cool-down

Read Philippians 2:14-15 (Page 1156 (HCSB) & 1048 (NLT) in your FCA Bible)

This verse challenges us to fulfill something really hard: do not argue or complain. This is something that all of us struggle with, but it is worth it to God! He wants us to be shining stars in this “twisted generation.” What are some ways you can keep yourself from feeling the need to argue back or complain about things?

While obeying what the Lord says is of utmost importance, it is also important to know that Christianity isn’t all about lists and rules; it’s about showing others the
love of Christ! We are called to shine in society and let others see the Great Creator within us. Make it your goal this week to show people the “Other side of Christianity!”

**Game Plan**

- Being a Christian isn’t about the “do’s” and “don’ts” – Jesus wants our hearts, not our works.
- Show one act of “brotherly kindness” or love to a teammate this week.
- Memorize Philippians 2:14 as a huddle.

**Close in prayer.**

*meeting written by Greater St. Louis student board member*
Purpose of meeting
To understand how to maintain patience and faith during hard times

Warm-up
Ice Breaker of your choice

Workout
Open in prayer.

1st Half
Have you ever played your best in a game and still lost? How did you feel after the loss? How did you react?

It is easy to get worn out during sports. Everyone goes through tough losses during sports, but it is important to continue to train to get better and learn new ways to improve yourself to reach your goals, even if you feel defeated and tired.

Read Matthew 11:28-30 (page 889 (HCSB) & 809 (NLT) in your FCA Bible)

What does the Lord say people should do when they feel weary or tired?

Describe a time when you were tired and either turned away or turned to Christ? Was it difficult or easy?

Read Galatians 6:9-10 (pages 1141 (HCSB) & 1035 (NLT) in your FCA Bible)

What are God’s instructions in these verses?

God tells us that we “must not get tired of doing good.” What are other things we get tired of in which we need God’s guidance to help us through?
As young athletes, it is easy for us to get involved with many things like school, sports, clubs, and family time. How can we incorporate our faith into all aspects of our lives?

2nd Half

Our lives are full of chaotic tasks and busy schedules. Think of all the things you do now and how they reflect your walk with Christ. It is important for us to continue the things that glorify God and the gifts He’s given us and to eliminate the things in our lives that do not.

What things are you involved with that do not glorify God and possibly glorify yourself instead?

Read Isaiah 40:29-31 (page 652 (HCSB) & 601 (NLT) in your FCA Bibles)

Why is it important for us to trust God when we are weary?

What is promised for us if we trust in the Lord?

What areas of your life are you beginning to grow tired?

How can strengthening your relationship with God help you overcome that feeling of weariness?

Who could encourage you in your faith when you feel weary?

Cool-down
Just as it is important for us as athletes and Christians to be active in our faith and our sports, it is also important to make time to rest and let the Lord be our strength and guide. Learn new ways to use your time wisely and to trust in the Lord to keep you from growing weary.

Game Plan

• Go to the Lord for rest when you feel weary.
• Pray about all the things you are involved in and see if these are honoring to the Lord.
• When you wait on the Lord you will renew your strength.

Close in prayer.
**Purpose of meeting**
To discuss reasons why we might fall short of our goals in sports and in our growth with Christ.

**Warm-up**
Pick an icebreaker from fcaresources.com

**Workout**
Open in prayer.

**1st Half**
Read Joshua 6:1-16 (page 224 (HCSB) & 211 (NLT) in your FCA Bible)

What would have happened to the wall at Jericho if the Israelites only marched 6 days?

Many times we all stop short in our goals. We don’t march the full 7 days around our Jericho. What are some things you stop short in?

What normally is the result?

Why might we not achieve the goals we have set for ourselves?

In the passage the entire army marched and stayed silent until Joshua instructed them to shout. They worked together as a team in order to win the battle. If one person had stopped short of what was asked of them, victory would not have occurred. How can you relate this to you and your team? What happens if you have one person holding you back on your team?
2nd Half

Three Main Factors keep us from gaining the promises given to us by God, in other words we stop on lap 6.

1. **Perspective gets blocked**

The wall at Jericho seemed to be an unconquerable task. And if the Israelites happened to overcome the wall they would still have to defeat a well-trained army waiting within the walls. Many times we would view this situation and become discouraged. The Lord might have promised us the city but our perspective is blocked by our human limitations. With the power of God overcoming the impossible task doesn't just become possible, it becomes favorable.

The wall at Jericho can resemble the walls in our lives. In your experiences, what are some of these walls in terms of sports (unconquerable tasks)? Another player, another team, etc...?

In life, what can be the walls that stop us? Addiction, relationships, pride, etc...?

Discuss what we can do as a huddle to help each other overcome our Jericho’s in life.

2. **Progress isn’t always obvious**

Read 2 Corinthians 5:7 (page 1122 (HCSB) & 1016 (NLT) in your FCA Bible)

Why didn’t God show His army a weakened wall after each day of marching? Or after each day why didn’t God allow part of the wall to fall?

As athletes what happens to us when we don’t see results in our work?

What are some measures we can enact as athletes and as Christians that can motivate us to keep going forward even when we can’t see progress being made?

3. **Process is open ended**

When God instructed Joshua (v 3-5) on how to take the city the Israelite army was not present. When Joshua relayed the instructions to the Lord’s army, he left out how many days they would have to march (v 6-14). The soldiers only
knew to stay silent and march... they didn't know they would have to do this for an entire week.

Have you ever had a coach that has acted like Joshua? For example has there been times when he or she told you to do a certain drill and never said how long?

In life we don’t know how long our race is. At any moment we might finally arrive at the thing God has promised, so we must keep going. How would you feel if you were on lap 6 around the city (one day from your goal) and you stopped?

What are some things you can do so you don’t stop on lap 6? How can you keep yourself accountable?

**Cool Down**

Read Hebrews 10:35-36 (page 1210 (HCSB) & 1101 (NLT) in your FCA Bible)

In your opinion what will be the better feeling: having the faith to start something or the fortitude to finish it?

"Act like every lap is your last, and one day you will be right."

Close in prayer asking God to help each person overcome their Jericho and achieve the goal they have set in their lives.

**Game Plan**

- Don't stop on 6! James 1:12
- Even if we don’t see a final result, or a quick result, it doesn’t mean God isn’t working.
- Memorize Romans 5:3-5 as a huddle

**Close in Prayer**

*meeting written by Greater St. Louis student board member*
Purpose of meeting
To break the routine of a normal FCA huddle meeting, add variety and provide an opportunity to invite new people to FCA

What you will need
Bible, pen, TV or computer than can play YouTube videos

Warm-up
What are the defining moments of your life up to this point? If you had to depict your life on the movie screen, what events, moments, conversations or occurrences would have to be in there for it to be an accurate and true story about you?

What do you think about the statement, “Time is the most precious resource we have?”

Workout
Open in prayer.

1st Half
Watch the video entitled Defining Moments Film: Stories of Hope with Billy Graham on YouTube (http://m.youtube.com/watch?v=Sx0L_biKLuo)

The movie is 30 minutes long. Be sure to leave time in your meeting for the 2nd Half questions below. If you have access to multiple viewing areas, maybe split your group into two. One group can watch downstairs and the other group can watch upstairs. Or, one group can watch in the math classroom and the other can watch in the science classroom. One large group could be distracting and hard to keep quiet and focused. Use your discretion.

2nd Half
What stood out to you about the movie, either negative or positive?

What was most impactful to you?
Whose story did you most relate to?

The movie is titled *Defining Moments*. What defines you? Who defines you?

Would your relationship with Jesus be in the top 5 things that describe who you are? Why or why not?

Have you had doubts about God similar to those of the people in the movie? If so what were they?

Have you been able to see God overcome those doubts? How so?

**Cool-down**

In the Bible, the apostle Paul tried to help the people of Athens come to their own defining moment regarding their understanding of Jesus Christ.

**Read Acts 17:24-31 (Page 1055 (HCSB) & 955 (NLT) in your FCA Bible)**

What was Paul trying to explain to the people of Athens about God and Jesus?

**Read John 3:16-17 (Page 998 (HCSB) & 907 (NLT) in your FCA Bible)**

Who is Jesus Christ and what has He done for you and for me?

**Game Plan**

- Ask God to show you His holiness and glory. Also ask Him to show you how far short you fall of that perfect holiness and glory.
- Realize that we are all sinners failing to reach God’s perfect standard of righteousness. This separates us from God and keeps us from heaven.
- Trust in Jesus Christ as God’s perfect substitute who died in our place. He resurrected from the dead proving He was God, defeating death and sin once and for all.
- Repent of your sin and believe in the good news of Jesus Christ. This will be your true, defining moment!

**Close in prayer.**
Purpose of Meeting

To encourage and challenge Christian athletes to pray and to prepare students to participate in See You at the Pole.

What you will need

Bibles, pens, copies of this meeting

Warm-Up

Can you think of an athlete, coach or team who prays publically? What kind of effect does this have on you? On your team?

Workout

Open in prayer.

1st Half

Famous statesman Patrick Henry said, "It cannot be emphasized too strongly or too often that this great nation was founded, not by religionists, but by Christians; not on religions, but on the gospel of Jesus Christ." Our founding fathers were men and women of God who trusted in the Bible and had character, honor, and high moral standards. They were people of prayer who put God first and continually sought Him for intervention.

Today, professing Christians often receive scrutiny and persecution for their public beliefs of reading the Bible and praying.

- Has this ever happened to you?
- How did it make you feel?

What are some reasons why we pray?

Read Matthew 6:7-13 (page 881 (HCSB) 803 (NLT) & in your FCA Bible)

Is this often the structure of our prayers? Why or why not?

Read 2 Chronicles 7:14 (page 415 (HCSB) & 386 (NLT) in your FCA Bible)
Here God states that we should approach Him with humility and reverence. How do we approach prayer sometimes that is prideful or irreverent?

According to this verse what does God say He will do if we humbly pray and seek Him?

Read James 5:16-18 (page 1222 (HCSB) & 1113 (NLT) in your FCA Bible)

～ Can you give an example of a time when God specifically answered your prayers?

Now more than ever, we need to pray for our nation and our schools. If each one of us will pray, God will give us direction. He will show us what we need to do and give us the strength to do it. With prayer, the hand of God moves! “The intense prayer of the righteous is powerful.” –James 5:16b

Read 1 Timothy 4:12 (page 1183 (HCSB) & 1075 (NLT) in your FCA Bible)

～How does this verse apply to you, especially as it relates to prayer?

Read Daniel 6:7-11 (page 798 (HCSB) & 726 (NLT) in your FCA Bible)

～Why didn’t Daniel obey the Kings decree?

～Why did Daniel continue to leave his windows open when he prayed even knowing of the new decree?

Daniel was willing to take a stand and pray publically, even if it meant being thrown into the lion’s den. He prayed to His God because Daniel knew God was worthy. It didn’t matter what the rest of the world said or did, Daniel chose to remain steadfast in the God who created him and loved him.

Here are some specific things we can pray for (from the See You at the Pole handbook) this Wednesday:

- Pray for the needs of your campus, community, and country and for those in authority.

- Claim God’s power over Satan’s influence in the lives of your peers through alcohol, drugs, sexual immorality, suicide, the occult, etc.

- Pray for the gospel to be made clear on your campus throughout the year.
-Commit yourself to being involved in reaching out to your classmates who do not know God’s love and forgiveness.

Read Matthew 9:35-38 (page 886 (HCSB) & 807 (NLT) in your FCA Bible)

What is Jesus saying here? Who is he saying we should specifically pray for?

(Answer: Jesus is telling us that the world He created is vast and filled with people dying to hear of His saving grace. That is the harvest field. We are the laborers called to enter into the field to proclaim His glorious Name. So Jesus wants us to pray for His people to mobilize and Go tell the world about His marvelous grace like He commands us to do in the Great Commission!)

Cool Down

As Christians we are called to pray. Nothing substitutes for this genuine, caring activity. Spend a few minutes making a list (in the space below) of things you can pray for Wednesday morning. Then bring this list to See You at the Pole and expect God to move!

Close in Prayer
Purpose of meeting
The purpose of this meeting is to explain Christ’s birth and define the true meaning of Christmas.

Warm-up
Why is Christmas one of the most celebrated holidays?
What Christmas traditions do you or your family have?

Workout
Open in prayer.

1st Half
What does Christmas mean to you?
What is it about the holiday that makes it so special?
How do people celebrate Christmas?
What is your favorite part about Christmas?

Christmas is what most people consider to be one of the most beautiful times of the year, where families come together in the winter season and exchange gifts. It is the season of giving! In reality, the reason for celebrating Christmas is much larger. In fact it is the only reason this holiday came to existence. So what is the real meaning of Christmas? Where did this holiday develop?

2nd Half
In Luke 1, we read that Gabriel, an angel appeared to Mary (who was engaged to a man named Joseph) in Nazareth. He explained to her God has been very pleased with her and will bear a child conceived by the Holy Spirit. This child was to be named Jesus for it means “Savior” and he will save many people. Joseph was concerned for she was pregnant before marriage. When Joseph went to sleep, he had a dream and an angel appeared to him explaining he should not be afraid to have Mary as his wife for she was chosen by God to be the mother of His Son. Joseph awoke from his sleep and took Mary as his wife.

How would you react if you were Mary? What about Joseph?
Why do you think God chose Mary?

**Read Luke 2:1-20 (Pg. 951 (HCSB), 864-865 (NLT) in your FCA Bible)**
Have someone summarize what was read.

What sticks out to you in the passage that you may not have noticed before?

How does this impact how you will celebrate Christmas this year?

The birth of Jesus Christ is actually to be celebrated on a daily basis. God has given His one and only Son to be made the one and only perfect atonement for our sins. His birth, and life on Earth, was to be the sacrifice for our sins where now we can receive forgiveness from God through the blood shed from Jesus.

**Read 2 Corinthians 5:18-21 (Pg. 1122 (HCSB), 1017 (NLT) in your FCA Bible)**

From these verses, what was the purpose of Christmas?

How does the knowledge that, “For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.” affect your view of Christmas?

How can we impact other people’s lives with the story of Christmas?

**Cool-down**

**Read Colossians 3:16-17 (Pg. 1165 (HCSB), 1057 (NLT) in your FCA Bible)**

How can these verses inform our celebration of Christmas?

How can Christmas be a daily celebration in our lives?

**Game Plan**

- It is important to realize that God made a holy sacrifice by sending one of His angels to inform a young woman that she would bear a son and name Him Jesus.
- He was conceived by the Holy Spirit and walked a life in perfection until He was crucified on a cross where our sins now can be forgiven through His blood and the grace and mercy of our God.
- He resurrected and now we can live a life fulfilling to Jesus and be sure to praise Him through this holiday and thereafter. He is the reason for the season!

**Close in prayer.**
Purpose of meeting
The purpose of this meeting is to explain the story of Jesus’ life, death, and resurrection.

Warm-up
How do you celebrate Easter?
What do you look forward to the most during this holiday?

Workout
Open in prayer.

1st Half
Easter! In America the tradition is for family to come together and possibly have an Easter egg hunt with candy, chocolate eggs and bunnies.

What does Easter mean to you?

Why do we celebrate Easter?

Although Easter is considered a holiday that only takes place once a year, it is actually supposed to be celebrated every day of the year. The traditions and festivities with family are all enjoyable, but what is the real meaning behind this holiday and how can it be celebrated daily?

There are five parts to this story:
1. The Triumphal Entry (Palm Sunday)
2. The Last Supper
3. Jesus Praying
4. Jesus’ Death on a Cross
5. Jesus’ Resurrection
2nd Half

1. The Triumphal Entry (Palm Sunday)

Read Matthew 21:1-11 (Pg. 902 (HCSB), 821 (NLT) in your FCA Bible)

Why was Jesus’ arrival so important to the people of Jerusalem?

Read Zechariah 9:9 (Pg. 862 (HCSB), 785 (NLT) in your FCA Bible)

The Israelites had been waiting on a savior for hundreds of years and here Jesus fulfilled the prophesy by riding into Jerusalem on the colt of a donkey.

How was Jesus received? What was He called?

2. The Last Supper

Read Matthew 26:20-35 (Pg. 911 (HCSB), 828 (NLT) in your FCA Bible)

What was the significance of sharing the bread and the wine?

Read Matthew 26:69-75 (Pg. 913 (HCSB), 830 (NLT) in your FCA Bible)

Who denied Jesus? In what way?

Have you ever been tempted to deny Jesus? Why? If you have denied Jesus, is there a chance for redemption? YES!

Read John 21:15-19 (Pg. 1026 (HCSB), 930 (NLT) in your FCA Bible)

3. Jesus Praying

Read Matthew 26:36-46 (Pg. 911-912 (HCSB), 829 (NLT) in your FCA Bible)

What is the significance of Jesus’ prayers in verses 39 & 42?

What’s a struggle you are going through currently where you can ask God “your will be done”?

4. Jesus’ Death on a Cross

Read Matthew 27:1-2 & 11-26 (Pg. 913-914 (HCSB), 830-831 (NLT) in your FCA Bible)

Have someone summarize the passage.

How does the crowd differ now as opposed to Palm Sunday?
Read Matthew 27:27-31 & 35-50, 54 (Pg. 914 (HCSB), 831-832 (NLT) in your FCA Bible)
How was Jesus treated while carrying and hanging on the cross?

What emotions do you feel as you reflect on the death of Jesus?

5. Jesus Resurrection

Read Matthew 27:62-66 (Pg. 915 (HCSB), 832 (NLT) in your FCA Bible)
Read Matthew 28:1-10 (Pg. 915-916 (HCSB), 832-833 (NLT) in your FCA Bible)

Why was the resurrection of Jesus so important?

How should the resurrection of Jesus affect your daily life?

Cool-down
What are some ways we can always remember Jesus’ life, death and resurrection? In other words: How can we celebrate Easter on a daily basis?

How can you better serve Jesus in your life? What about in your sport?

What sin may be holding you back and hindering your response to Jesus’ resurrection?

Game Plan

- Jesus, the Son of God lived a holy and perfect life. He faced much persecution and knew He would be betrayed. His purpose on Earth was to be the example for His disciples and the people who chose to follow after Him while demonstrating the power of God.

- The life He lived became the sacrifice for our sins and was crucified on a cross in order for us to have a relationship with Him and through His blood, forgiveness is possible.

- On the third day, Jesus conquered sin and death, by rising from the grave and ascended into Heaven, while sitting at the right hand of our God. The stone was rolled away and Jesus has risen! Now we have hope in our Savior!

Close in prayer.
Rest in Jesus

Purpose
To recognize the beauty & importance of entering into His rest.

Warm-up
Ice-breaker of your choice.

Workout
Open in prayer.

1st Half
As athletes, preparation before the big game is crucial. One of the greatest ways we can physically prepare our bodies for excursion is by resting.

As a student athlete, why is sleep important to you? Do you think you get enough sleep? Why or why not?

Imagine if you skipped out on a whole night of sleep before your game the next morning. You’d be tired and not much help to your team at all. Without proper sleep comes delayed responses, a lack of focus, and exhaustion.

The same is true in our relationship with Jesus Christ. In order to equip our hearts and minds, we have to rest in Him. That type of rest isn’t literal sleeping, but rather it’s spiritual awakening.

In everything God sets a perfect example for His people. Let’s open our Bibles to read and recognize The One who rested first.

Read Genesis 2:1-3 (Page 45 (HCSB) & 45 (NLT) in your FCA Bible)

Look back to verse 2. What does the word “rest” mean in this context?

Why do you think God rested after creating the universe?

If God rested, why should we as Christians rest?

Before and after a competition, how can you experience Jesus’ rest as an athlete?
Read Exodus 20:8-11 (Page 109 (HCSB) & 104 (NLT) in your FCA Bible)

The seventh day is biblically referred to as the “sabbath.” The word sabbath means “to cease.”

Re-read verse 8. As Christ followers how can we keep the sabbath holy? What should we do or what should we cease from doing?

Why do we go to church on the sabbath?

What if someone approached you and offered you an extra day of the week? So instead of a seven day week, you now had an eight day week. However the only catch was that on that eighth day, you had to enjoy God’s creation, reflect on your week, eat a good meal, read your Bible, and experience fellowship with family and friends. Would you take their offer?

The truth is, God has already blessed us with the gift of an extra day! God built a day of rest and peace into our busy schedules. The sabbath is a gift from our Creator!

2nd Half

Read Matthew 11:28-30 (Page 889 (HCSB) & 809 (NLT) in your FCA Bible)

When Jesus says, “For my yoke is easy to bear, and the burden I give you is light.” what does He mean?

Why is it important to rest in Jesus in the midst of chaos?

Read Psalm 46:10 (Page 525 (HCSB) & 485 (NLT) in your FCA Bible)

How does this verse overlap with our athletic life? In what ways can we be spiritually “still” during a game?

When we take a moment to stop what we’re doing and look to Jesus we enter into His rest. And with His rest comes fullness of His sovereignty.

What would our lives look like if we rested at His feet daily?

Exodus 14:14 says, “The LORD himself will fight for you. Just stay calm.”

In what specific aspects of your life can The Lord fight for you?
What happens when we allow God to fight our battles for us?

**Cool-down**

Since we live in a world that’s addicted to work, it’s easy to miss the point of the sabbath. The sabbath should not be a list of “do’s” and “don’ts” but a day of freedom! Resting in Jesus is not a sign of weakness, but it reveals His strength. There is beauty in the silence, in the waiting, and in the rest.

**Game Plan**

- Whatever idol stands between you and God, place that idol aside next Sunday in order to experience quality time with your Savior.
- Instead of trying to fight on your own, allow God to fight with you and for you.
- Understand that when we’re still, we allow God to be God.

**Close in prayer.**

*meeting written by Greater St. Louis student board member*
Welcome
OPEN IN PRAYER
"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." – John 16:33

Sports can be tough. Life can be tougher. It takes a lot of perseverance and hard work to make it through the gauntlet in both arenas.

It could be financial hardships, divorce, the death of a loved one, injury, getting cut, rejection, embarrassment, isolation, and the list goes on and on.

But regardless of the challenges you’ve faced, it’s impossible to get through any of them on your own. You need another source of strength to rise and handle the tough circumstances that life can throw your way.

Warm-up
Tough Times

We all deal with varying levels of difficulty in our lives. And if you haven’t dealt with a particular issue, chances are you know someone who has. Below are listed 10 tough things you might face in sport or in life. From 1 to 10, rank the list from the least tough (1) to the toughest (10):

____ Bad report card   ____ Death of a family member
____ Moving to a new city   ____ Not making the team
____ Parent’s divorce   ____ Embarrassing moment during competition
____ Losing season   ____ Relationship breakup
____ Season-ending injury   ____ Loss in the championship game

What are some of the items on the list that you have personally faced in your lifetime?

What makes some things on the list tougher than others?
Workout
THE PIT, THE PRISON, AND THE PALACE
1st Half

If you’ve ever thought you had it tough, take a moment and read the Bible story of Joseph. He was beloved by his father but hated by his jealous brothers (Genesis 37:1-11). They hated him so much that they threw him in a pit, faked his death, and sold him into slavery. From there, he ended up in Egypt where he worked as a servant in the home of an influential leader (Genesis 37:12-36).

Joseph’s bad situation was turning around for the good until his master’s wife falsely accused him of attacking her. That landed him in prison. While in prison, he rose to prominence and was given charge over the other prisoners. Joseph was a natural leader and always seemed to gain favor with those in authority (Genesis 39:1-23).

Although he endured many difficult situations, Joseph trusted that God had a plan for his life. He recognized the gifts that God had given him and used those gifts to help others. Joseph saw past the pain and the hurt and the dire circumstances and was able to see a hopeful future in Christ.

Read Genesis 50:20 page 89 in your FCA Bible
Put yourself in Joseph’s situation. How do you think you would have handled some of his challenges?

What would you say was the key to Joseph fighting through those tough times and fulfilling God’s purpose for his life? How did that key motivate him in the tough times?

WHEN THE GOING GETS TOUGH

The range of tough things athletes might deal with can range from being benched to suffering a career-ending injury. The same is true in life. A bad grade pales in comparison to losing a loved one, but in any given moment, tough times can put a damper on our emotional, physical and spiritual wellbeing.

Using the space provided, write out some tough things that you have personally experience in the past or might be experiencing now:

Tough Stuff in Sports: What’s the toughest situation you have ever experienced in sports? Why was it so hard?
Tough Stuff in Life: What’s the toughest situation you have gone through in life? What did you rely on during that time?

Tough Stuff in Leadership: What is your biggest obstacle to leading your huddle? What do you think you can do to overcome that obstacle?

So what are we supposed to do when troubles come our way? How can we rise in the midst of the storms of life? The Bible gives us some simple but effective advice on what we can do when the going gets tough:

1. **Recognize that storms will come:** We live in a broken world full of broken people and sometimes life just happens.
   **Read 1 Peter 4:12 pg. 1230**

2. **Prepare for the storm:** Prayer, Bible study and scripture memorization are all incredible tools that can provide shelter in the midst of life’s storms.
   **Read Matthew 7:24-25 pg. 884**

3. **Rest in Jesus during the storm:** Too often we try to rely on our own strength during tough times or we retreat into an emotional shell or we try to put on a happy face.
   **Read 1 Peter 5:7 pg. 1231**

4. **Let God use you after the storm:** When you’ve been knocked down or suffered a setback, don’t stay there and lose ground. Rise! Know that God can take the bad things you have faced and use them for His glory. Your tough times will be a witness to others of the things He has done to see you through it all.
   **Read Romans 8:28 pg. 1082**

Which of these four steps have you relied on in the past? How did they help you get through the storms of life?
Which of these four steps have you struggled to utilize in the past? How do you think enacting those steps might give you the strength to rise and make it through tough circumstances that come your way?

What are some of the storms you will face as a huddle leader? How can God use those storms to impact your campus for Christ?

Key Training Points:
• **Life is Tough**: You are going to face trouble. That’s a guarantee. No matter where you live, how talented you are, or how easy things might seem at the time, bad things will come your way. **Read Proverbs 16:18 pg. 591**

  What are some tough aspects of being a huddle leader? What tough situations are the members of your huddle going through?

  What should our response be when those tough situations are brought up in a huddle?

• **Jesus is Tougher**: Here’s the good news. When you face those troubles, you don’t have to face them alone. If you trust in Him, He will direct your path – even when that path is, at times, a rocky road. **Read Philippians 4:6-7 pg. 1158**

**Wrap-Up**
**RISE UP TOUGH!**
Some people believe that toughness is all about will power and self-determination. But there’s only one true answer to life’s challenges and only one true source of the toughness require to make it in this world. It can only be found in a relationship with Jesus Christ. He defeated death when He died on the Cross and defeated sin when He rose from the tomb. Jesus overcame death and sin so that we can overcome life’s challenges too!

While these are all helpful steps to leading you to victory over the obstacles in your life, you will never truly understand the importance of relying on Jesus through the tough times until you accept the gift of salvation that God has made available to you (John 3:16-17, Romans 5:8). It’s only when you find your identity in a relationship with Christ that you will be able to overcome the world and anything that seeks to destroy you.
If you want to get to know Jesus personally, turn to page 1506 and review “More Than Winning.”

If you have already made that commitment, ask God to help you surrender your life to Him and allow Him to be your strength in the tough times of your life. Ask the Lord for a revelation of Christ’s strength and power so that you can rise and experience the fullness of this verse:

"This is my command – be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go." – Joshua 1:9

Close in prayer.
Welcome
OPEN IN PRAYER
"Then he said to the crowd, 'If any of you wants to be my follower, you must turn from your selfish ways, take up your cross daily, and follow me.'"
—Luke 9:23

Procrastination.

This word *best* represents an athlete’s greatest enemy. It’s much easier to hit the snooze button on the alarm rather than get out of bed at the crack of dawn for a workout, practice or training session. It’s much easier to put off a class assignment until the last minute and hope for the best when the deadline finally comes. It’s much easier to pretend like a relationship problem with a friend, family member, or teammate doesn’t exist instead of taking on those issues as they arise.

When Chip Kelly was head coach of the Oregon Ducks football team, he understood that procrastination and half-hearted effort was something that all athletes struggle against. So he employed a mindset of daily commitment that is now being used in programs all across the country: Win The Day.

“It’s just about embracing the process,” Kelly told reporters after becoming the head coach of the Philadelphia Eagles. “I think too many people see too far down the road. Everybody talks about the big picture and they neglect to look at what the small picture is. It’s an accumulation of things on a daily basis that gets you to where you are a year from now.”

Whether you struggle with procrastination or looking into the future, it’s important to realize that nothing great is ever accomplished in sports or in any area of life unless we Rise Up Today and take care of the little things that push us closer to the ultimate goal.

Warm-Up
NOW OR LATER?
Sometimes it’s okay to put things off until tomorrow. Some decisions require more prayer and counsel. But for the most part, procrastination and inconsistent daily living causes nothing but trouble. Waiting to mow the lawn makes the task much more difficult as the grass grows taller. Waiting to put gas in the car puts the driver at risk of getting stalled on the side of the road. Waiting to go to the dentist can result in cavities and tooth decay.
Below is a list of things that you as a student-athlete might be tempted to put off until a later date. As each item is read, raise your hand if it’s an important action in your life that you’ve procrastinated at one time or another.

– Working out  
– Doing homework/studying for a test  
– Being on time  
– Apologizing  
– Giving 100% effort in practice  
– Cleaning your room  
– Preparing for a huddle meeting

For each item mentioned, share at least one consequence of what happened when you put off doing that action.

Why does procrastination tend to be so easy?

What makes daily commitment and consistency so difficult?

What happens when you procrastinate with preparing to lead a huddle?

Workout

DROP THE NETS

When Jesus was starting His ministry, He sought out a handful of people to follow Him on the journey. These 12 men became Jesus’ disciples and later became the foundation for the Church. The Gospel of Matthew tells us about his first recruiting trip:

Read Matthew 4:18-22 (Pg 800 in the FCA Bible)

Many have wondered how these men could drop everything, walk away from their families and their livelihood and follow Jesus. It’s likely that some of the disciples had grown up with Him or had heard John the Baptist prophesy about His arrival or perhaps had seen one of His early miracles. So while it might have seemed like a difficult decision, it really wasn’t. These men instinctively knew that following Jesus would change their lives forever.

Put yourself in the disciples’ shoes. Would it have been easy or difficult for you to walk away from everything to follow Jesus? Explain.

When have you faced a difficult decision in your life? How did you go about making your decision? What was the determining factor that helped you make the right choice?
The disciples had to leave something behind before they could follow Jesus. Using the space below, write out some things that you might need to leave behind that are keeping you from picking up your cross and following Him:

What is keeping you from laying those things down? How do you think doing so will free you up to Rise Up Today and begin a more consistent walk with Jesus?

**TAKE UP YOUR CROSS**

Re-read Luke 9:23 (Pg 877 in the FCA Bible)  
Jesus had yet to be crucified, but His mention of the cross was referring to His calling and His purpose for being on the earth. In the same way, Jesus was challenging the people He was speaking to and to those of us who read His words today to embrace (or pick up) God’s calling for our lives and begin living out the greater purpose for our very existence.

But when you make a daily commitment to anything—your athletic career, your education, your relationship with God, etc.—there are three things that tend to stand in the way: the past, complacency and fear. Like a wall, those things can keep you from making progress in various areas of your life—especially that most important commitment of taking up your cross and following Jesus. Here are three ways you can defeat procrastination and start living consistently for Him:

1. **Forget about yesterday:** Don’t let your past determine your future. The Apostle Paul had persecuted Christians before he was called to repent, turn from his evil ways, and leave it all behind. He later encouraged other believers to do the same:  
   Read Philippians 3:13-14 (Pg 1049 in the FCA Bible)

   What can you do as a leader to encourage those in your huddle to press on toward Christ and what He has called us to?

2. **Do it today:** Don’t wait for tomorrow because we aren’t promised that tomorrow will ever come. Complacency and procrastination must be eliminated from the life of anyone who wants to get closer to God and closer to his or her destiny.

   What does complacency mean? What areas are you complacent? Working out? Homework? Your faith?

   How can you create a sense of urgency and excitement in your huddle to recognize that your team and your school is a mission field?
3. **Take one day at a time:** Sometimes we can be fearful of the future or uncertain about what tomorrow will bring. God tells us not to worry about tomorrow, but to simply deal with the steps right in front of you and He will take care of the rest:

What can you do to conquer the fear you may have about leading your huddle?

**Read Matthew 6:34** (Pg 804 in the FCA Bible)

Which of the three things mentioned have kept you from a consistent, daily walk with God? Explain.

**Key Training Points:**

- **Yesterday is Gone:** No need to dwell in the past. God wants to move you closer to your destiny. **Read Isaiah 43:18-19** (Pg 604 in the FCA Bible)

- **Today is a Gift:** Don’t put off for tomorrow what you could do today. The time is now. **Read Ephesians 5:15-17** (Pg 1041 in the FCA Bible)

- **Tomorrow belongs to God:** As long as your pursuits are the same as God’s pursuits, there’s no reason to be afraid of what tomorrow might bring. **Read Psalm 37:5** (Pg 480 in the FCA Bible)

**Wrap-Up**

**RISE UP TODAY!**

As important as it is to be consistent as an athlete, as a student or as a member of a family, it’s even more important to be consistent as a follower of Christ. None of those other roles in life will matter if we are falling short in the greatest of all relationships. As a FCA huddle leader, you are setting the example to your fellow FCA members. Honor Christ with what you do (others will be watching).

As you put the past behind you, daily take up your cross, and allow God to direct your future, you will then be able to Rise Up Today and experience the power found in our theme verse:

"**This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.**"

—Joshua 1:9
Welcome
OPEN IN PRAYER
"Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose."—Philippians 2:2

It’s amazing what can happen when a group of people unifies for a common cause. In 1973, Woodlawn High School in Birmingham, Alabama, was on the verge of being shut down. Forced integration was taking its toll and violent breakouts had become the norm. But at the beginning of that school year, an evangelist spoke to the football team and nearly the entire group accepted Christ as their Savior in one divinely inspired moment.

Led by future NFL star Tony Nathan, the Colonels shocked the high school athletic community with an amazing two-year run that brought the city together. With their actions on and off the field, these young men showed love and forgiveness for one another and modeled what true reconciliation should look like. The story was chronicled in the 2015 film Woodlawn.

But Nathan could have never done it alone. He needed the support of his head coach Tandy Geralds and teammates who bought into the vision. The same is true for anyone of us. God has empowered us as individuals to make a difference in our world, but imagine how much greater that impact could be if we were to Rise Up Together and work as one body for a higher purpose.

Warm-Up
THE HUMAN KNOT
Divide your group into a circle facing inward. Everyone then reach across with one arm and grabs someone else’s hand, interweaving hands and arms in a random fashion. Do the same for the other hand. Next comes the challenge. Try to get everyone back into a perfect circle while still holding hands. Letting go is not an option. It takes communication, cooperation and a sense of humor. You will need to go through, under, over, etc., people’s arms until you are successful.

What were the biggest challenges to successfully completing this task?

Why was it important for everyone to have the same purpose in mind?
Workout 

THROUGH THE FIRE
The Bible provides many great examples of people working together for God’s greater purposes. One of the most powerful stories can be found in the Book of Daniel. In the opening chapter, we find that Babylon has conquered Judah and the best and brightest young men have been taken from their homeland in order to serve the Babylonian king.

Read Daniel 1:8-20 (Page 721 in your FCA Bible)
While most gave in to the king’s commands, Daniel and three close friends were determined not to defile themselves by eating the food and drinking the wine that the king provided as part of their training for royal service.

King Nebuchadnezzar built a 70-foot gold statue for the purpose of worship. He made a law that said all people must bow down and worship the statue whenever the King said. If they did not worship the statue, they would be punished.

Read Daniel 3:8-18 (Page 723 in your FCA Bible)
The Hebrew men were thrown into the furnace. But Nebuchadnezzar quickly noticed that they weren’t burning up. Instead, they were walking around unharmed and a fourth man could also be seen in the fire. The king called them out of the furnace and declared that their God was the one true God. They were then elevated to even greater positions within the kingdom.

Read Daniel 3:28 (Page 724 in your FCA Bible)

How do you think you would have responded in the situation that the three Hebrews faced?

In what ways do you think that the three standing together made it easier for them to remain strong despite such intense persecution?

Based on what we’ve read about Daniel and his friends, why is it important to support one another on your leadership team?

BETTER TOGETHER
For athletes involved in team sports, the concept of unity and working together is easy to understand. Sometimes; however, there can be disagreements and differing opinions
on how to reach the team’s goals. The same is true in our daily lives and within our huddle leadership teams. We are often put in situations where we must work well with others in order to achieve great things. Here are three things the Word of God teaches us about how we were made to be better together:

1. **You can’t do it alone:** Can you imagine trying to lead a team to victory without help from your teammates? Can you imagine competing in an individual sport without help from your coach? Long-term success is not sustainable if you don’t have a team working together. The same is true in our relationship with God and the purpose to which we have been called.

   "The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ." —1 Corinthians 12:12

   When have you tried to do something big on your own? How did that work out?

2. **There is strength in numbers:** This is simply the law of physics at work. The more people on your side, the better your chances are of accomplishing your goals.

   "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken." —Ecclesiastes 4:12

   How might working with others help you to accomplish the task at hand?

   How does working with other Huddle officers at your school keep your huddle healthier than when trying to lead all on your own?

3. **We are called to be unified:** Most importantly, unity and teamwork are something that God put into place from the beginning of man’s existence on earth. Not only is the best way to achieve His purposes, but it also pleases Him and brings Him glory.

   What are some ways your huddle could benefit from rising up together?

   "May God, who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus. Then all of you can join together with one voice, giving praise and glory to God, the Father of our Lord Jesus Christ." —Romans 15:5-6
What are some ways that you’ve seen your huddle struggle with unity?  
**Do not use names while answering this question.**

What are some things you as a huddle officer could do to bring unity back to the surface when disunity occurs?

Key Training Points:  
- **Everybody needs Somebody:** No matter how strong you think you are, we were made to fellowship with likeminded individuals and learn and grow as one people. Read Proverbs 27:17. (Page 552 in your FCA Bible)  
- **God needs our Unity:** We are no good to God when we are fighting and arguing within the Body of Christ. A unified church is the only church that will make a significant difference in today’s world. Read 1 Corinthians 1:10. (Page 992 in your FCA Bible)

What do you need to do that will better connect you to other believers in your school and on your sports teams?

Wrap-Up  
RISE UP TOGETHER!  
The FCA huddle is designed to be a community of athletes within your school who serve and support one another on and off the field. We have been created to be in community. We were built for relationships. That is why this ministry is called the “Fellowship of Christian Athletes”—we need each other. Our teams, our families, our schools, our huddles, and our communities can all be a part of that unified body if we choose to set aside our minor disagreements and focus on the foundational truths found in God’s Word.

As you seek out others to huddle up with, you will then be able to Rise Up Together and experience the power found in our theme verse:

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”—Joshua 1:9
Welcome
OPEN IN PRAYER
"For I know the plans I have for you,” says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.”—Jeremiah 29:11

It’s one thing to make a long-term commitment today. It’s another thing to walk out that commitment tomorrow and the next day and the day after that. That’s why it’s so important to understand your purpose in life. Without purpose, it’s impossible to sustain your commitment to God and your commitment to others.

During a Christmas service in 2013, Chris and Sarah Roberts heard a sermon that confirmed that God was asking them to make a big commitment. Together, they were already serving out their purpose as the parents to three children. Individually, they were engaged in other meaningful pursuits—Chris as a high school head football coach, Sarah as FCA Oklahoma’s Director of Women’s Ministry and chaplain for the University of Oklahoma’s softball team.

The Roberts family took in a young girl needing a foster home and eventually started the adoption process. Then, they stepped up to mentor one of Chris’ players, Christian Osterhout, whose father died during his freshman year. Later, they adopted him into their family when his mother lost her battle with a terminal illness. Those huge commitments were only made possible because the Roberts family understood the divine purpose that was driving their actions. “The only thing I can say about why we fostered and adopted was we were blessed with a burden,” Sarah Roberts says. “Everything we do has a purpose.”

The Roberts family knows that big commitments require hard work and dedication. But just like they have done, you too can Rise Up Tomorrow and fulfill the purpose that God has ordained for your life.

Warm-Up
SUPER POWERS
Comic book based movies are all the rage these days. They never seem to go out of style. Perhaps it’s because we all secretly crave those super powers that the heroes on the big screen use to stop the evil villains from taking over the world. Go around the group and tell what super power you would most like to have and how you would use it to your advantage as an athlete and in life.

Why do you think we tend to admire super heroes, even though they are fictional characters?
Do you think it’s possible to have a significant purpose without the talents and abilities the world deems extraordinary? Explain why or why not.

Workout
LEAST LIKELY TO SUCCEED

High school yearbooks often list special titles for graduating seniors like, “Funniest Guy,” “Best Athlete,” or “Most Likely To Succeed.” But you will never see negative declarations like, “Most Boring Guy,” “Worst Athlete,” or “Least Likely To Succeed.” That last category could be applied to some people we read about in the Bible. There are many Old Testament figures in particular who seemed like they were destined to fail in life or, at best, to live in mediocrity. Such was the case with a woman named Rahab.

Rahab was a prostitute who lived in Jericho. When the Israelites sent spies into the city to scope out the enemy, two of those spies—Joshua and Caleb—found refuge in Rahab’s home while hiding from the soldiers who were seeking them out. After Rahab saved their lives, she made them promise that she and her family would be safe when the Israelites attacked the city. (Joshua 2)

When Jericho famously fell after the Israelites marched around the city and blew their trumpets on the seventh day, Rahab and her family were spared thanks to her faithfulness to God’s people. This woman who was considered one of the lowest in society found redemption and purpose because of her faithfulness to the one, true God.

Here’s the amazing part. Rahab not only saved Joshua and Caleb, she also gave birth to a son named Boaz who would continue the ancestral line that eventually led to Jesus. Society might say that Rahab had committed too much sin to be worth anything. But God had other plans for her life.

When have you felt like you weren’t qualified to do something for God because of past mistakes or because you lacked certain talents and abilities? Explain.

Read Joshua 2:8-14 (pg. 211 in your FCA Bible)

How does reading the story of Rahab impact the way you view your future?
A FUTURE AND A HOPE
Jeremiah 29:1-23 is a letter to the Israelites, God’s chosen people, who are in exile because of their disobedience and rebellion against God’s commands. In Jeremiah 29:11, God tells His people that He has a plan for them and it’s a good plan. However, because of their disobedience, that plan won’t come for 70 more years! Their call is to trust God, stop sinning, and persevere through the hard times knowing God always provides what He promises. This promise holds true for all of God’s people today. God has plans for good and hope for our future—even if it does not match up with our hopes for our future; He knows what is best for us and for His glory. No matter who you are or what you’ve done, if you are a follower of Jesus Christ, God promises, "...when you pray, I will listen. If you look for me wholeheartedly, you will find me” (Jeremiah 29:12-13)

Here are three important things God promises to His people who seek Him in this way:

1. **You have a purpose:** This is sometimes the hardest thing to understand, especially after we have failed or fallen short of our own expectations. But it’s true. Everyone has a purpose and calling on their life.

   "You didn’t choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name.”—John 15:16

   Regardless of vocation, age or family background, what is the purpose of every follower of Jesus?

   **What is your purpose as a huddle leader this year?**

2. **God has equipped you for that purpose:** You have all the talents and abilities that you need to do what God has called you to do. You might need to hone those skills and put them into practice, but you already have everything you need to fulfill your God-given destiny.

   "For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”—Ephesians 2:10

   **What has God given His people to equip them to fulfill His purpose?**

3. **Your purpose is significant:** We have all been called to different tasks but they all have the same equally important purpose—to bring glory to God and lead people into His kingdom.
"I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father. You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father."—John 14:12-13

Why is your purpose of leadership in athletics so important? What about in FCA?

Which of these three Bible truths have you personally struggled to believe?

Key Training Points:
- **God has a Purpose:** You have a hope and a future. It’s up to you to choose to live it out. God’s people, Israel, were exiled to Babylon because of their sin and disobedience toward God. God promised to redeem them and bring them hope and purpose in spite of their rebellion against Him.
  
  Read Jeremiah 29:10-14 (pg. 650 in your FCA Bible)

- **God’s purpose is Good:** Not only does God want you to bring Him glory, but He also wants to give you joy, peace and fulfillment in return.
  
  Read Psalm 57:1-3 (pg. 489 in your FCA Bible)
  Read John 10:10 (pg. 917 in your FCA Bible)

What do you need to do today that will help you start the process of living out your purpose as an FCA huddle leader and a leader in your school?

Wrap-Up
**RISE UP TOMORROW!**

Life is tough. We will likely find it necessary to rise up from challenges and failures many times throughout the journey. But making that determination today and finding fellow believers who we can stand with together will lead us closer to our divinely manifested purpose.

As you embrace the purpose for which you were created, you will then be able to Rise Up Tomorrow and the next day and the day after that and experience the power found in this verse:

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."—Joshua 1:9
"And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God’s love." – Romans 8:38

WELCOME
OPEN IN PRAYER

Passion.

It drives us. It moves us forward. It pushes us toward our goals. It keeps us from giving up. It fuels our fire.

Passion is often used with the word love, but it’s not the same thing. Love is certainly a key component, but more specifically, passion is a very strong feeling or a compelling enthusiasm about a person or thing. That feeling usually leads to action.

During his 2015 NBA MVP acceptance speech, Stephen Curry explained the importance of his number one passion—God—and how that powers everything he does:

“All you need to have is faith in God, and undying passion for what you do, what you choose to do in this life, and a relentless drive and the will to do whatever it takes to be successful at whatever you put your mind to.”

WARM-UP
What’s Your Passion?

We are all made uniquely with different passions that drive us to get out of bed every morning and chase our dreams. Listed below are 10 common passions that people have. From 1 to 10, rank the list from the things you are most passionate about (1) to the least passionate about (10):

Competitive success (winning)  Friends
Academic success (making good grades)  Material success (making money)
Getting a college scholarship  A relationship with God
FCA Huddle  Personal happiness
Family  Activism (social causes, community)

Which things ranked highest on your list? Which things ranked lowest?
How does the order of your list practically shape your daily actions?

Are there any things you wish were ranked higher or lower on your list? Why? Why not?

Why do we often struggle with our priorities not lining up with our actions?

WORKOUT
An Unlikely Hero
In biblical Hebrew culture, women were not highly valued. So it must have seemed strange to a young girl named Mary when an angel visited her and revealed that she would play a pivotal role in God’s plan to restore His relationship with mankind. It was a plan that had been in place before the creation of the world. Earth’s first people (Adam and Eve) sinned against God and turned a place of peace into a place of chaos. God sent a Savior (His Son Jesus) to serve as the perfect sacrifice for that sin, and He was going to send Him in the most unexpected way – as a human baby born to a virgin.

You would think God would use someone more obvious to the world to play the hero in this story but instead, He chose Mary. He saw value in her when no one else did. Because of that, she bravely put her reputation (and her relationship with her fiancé Joseph) on the line to accept the call.

Mary is just one example of an unlikely hero in the Bible. God will use people just like her who may not be perfect in the world’s eyes but have a willing heart and a desire to use their passions for a higher purpose.

When have you felt undervalued or looked over? Explain.

Do you feel unequipped to lead your huddle? Why or why not?

How does Mary’s story give you hope that God can use you on your campus no matter what circumstances you might currently be facing?
Purpose in the Passion
God is never random. He always has a specific purpose in mind. JD Greear says, “Has it ever dawned on you that nothing has dawned on God?” The purpose behind His passion is evident in three specific ways:

1. **God sent His Son for you:** This radical plan was born out of His love for mankind. That love compelled God to send His only Son to earth to die for the sins of the world. That’s how much He loves you.
   
   **Read John 3:16 (on page 907 in your FCA Bible)**

2. **God never gives up on you:** In Matthew 18:12-14, Jesus shares a story about a shepherd who leaves behind 99 sheep so he can go find his one lost sheep. He desperately wants you to be saved, and His love will follow you everywhere you go.
   
   **Read 2 Peter 3:9 & Romans 8:38 (on page 1124 & 980 in your FCA Bible)**

3. **God has a plan for you:** Mary is proof that you don’t have to be deemed special in the world’s eyes to be a part of God’s big plan. He has a plan for you too, and it’s a special plan with a significant purpose.
   
   **Read 1 Corinthians 1:26-29 (on page 993 in your FCA Bible)**

What is one thing you have passionately chased after in your sport? What drove you to engage in that pursuit?

How does it make you feel to know that God is actively pursuing you? How do you think you should respond to God’s active pursuit?

How will you let your huddle know about God’s passionate love for them?

Earlier in the Warm-Up section, we had you personally rank some common passions. Using the space below, write out your three biggest passions. Then, in the adjacent columns, briefly describe your plan for pursuing that passion (under “My Plan”) and your thoughts on how God might be able to use that passion (under “God’s Plan”):

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<th>My Passions</th>
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<th>God’s Plan</th>
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What do you believe is God’s plan for you as an athlete? Does truth align with your plan for yourself?

What do you believe is God’s plan for you as a huddle leader on your campus?

Key Training Points:
- God is passionate about us: Read Psalm 117:2 (on page 518 in your FCA Bible) His love & faithfulness endures.
- Our passion starts with God: Everything we do in life (including sports) should be a reflection of His love for us and our love for Him.
- God has a plan for our Passion: God has given you your passions for purpose. He has given you all the talents and abilities you need to walk out that plan.

What talents & abilities do you believe God has given you that can be used to lead your FCA huddle? Explain.

How does God love & passion for you motivate you to share that love & passion with your campus?

WRAP-UP
One Passion
So often, we look to sports as an outlet for our passion and fail to realize that the Source of that passion desires a relationship with us and desires to use our passions for something so much greater.

Perhaps you have yet to enter into a relationship with God through His Son Jesus. If you want to make Him the Lord of your life, turn to page 1369 and review “More Than Winning.”
If you have already made that commitment, ask God to give you a greater passion to pursue Him and His purposes. As He fills you up with His love, you will then be better equipped to live out our theme verse on a daily basis:

"I will know that you are standing together with one spirit and one purpose, fighting together for the faith, which is the Good News." – Philippians 1:27
One Pain

“For everyone has sinned; we all fall short of God’s glorious standard.” – Romans 3:23

WELCOME
OPEN IN PRAYER
Our world is full of pain. That pain affects us in every way imaginable—physically, emotionally, and mentally. While there are many causes, there is really just one true source of that pain—sin.

Sin is anything that separates us from God. It’s based in mankind’s disobedience and willful turning away from God’s plan for our lives. No matter how big or how small, sin always results in actions that hurt us or hurt others.

When Dave Bliss was an NCAA Division I basketball coach, he admittedly allowed the sin of pride to slowly creep into his life. Although he got into coaching as a way to help young people grow, he eventually developed a thirst for winning and wealth. It all came to a head in 2003 when he was forced to resign as Baylor’s head coach amid an ugly scandal that involved illegal payments for players and an attempted cover-up. While suffering through the scandal, Bliss came to an awful realization about the man he had become.

Bliss is now the head coach at Southwestern Christian University where he uses his story as a warning to others about the pitfalls of the sin of pride. He is also thankful for the opportunity to share the hope and restoration that he has found in his renewed relationship with Jesus Christ.

“I had compromised my integrity and my character and made choices that not only hurt my family, it hurt the school that I cared a great deal about. I had a bad metaphor for who God was in my life. And so my daily walk was prone to fail at a certain time. And of course, it hurt a lot of people.”

WARM-UP
The Injury Report
In every sport, there’s always the chance that an athlete might get hurt. Go around the group and have each person tell about the worst injury they have ever experienced during training, practice, or competition.

What are some difficult aspects of getting injured (e.g., physical pain, loss of playing time, disappointment, etc.)?
In many ways, sin is exposed while dealing with injury. When you’ve been injured, how have you seen your sin exposed (pride, unworthiness, loss of identity, etc.)?

When you are injured, how can you still lead from the sidelines?

**WORKOUT**

**An Ultimate Sacrifice**

In the previous meeting, we learned that God wanted to restore His relationship with mankind. His radical plan was set into motion as He sent His Son Jesus to earth. For 33 years, Jesus lived a perfect life as an example to the world. He healed the sick, taught truth to the masses, and set people free from sin. But His work wasn’t complete until He gave the ultimate sacrifice—His very life.

The crucifixion of Christ is the Bible’s most heart-wrenching story. Even though He was sinless and an innocent of any crime, Jesus was sentenced to death in the middle of political and cultural unrest in Jerusalem. He was whipped, beaten, mocked, cursed, and spit on. The Son of God was completely humiliated and then mercilessly nailed to a cross and hung high for everyone to see.

Before He died, however, Jesus had a profound conversation with two criminals who were hanging alongside Him.


The first man lashed out in anger. But the other man recognized that Jesus was the Messiah and repented of his sin. Those two men represent the two ways we can respond to sin and pain in our lives. We can either turn further away from God and fall deeper into sin, or we can recognize our brokenness and surrender our hurts to the Savior.

What emotions do you feel as you imagine the events that took place on the day Jesus was crucified?

How do you relate to one or both of the criminals in this story? Explain.

How can you steer your huddle to surrender their hurts to Jesus instead of turning further away from God?
**Purpose in the Pain**

We were born into this world with sin and Jesus paid the ultimate price so that we could be forgiven and restored back to a relationship with the Father. Because of our sin, pain has been a running thread throughout the course of humanity. But thankfully, God has provided three incredible responses to the hopelessness and despair that sin and pain bring into our lives:

1. **Jesus suffered pain and even death for your sins:** This is the greatest miracle in the history of the world. Jesus willingly chose to step out of His perfect home in heaven and come to earth as a man so He could take on the sins of the world and give us the chance to be with Him in eternity someday. Read Romans 5:8 on page 975 in your FCA Bible.

2. **Jesus can take away your pain:** Suffering is inevitable, but it isn’t permanent. Jesus can heal our physical, emotional, and mental hurts. And in heaven, the pain we so often experience in this world will be gone forever. Read Psalm 147:3 on page 529 in your FCA Bible.

3. **Your pain has a purpose:** It doesn’t always make sense why we have to go through so much heartache in our lives, but God brings purpose to our pain and gives us a testimony that we can share with others as a result. Read Romans 8:28 on page 979 in your FCA Bible.

Using the space below, identify the three most painful things (physical, emotional, or mental) that you have experienced so far in your life. Find someone you trust with whom you can share your pains.

**MY PAIN:**

**HOW THIS IS AN OBSTACLE TO LEADING YOUR TEAM WELL:**

1. 

2. 

3. 

**Which of these pains do you need to turn over to God by repenting and asking forgiveness?**

**Which of the pains do you need to give to God by forgiving someone else?**
Do you believe that God can use painful situations in your life to help others and glorify Him? Specifically, as a huddle leader, how can you see your painful experiences as an opportunity to be used by God on campus?

Key Training Points:
- **Jesus Bore Your Pain**: His great love for you led Him all the way to the cross.
- **Jesus is the Painkiller**: He doesn’t want you to be bound by sin or by the consequences of sin. Jesus wants to heal you and set you free.
- **Jesus Can Use Your Pain**: He can take those things that have hurt you temporarily and change someone else’s life for eternity.

Leadership Training Points (for your Huddle or your Team):
- “Be devoted...[and] give preference to one another Rom 12:10
- “Accept one another.” Rom 15:7
- “Care for one another.” 1 Cor 12:25
- “Bear one another’s burdens.” Galatians 6:2
- “Encourage...and build up one another.” 1 Thes 5:11
- “Stimulate one another to love and good deeds.” Heb 10:24
- “Confess your sins to ...and pray for one another.” James 5:16
- “Serving one another” 1 Peter 4:10
- “Love one another.” 1 John 4:11

Which one of these do you feel you do well?

Which one of these do you want to raise your level in?

WRAP-UP
One Pain
There’s no escaping pain. Because sin is the one source of all pain and because we were all born with sin, pain and suffering will always be an unfortunate and uncomfortable aspect of our lives. But as we also learned, there is some great news thanks to the sacrifice Jesus made on the cross. He has overcome our sin and offers forgiveness, restoration, and healing.

As followers of Christ, meditate on the fact that you can bring God all the pain and all the hurts you are carrying around. As He heals you with His perfect love, you will be better equipped to walk in the truth of this week’s theme verse:

"I will know that you are standing together with one spirit and one purpose, fighting together for the faith, which is the Good News."—Philippians 1:27
Welcome
OPEN IN PRAYER

"I also pray that you will understand the incredible greatness of God’s power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God’s right hand in the heavenly realms.” – Ephesians 1:19-20

When it comes to physical training, all sports are different. Some require a focus on speed, and others require a focus on agility, while other sports require a focus on endurance. But one common characteristic that all athletes need to be successful is power.

For Olympic wrestler Helen Maroulis, power is essential to compete at a high level and to overcome the strength of her opponents on the mat. To win the first-ever Olympic gold medal for the U.S. in women’s wrestling at Rio in 2016, Helen had to defeat the top women’s wrestler in the world. The odds were stacked against her. Her opponent was bigger, older, more experienced and the reigning Champion. Despite the odds, Helen’s faith in Jesus empowered her to make history—while giving God all the glory.

This place of victory in knowing who her true source of power is didn’t come easily, though. When devastated by not making the Olympic team in 2012, she turned to the Bible and thought: “What if I were not Elijah? What if I were not David? Rather than being a prominent figure, what if instead I were just one of the 5,000 being fed by Jesus? Is that enough for me? If I need to be the main character, then I think that’s more on my ego than on Christ.”

Four years later as she stepped into the Olympic arena, doubts and fears of failing crept in and Helen combatted these by saying over and over again, “Christ is in me, and I am enough.” She was committed to drawing her confidence and strength from God and glorifying Him in the midst of the battle.

Warm-Up
POWER UP

Choose two people from your huddle and sit on the ground back-to-back. Try and stand straight up without using your hands. Add one person to the game every time you stand up successfully.

Why is power needed to stand up successfully?
Did you need to rely on others’ power to stand up? Why or why not?

Why do you think athletic power is so difficult to achieve?

How is there power in having teammates in huddle leadership with you?

Workout
ULTIMATE VICTORY

After Jesus died on the cross, He was buried in a tomb as His followers mourned the loss of their spiritual leader and friend. Even though Jesus had told them what was going to happen, they were still shocked and amazed when He rose from the grave three days later.

This was a significant event not just because of the miraculous power that God displayed in that moment, but also because of what it represented for mankind. Jesus had defeated death with His resurrection power and had fulfilled the very purpose for which He had come to earth in the first place.

Read Ephesians 2:4-5 on page 1038 in your FCA Bible.

Read John 5:24 on page 909 in your FCA Bible.

Not only do we have the promise of eternal life in heaven, but here on earth we have victory over sin and the opportunity to be everything that God called us to be if we walk in fellowship with Him through the redemption that Jesus paid for on the cross and the power He proclaimed through His resurrection. Jesus overcame the world so that now we can do the same.

Read John 10:10 on page 917 in your FCA Bible.

Read John 16:33 on page 924 in your FCA Bible.
Using the space below, identify three thing that you need victory over in your life (e.g. pride, past hurts, unforgiveness, distrust, etc.)

1.

2.

3.

Which one of these things has kept you from living victoriously in Christ the most? Why?

How has this affected you in athletics? In huddle leadership?

When is a time that God’s power has helped you gain victory in one of these areas?

Purpose in the Power
The victory we have in Jesus, because of His resurrection from the grave, empowers us to live a life honoring to Him. But sometimes, we struggle to apply the victory He achieved that day to our personal lives. Thankfully, God has given us clear instruction and some powerful ways to access his power to help us stay on course.

1. **There is power in the Holy Spirit:** Not long after Jesus left the earth, he fulfilled another promise by sending the Holy Spirit to the disciples. Today, we still have access to the Holy Spirit as a source of guidance, courage, boldness and comfort.

   "And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth."—John 14:16-17a

The power of the Holy Spirit can be further accessed through spiritual tools called spiritual disciplines. These disciplines include prayer, studying of the Bible, and being in fellowship with other believers.
2. There is power in prayer: This is an amazing gift—the ability to have a two-way conversation with the Creator. God is always faithful to listen and respond.

"The earnest prayer of a righteous person has great power and produces wonderful results."—James 5:16b

3. There is power in the Bible: Every piece of advice and every piece of instruction can be found in God’s inerrant Word. It may have been written thousands of years ago, but it still applies to all of us in today’s times.

"All scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip His people to do every good work."—2 Timothy 3:16-17

4. There is power in fellowship: Christians weren’t meant to walk alone. Jesus came to establish the Church so that we might learn from each other, encourage each other and serve the needs of each other and the needs of those around us.

"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."—Hebrews 10:24-25

What is keeping you from experiencing the power of the Holy Spirit in your life?

What do you think a life led by the Holy Spirit should look like?

Which of these three spiritual tools listed above do you struggle to engage in on a regular basis?

How have you seen these three spiritual tools work in your life when consistently practiced?
As a huddle leader, how can you help others understand the power of the Holy Spirit or grow in spiritual disciplines?

Key Training Points:
- **Jesus overcame the world:** Death is the ultimate consequence of sin, but when Jesus was raised from the dead, He not only overcame death, but He also overcame anything that the world might throw our way.
- **We can overcome the world:** Because Jesus conquered death, we now have the power to be victorious through the Holy Spirit. That power is strengthened through the spiritual disciplines of prayer, Bible study, and fellowship with other believers.

Wrap-Up

**ONE POWER**

Just like in sports, victory over our spiritual Enemy and the things of this world is never immediate. It requires a long-term commitment. But God has given us an amazing gift. He has given us the power over death and promise of abundant life on earth and eternal life in heaven.

Once we understand just how much power we can access through the Holy Spirit and through the spiritual disciplines, we will be better equipped to live out our theme verse:

"I will know that you are standing together with one spirit and one purpose, fighting together for the faith, which is the Good News." – Philippians 1:27
"I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me."—John 17:21

WELCOME
OPEN IN PRAYER
All athletes strive for something. Some athletes strive to improve their game and overall performance. Some athletes put their team first and strive to improve team climate and relationships on their team. And there are always athletes who strive to win more games or "make it all the way."

But for athletes who compete for the Lord, what they are striving for is much greater. As huddle leaders, this is our goal as well.

Nikita Payne, member of the Barbados National Netball Team, believes that athletes and teammates with a united vision can be a powerful, unstoppable force for Christ.

"God gives everyone unique gifts in different areas, and together we are His body. He is raising up athletes on all teams so everybody will have a chance to hear the gospel. We are all here for one vision and one dream—to win souls for the kingdom."

WARM-UP
Tight-Knit Team
Gather the huddle into a tight circle of five to ten people. While in the circle, everyone must look down at the ground and may not raise their head to make eye contact with others in their group. The goal of this game is to count the numbers 1 to 15 in order, with each person in the group saying at least one number. The students are not allowed to count around the circle consecutively. If two people say the same number at the same time, they must start over again at one.

What is it easy or hard to count to 15 without looking at anyone? Why or why not?

How does knowing your purpose or role on the team make a difference in achieving the goal?
An Ultimate Mission

During Jesus’ ministry on earth, He put together His own dream team, which ironically wasn’t much of a dream team in the world’s eyes. This rag-tag group of 12 disciples was made up of a tax collector, a physician, several fishermen, and even a traitor. But just as He was about to ascend into heaven, Jesus sent them on the most important mission in the history of mankind. In what is now commonly known as “the Great Commission,” they were given the incredible task of spreading the good news of Jesus’ life, death, and resurrection throughout the world.

Read Matthew 28:18-20 on page 833 in your FCA Bible

Shortly thereafter, the Holy Spirit came and gave the disciples that power we discussed in the last meeting. Suddenly, this team of Christ-followers began preaching the gospel to thousands of people and performed many miracles. There was no denying that this team was special—and everyone who crossed their path was compelled to believe in Jesus.

Read Acts 2:46-47 on page 936 in your FCA Bible.

What are some key elements of a great team, like the disciples, that helped them be so effective in carrying out their mission?

Do you think your FCA leadership team on your campus has these same key elements? Why or why not?

God’s Team

When you accept Jesus as your Lord and Savior, you instantly become a member of God’s team. It doesn’t matter if you feel qualified or not, being a part of this team means you are now part of a higher purpose and expected to work together with other believers to fulfill that purpose. Here are three key aspects to being a part of God’s team:

1. God’s team has one mission: Our entire purpose as the church is to show the world God’s love and to draw people to Christ. "So we are Christ’s ambassadors; God is making his appeal through us. We speak for Christ when we plead, 'Come back to God!'” – 2 Corinthians 5:20

How are you an ambassador for Christ on your campus?
2. **God’s team has one heart:** To be effective as a team, we must share the same passion for Jesus and demonstrate that love within the church.

   “Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.”—Philippians 2:2

**How could your FCA leadership team be more unified?**

3. **God’s team stands out:** Our love should be so radiant and bold that people should take notice and be drawn to us.

   “Your love for one another will prove to the world that you are my disciples.”—John 13:35

**What new ways could FCA on your campus showcase the love of God?**

**What are some reasons teammates don’t get along? What about Christians?**

**In what ways do you think people are discouraged or disappointed when they see a lack of unity within the FCA huddle? Or the church?**

Using the space below, give five ways that your sports team might impact the world for Christ if it were truly unified for one purpose. Create a similar list that pertains to your FCA huddle.

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<th>Unified FCA Huddle</th>
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**How do you think your school or your community would change if those things took place within your sports teams, within your huddles, and within your local churches?**
Key Training Points:
- **God wants us to be unified**: It satisfies Him when His children love each other and work together as a team, with one vision and one purpose.

- **Our unity draws others to God**: That is our ultimate mission, our ONE purpose – to draw people to Christ through our love for God, through our love for each other, and through our love for the lost.

WRAP-UP
One Purpose
Throughout these last 4 huddles, we’ve talked about the passion that God showed in saving us, the pain that caused the need for that salvation, the power God has given us to live victoriously, and finally, the ultimate purpose behind it all. As individuals, we were made to worship God. As a body of believers, we were made to tell the world about Jesus. As athletes, we have been given a great platform to combine both of those. The only way that can effectively happen is if we are willing to sacrifice our personal desires and “buy in” to God’s passion for the people who don’t know Jesus personally and work together as a powerful, unstoppable force that was created to change the world.

Winning games is amazing. Having athletic success is fulfilling. Impacting the community in a positive way is a noble goal. But none of those things matter if we miss out on fulfilling the command found in our theme verse:

"I will know that you are standing together with one spirit and one purpose, fighting together for the faith, which is the Good News."—Philippians 1:27
### Icebreaker Ideas for Huddle Meetings

<table>
<thead>
<tr>
<th>Name</th>
<th>Resources Needed</th>
<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alaskan Basketball</td>
<td>Ball/Rubber Chicken/Random Item</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Two teams compete for the most runs. Team 1 kicks/throws/punts/etc. a ball/rubber chicken/random object as far as they can. Immediately after getting rid of the ball, they try to score as many runs as possible. They do this by making a tight circle and electing a runner. The runner runs around the huddled group as many times as they can while the group counts the runs loudly (switch runners every round). During this, Team 2 finds the ball, lines up single file, and passes the ball over under through the team. After over under as fast as they can, then they kick the ball, and Team 1 takes over finding the ball while Team 2 now runs for points. Keep track of turns to make sure they are even.

<table>
<thead>
<tr>
<th>Name</th>
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<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backwards Kickball</td>
<td>Kickball, Bases</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** It is kickball but you must run backwards around the bases (backpedaling and start by running to third), kick with your opposite foot, and throw with your opposite hand in the field.

<table>
<thead>
<tr>
<th>Name</th>
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<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blind Dodgeball</td>
<td>Dodgeballs</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Have everyone partner up, link arms, and scatter around a gym or field. Place random dodgeballs around playing field. On "go" pairs run around trying to eliminate other pairs by hitting them with the scattered balls. However, one partner must have their eyes closed the entire time and they are the only partner allowed to throw the dodgeballs. If either partner gets hit, the pair is out.

<table>
<thead>
<tr>
<th>Name</th>
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<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blob Game</td>
<td>None</td>
<td>Large</td>
<td>Medium</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** One person calls out a number. Players must create a group of whatever number called. Anyone not doing the action, not in a group, or in a group not matching the size called is out. Actions for groups can also be called out to complete (ex: 3 people in a pyramid, 4 people rowing a boat, 2 doing a wheel barrel, 4 dancing YMCA, etc.)
<table>
<thead>
<tr>
<th>Name</th>
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<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bucket Ball</td>
<td>Ball, 2 buckets/crates, 2 chairs, pennies, cones</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Split group into two teams. One person on each team stands on a chair holding a crate or bucket within a protected zone (crease). To score the team must shoot the ball into their bucket successfully. Rules to move the ball town the field are the same as Ultimate Frisbee.</td>
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</table>

<table>
<thead>
<tr>
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<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buddy Kickball</td>
<td>Ball, Bases</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Have students partner up and then divide into 2 teams. Students have their arms linked with their partner at all times (running, kicking, catching, pitching, etc.). The rules are the same as kickball. This game works best with a bigger ball than a kickball.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Resources Needed</th>
<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bunny Hop</td>
<td>None</td>
<td>Large</td>
<td>Medium</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Divide the group into teams of 4-6 on either side of a large field or room. Designate a tree, wall, or other object as the halfway point. Each team crouches down in a line, one in front of the other, with their elbows and knees on the ground. When the race starts, the player at the back of the line hops over the other members of the team and becomes the front of the line. The teams repeat this move, with the player in back hopping to the front until they have reached the halfway point. To turn around, the player who is in the front at the halfway point now becomes the back, and hops towards the front of the team again, this time in the direction of the starting line. First team with ALL players past the finish line wins the game.</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
| Name                     | Resources Needed | Best Group Size | Active Level | Large Space Needed?
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Canadian Capture the Flag</td>
<td>Tennis balls, hula hoops</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Divide a basketball court-sized field or gym (or larger) in half. Each team can tag the other team’s player if they cross the halfway line, and players tagged must walk to the far end of their side of the field in order to get back into the game. On opposite corners of the field, place a hula-hoop with 5 tennis balls inside. If a player reaches the hoop without being tagged, they are safe as long as they stay in the hoop. They can then either pass or run 1 item back to their side. If the pass is complete, or they run back without getting tagged, their team places that item back in their team’s hula-hoop. If not, the item returns to its original side and hoop. A team wins when they have all the items.</td>
<td></td>
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</tr>
<tr>
<td>Captain’s Coming</td>
<td>None</td>
<td>Limitless</td>
<td>Medium</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td></td>
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<tr>
<td></td>
<td>This game is a twist on Simon Says. If a player performs the wrong action, or if an action requires them to form a group and they can’t find a group, they are out. There are lots of commands for this game (and you can add your own!), so you’ll need to demonstrate them and have 1-2 practice rounds before starting: Ship – players move to the “ship” side of the field/room. Shore – players move toward the “shore” side. Hit the Deck – players lay down on their bellies. Octopus – players lay on their back, flailing arms and legs. Man Overboard (2 players) – one player is on their hands and knees while the other player puts one foot on their back and shades their eyes as if looking around. Crow’s Nest (3 players) – three players get together with their backs toward each other and lock arms. Captain’s Coming – each player must salute and can’t move until the leader calls “At Ease.” If a player moves on anything else, they are out (like Simon Says). At Ease – all players put their hands at their side and can continue when the next action is called.</td>
<td></td>
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</tr>
<tr>
<td>Categories</td>
<td>None</td>
<td>Large</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td></td>
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<tr>
<td></td>
<td>Participants sit in a circle. The leader begins the game by starting a simple clapping rhythm of his/her choice. The group continues the beat for the entire game. The leader then calls out a category, such as colors, movies, states, cars, etc. and then says one item in that category. The participant to the left then names a different item. The game progresses in a clockwise motion. If someone is unable to name an item or calls out a previously mentioned item, the game re-starts with that person choosing a new category. The game is won when everyone in the circle is able to name an item in the category.</td>
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<tr>
<td>Name</td>
<td>Resources Needed</td>
<td>Best Group Size</td>
<td>Active Level</td>
<td>Large Space Needed?</td>
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<tr>
<td>---------------</td>
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</tr>
<tr>
<td>Chief</td>
<td>None</td>
<td>Large</td>
<td>Low</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** One player is chosen to shut their eyes or leave the room. Another is chosen to play the Chief, and everyone has to mimic his or her actions. When the game starts, a rhythm starts, consisting of actions the Chief starts. The player chosen at the beginning has three tries to guess who the chief is. If successful, he or she picks the next Chief.

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Crab Soccer</td>
<td>Ball</td>
<td>Medium/Large</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Split into 2 teams and play soccer while crab walking. Can be played in a hallway with any ball and use trashcans or chairs as goals.

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Cup Game</td>
<td>Cups</td>
<td>Medium</td>
<td>Medium</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Have everyone stand across from someone else with a plastic cup between them. When the leader says go, everyone tries to grab the cup in front of them. If they grab it they move to the next round. Everyone with a cup partners up with someone still in and resets with one cup between them and the leader says go again. Repeat until one person is left standing.

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Dodgeball</td>
<td>Dodgeball/Space</td>
<td>Medium/Large</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Dodgeball rules.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Elbow Tag</td>
<td>None</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Every player pairs up and stands with their partner linked at the elbow. Pairs should spread out across the field. One pair starts split, with one other being “IT.” To avoid being tagged, the other player must link with one of the other pairs, thereby making the player on the other end of the link now the one being chased. When the person who is “IT” tags another person, their roles trade. The game continues until the leader says the game is over.
**Electricity**

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ball, Deck of Cards</td>
<td>Large</td>
<td>Low</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** THIS IS A SILENT GAME. Players sit in 2 parallel rows of seats, holding hands with the person next to them. Place a ball between seats at the ends of the lines, and a deck of cards at the front. Everyone closes his or her eyes except for those at the front of each line. The leader pulls a card. On red (hearts and diamonds) the first player in each line squeezes the hand of the person next to them, sending a charge down the line. The player at the end of each line tries to grab the ball when they feel a squeeze. Each time a line grabs the ball its players rotate seats. First team to rotate all of the players through once wins the game. If a line grabs the ball on a black card, it is a false start, and the other line rotates.

**Farkle Tag**

<table>
<thead>
<tr>
<th>Name</th>
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<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farkle Tag</td>
<td>None</td>
<td>Medium</td>
<td>Medium</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** (Rock, Paper, Scissors Tag) Divide group into 2 even teams. Create a center line to separate the 2 teams and a safe line behind each team. Teams huddle together for 5-10 seconds to decide what signal to throw as a group and choose a secondary signal in case of a tie. Use big gestures – rock = hug yourself; paper = hands up in the air; scissors = clap hands together like an alligator. Both teams approach the center line and on the count of 3 they throw their team signal. Then the game turns into tag. The team who threw the winning signal chases after and tries to tag the team who threw the losing signal. The tagged player joins the opposing team.

**Finger Fencing**

<table>
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<tr>
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<th>Active Level</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Finger Fencing</td>
<td>None</td>
<td>Any</td>
<td>Medium</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Have students partner up. Grip right hands around the thumb with their finger pointer out, like a fake gun. The goal is to touch/stab the other person. Once a person is touched/stabbed they are out and the winner finds another winner to play against. Keep playing until there is one winner.
<table>
<thead>
<tr>
<th>Name</th>
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<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fish Bowl</strong></td>
<td>Bowl, pens, paper</td>
<td>Medium</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Divide into 2 teams. All players write a person, place, or thing on a slip of paper and put it in the bowl. Team A will select a person to go first, who will try to get their team to guess as many slips as they can in 1 minute. Once Team A’s minute is up, they add up how many slips of paper they guessed correctly and record that many points for the round. Then, it’s Team B’s turn. If a team hits the 1-minute mark and the clue has not yet been guessed, it goes back into the bowl. Once all of the slips of paper have been guessed, the round is complete, and they all get added back to the bowl for rounds 2 and 3. After round 3 is complete, add up the total number of slips of paper each team has guessed from each round and the team with the most points wins! Each round has specific rules on how you can get your team to guess the word: Round 1 – player can use both words and actions, without saying any words that are a part of the answer. Round 2 – player can only use actions to get their team to guess the word. Round 3 – player can say only 1 word to get their team to guess the clue, so they must choose carefully!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football Basketball</td>
<td>Basketball court, Football</td>
<td>Medium</td>
<td>High</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Use a football and play with Ultimate Frisbee rules. To score, the football is shot thorough the basketball hoop.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frogger</td>
<td>None</td>
<td>Medium</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>The group sits in a circle and closes their eyes. The leader walks around the outside of the circle, then taps a player on the head once to make them the Frogger, and taps another player twice to make them the Detective. With everyone’s eyes open, the Detective raises his or her hand. The Frogger’s role is to eat all the flies (other group members) by sticking his or her tongue out at them. If the Frogger sticks his tongues at you, wait 3 seconds the fall back dramatically to show you are eaten. The Detective has 3 chances to correctly guess the Frogger, or the Frogger wins by eating all the flies. The Frogger becomes Detective for the next round, and the Detective taps the next Frogger.</td>
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</tr>
<tr>
<td>Name</td>
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</tr>
<tr>
<td>Gaga Ball</td>
<td>Ball, Pennies &amp; desks/tables</td>
<td>Medium</td>
<td>High</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Create an octagon/circular shape using desks or tables for your “ring.” Divide group into 2 teams and stand inside the ring alternating every other team. Distribute the ball from outside the ring and the goal is to get the opposing team out by hitting them in the knee or below.

<table>
<thead>
<tr>
<th>Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Ghost</td>
<td>None</td>
<td>Large</td>
<td>Low</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Three or four players are chosen to be the ghosts. The rest of the group needs to scatter across the playing space and choose a spot to stand in. All players need to close their eyes. The ghosts will roam about the playing space. They will try to eliminate the others by standing close behind the players for 10 seconds without them knowing. If this happens, the ghost will tap them on their head and they will sit down quietly. If a person suspects a person behind them, they would ask, “Is there a ghost behind me?” If they are right, then they become a ghost. If they are wrong they are out and should sit down.

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Golf Ball Catch</td>
<td>Golf Balls, Cups</td>
<td>Medium</td>
<td>Low</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Have everyone partner up. Each pair needs 2 cups and a golf ball (or ping pong ball). Throw the ball back and forth taking a step back each time. The group who throws the ball the longest distance without dropping wins.

<table>
<thead>
<tr>
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<th>Best Group Size</th>
<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gorilla/Man/Gun</td>
<td>None</td>
<td>Limitless</td>
<td>Low</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Like rock, paper, scissors. Gorilla beats man, man beats gun, gun beats gorilla (if you tie, you die).
<table>
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<tr>
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<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heads Up</td>
<td>Phone &amp; App/Catch Phrase Game/Paper</td>
<td>Small/Medium</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Use the Heads Up app and play using a phone, play catch phrase, or plan ahead and create paper cards.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heads Up Seven Up</td>
<td>None</td>
<td>Medium</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Once touched, a student sticks his or her thumb up. Then the seven say “heads up seven up!” The students who were touched then get a chance to guess which of the seven touched each of them. If they guessed right, they get to change places and be one of the students in the front.</td>
<td></td>
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</tr>
<tr>
<td>Hide &amp; Seek</td>
<td>None</td>
<td>Small</td>
<td>Medium</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Hopefully you know how to play this...</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human Knot</td>
<td>None</td>
<td>Medium</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Get the group to form a circle. Tell them to put their right hand up in the air, and then grab the hand of someone across the circle from them. Then repeat this with the left hand, ensuring they grab a different person’s hand. Check to make sure that everyone is holding the hands of two different people and they are not holding hands with someone either side of them. Then they must now try to untangle themselves to form a circle without breaking the chain of hands. Allocate a specific time to complete this challenge. For a large group, break into multiple groups competing against each other.</td>
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</tr>
<tr>
<td>Name</td>
<td>Resources Needed</td>
<td>Best Group Size</td>
<td>Active Level</td>
<td>Large Space Needed?</td>
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<tr>
<td>-----------------------------</td>
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<td>---------------------</td>
</tr>
<tr>
<td>Human Tic Tac Toe</td>
<td>Hula hoops/chalk/tape, pennies (optional)</td>
<td>Medium</td>
<td>High</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Create a tic tac toe grid (use hula hoops, chalk, tape, etc.) Divide into 2 teams (Xs/Os). Have teams line up on opposite sides of the grid and give each person on each team a number. Three numbers are called and the goal is for team to create a three in a row with their sign to win a point. The numbers can block the other team and move around until one team gets 3 in a row. Signs must be displayed to get a point and teams must go away from the row closest to them first then they may come back to it later.

<table>
<thead>
<tr>
<th>Name</th>
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<th>Active Level</th>
<th>Large Space Needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump the River</td>
<td>Jump Ropes</td>
<td>Medium</td>
<td>High</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Place two jump ropes parallel to each other on the grass. Have each player jump over the gap between the 2 jump ropes, one after the other. Once everyone has had a turn, increase the distance between the jump ropes. Players are eliminated if they touch the ground between the two jump ropes.

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</tr>
</thead>
<tbody>
<tr>
<td>Knee Tag</td>
<td>None</td>
<td>Limitless</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Players spread around large field. The objective is to tag the knees of other players. The third time your knee is tagged, you’re out. Once they are out, they sit down, and can still tag other players as they run past.

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Knock Out</td>
<td>Basketball &amp; Goal</td>
<td>Medium/Large</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Basic basketball shooting game where the second person in line tries to get their shot in before the person in front of them. You can use trash cans and smaller balls to modify the space. Turn it into Ultimate where if the person who got you out gets out, then you and all the people they got out get to return to the game.
<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Little Sally Walker</td>
<td>None</td>
<td>Medium</td>
<td>Medium</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Get everyone in a circle with one person in the middle. The person in the middle walks around inside the circle while everyone else sings, "Little Sally Walker walking down the street. She didn’t know what to do so she stopped in front of me. (at this point, the one in the middle stands in front of someone and does a dance move) (Still singing....) Hey girl, do that thing do that thing and switch! (the person that got picked does the dance move) (still singing) Hey girl do that thing do that thing and switch! The new person now walks on the inside of the circle and continues the game.

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</tr>
</thead>
<tbody>
<tr>
<td>Milk Carton Lacrosse</td>
<td>Tennis ball, milk cartons</td>
<td>Medium</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Rules are like regular lacrosse except use milk cartons with the bottoms cut out instead of sticks.

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</tr>
</thead>
<tbody>
<tr>
<td>Ninja</td>
<td>None</td>
<td>Medium</td>
<td>Medium</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Stand in a circle and place your hands together. Player leading the game will say, “Bow to your sensei.” Each player must strike a ninja pose. Players take turns attacking their opponents by swiping at their hands and must freeze in place once their attack is finished. Defending players may dodge if they think they will be hit and must also freeze once the attack is finished. If a player is hit, the hand that is hit is out, but the other hand is still in. If a player misses, they must stop moving immediately. When both hands have been hit, the player is out and must stand back until there is one player left.

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</tr>
</thead>
<tbody>
<tr>
<td>Nuke ‘em</td>
<td>Volleyball net, volleyball</td>
<td>Medium/Large</td>
<td>High</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** This is played on a volleyball court. Separate into two teams on either side of the net. Form three lines. There will be three people on the court at a time per team. The ball is thrown over the net, the other team tries to catch it and throw it back. If the ball hits the ground a point is given to the team who threw the ball. The winning team stays on the court. When a team loses a point, a new set of three comes on for that team. Can modify and sit on the ground and use chairs as a net.
<table>
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<tbody>
<tr>
<td>Pictionary</td>
<td></td>
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</tr>
<tr>
<td><strong>Description</strong>: Pictionary – use the game or classroom board.</td>
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</table>

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<tbody>
<tr>
<td>Question Game</td>
<td>None</td>
<td>Large</td>
<td>Low</td>
<td>No</td>
</tr>
</tbody>
</table>
| **Description**: Sit in a circle. Have one person begin by making contact with someone and asking them a question. That person then makes eye contact with someone else and asks another question (without answering the question asked of them). Keep passing the questions around the circle until some either doesn't ask a question, repeats a question, or laughs while they are "it". When this happens they are out. Keep going until only one person remains and they are declared winner. (questions can be simple like "Who am I?" to "What is the square root of a Mexican Cheese Burger?"

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<tbody>
<tr>
<td>Random Life Story</td>
<td>Lots of random items, bucket</td>
<td>Small</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description</strong>: Place a bunch of random small items in a bucket. Pass the bucket around the circle and have each person take an item. They then must tell a story from their life somehow telling how this item reminds them of the story or how this item played a part of their story. The more random the better.</td>
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<tbody>
<tr>
<td>Rock/Paper/Scissors Party</td>
<td>None</td>
<td>Limitless</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description</strong>: The entire group pairs-up to play a normal game of Rock-Paper-Scissors, but the player that loses the round becomes a cheerleader for their opponent. Each time a player defeats an opponent with multiple cheerleaders, all of the opponent’s cheerleaders join the unbeaten player’s team. The game continues until there are only two unbeaten players remaining, each supported by giant parties of cheerleaders, who play a final round to decide the winner.</td>
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<td>------------------</td>
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</tr>
<tr>
<td>Scavenger Hunt</td>
<td>List of Items, Phone Camera</td>
<td>Any</td>
<td>Low</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Create or find a list of items to look for. Divide into teams and compete. Can be adapted to be a Photo Scavenger Hunt.</td>
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<tr>
<td>Sing Off</td>
<td>None</td>
<td>Large</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Break everyone into even teams (as many teams as you would like). Have a list of category words use. Start the game and round by saying the one word (ex: ONE, SANTA, etc....). The teams then go in a circle each singing different songs using the word from the round until one team either repeats a song, fails to come up with a song, or takes too much time to use the word. Depending on how many teams are playing, you can choose to climate that team from the game or they would receive a strike. At the end of the game the last team standing or team with the least strikes wins.</td>
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<tbody>
<tr>
<td>Snap Chat</td>
<td>Paper, pens</td>
<td>Medium</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Sit in a circle. Each have a piece of scrap paper and a pen. The game starts with the group leader giving one member of the circle a clue (making it funny). The first person draws a picture of the clue, and then hands the picture to the next person in the circle, who has to guess what the clue was and write a new description on their sheet. This description is given to the next person in the circle, who draws a picture of the new clue description on their sheet. This process repeats until the last person in the circle writes their description or draws their picture. This person shares their sheet with the group, and then the first person shares the original clue.</td>
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<tbody>
<tr>
<td>Tail Tag</td>
<td>Bandannas</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Every player receives a “tail,” which can be a rag or bandanna. This tail is tucked into their back pocket, with enough length shown that an entire hand can grasp it. Players spread out across the field, staying within the bounds for the entire game. When the game starts, it’s a free-for-all. Every player tries to steal the tail of other players. If a player’s tail is removed, they sit on the ground. If a player has stolen more than two tails, they must hand the extra tails to players on the ground. If a player loses their tail while they are holding extras, they can replace their own tail.</td>
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</tr>
<tr>
<td>Tennis Ball Toss</td>
<td>Bucket, tennis or ping pong ball</td>
<td>Medium</td>
<td>Low</td>
<td>No</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Have one student hold a bucket on top of their head while their team tries to toss a tennis ball or ping pong ball into the bucket. You can either time this or the first team to a certain number. Make sure to put down a lines to mark the bucket and toss spots. Make it a relay and have the tossed go hold the bucket once they toss each time.</td>
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<tbody>
<tr>
<td>Three Ball Soccer</td>
<td>Soccer Balls, Goals</td>
<td>Large</td>
<td>High</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>This is soccer. Soccer with not just one ball, not two balls, but three balls! You’ll need three balls, preferably all of a different color. This game can be really useful to keep as many people involved as possible, especially making sure both genders get into it. Set up a normal soccer playing field (of the right size for your group) with a goal at either end. Simply divide everyone into even teams, with even guys/girls if possible. One ball represents the guys only, another ball the girls, and the third is co-ed. Make sure the players are clear on which ball is for which group. If a player touches the wrong ball on purpose, you might want to pull them out of the game for a minute.</td>
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<tbody>
<tr>
<td>Tiger Ball</td>
<td>Goals, soccer ball, cones, pennies</td>
<td>Medium</td>
<td>High</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>Split into two teams. Field is set up with small goals like a soccer field. No Goalie is needed. Play with a soccer ball. Play soccer when the ball is on the ground. Play football when it is in the air. If the other team tags you while the ball is in the air the rules change to Ultimate Frisbee Rules.</td>
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</tr>
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</tr>
<tr>
<td>Trainwreck</td>
<td>Chairs</td>
<td>Medium/Large</td>
<td>Low</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** (Fruit Basket Upset) Set up chairs in a tight circle with one less chair than number of people in group. One person will be in the middle. The person in the middle will say a statement, and if anyone in a chair agrees with the statement or it applies to them, they must get up and find another chair (ex.- I love strawberries). They cannot sit in a chair that was directly next to them or the chair they were just in. If the game leader calls out “Fruit Basket Upset,” everyone must switch chairs.

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</thead>
<tbody>
<tr>
<td>Trivia</td>
<td>Kahoot, misc.</td>
<td>Small</td>
<td>Low</td>
<td>No</td>
</tr>
</tbody>
</table>

**Description:** Use Kahoot or other various online versions or create your own.

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<tbody>
<tr>
<td>Ultimate Cow Tongue</td>
<td>Cow Tongue</td>
<td>Medium/Large</td>
<td>High</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** The same rules as ultimate frisbee but instead of using a frisbee, use a frozen cow tongue. Could pair with the Taming the Tongue lesson.

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<tbody>
<tr>
<td>Water Cup Dash</td>
<td>Cups, Buckets, Water</td>
<td>Medium</td>
<td>Medium</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Divide the group into two or more teams. Each team gets two buckets. Place one filled with water at the starting line, and an empty one a suitable jogging distance away. Draw a line inside the empty buckets at about 2/3 full (or lower to save time). The first player for each team is given a large empty plastic cup that is poked full of holes. When the race starts, they fill their cups with as much water as they can from the full buckets and run over to fill the empty buckets, trying to lose as little water as possible along the way. They hand off the cup to the next member of their team and repeat until a team has won by filling their empty bucket up to the target line.
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<tbody>
<tr>
<td>Watermelon Relay</td>
<td>Watermelon</td>
<td>Large</td>
<td>Medium</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Description:** Break into small groups of 6-10 students. Each person in the group has to run the watermelon to a certain point and back. Once each member has done this, put the watermelon in a big trash bag. Smash the watermelon open. The first team to eat all of their watermelon wins.