

# Sports and Athletics

## MAIN IDEAS

According to Pastor C. J. Mahaney, if you spend any time watching professional sports you will often hear the word “great” used to describe a play, game, or athlete—and no more is the word “great” misused than in the world of sports.<sup>1</sup> Is that because sports are wrong? Sports and athletics can be a good and honoring to God—if rightly understood. Sports are to serve us in understanding and growing in the Christian life, and should be done for the glory of God. Thus, we should always carefully discern whether or not our participation in sports is serving its intended goal.

### A Biblical View of Sports and Athletics

1. Sports and athletics have many positive aspects that are helpful to the body and mind. (**1 Timothy 4:7-8; 1 Corinthians 9:24-27**)
2. Sports and athletics are meant to serve a greater goal: helping us in understanding and growing in the Christian life. (**1 Corinthians 6:12; 1 Corinthians 6:19-20**)
3. Sports and athletics are to be done for the glory of God, displaying His greatness and worth. (**1 Corinthians 10:31**)

### Lies about Sports and Athletics

1. Sports and athletics are only a means of harmless fun and entertainment.
2. Sports and athletics are simply for keeping in good physical condition.
3. Sports and athletics are a means to personal greatness.
4. Sports and athletics provide us with heroes to admire and praise.

## ARTICLE

Pastor and sports fan C.J. Mahaney encourages families to participate in sports in a “theologically informed” manner in his article, “Fathers and Sons and March Madness.”

## INTERACTING WITH YOUR STUDENT

*Your student has been asked to apply one truth learned from this lesson to his/her life this week. Ask about this, and pray with your student to encourage him/her in this application. Ask God to work in your student’s heart, and encourage your student to grow in God’s truth.*

*Encourage your student to complete the “At Home” section of the Student Journal and discuss it with you. With your permission, your student will be encouraged to watch the movie “Facing the Giants” (©2006 Sherwood Baptist Church).*

*If your student participates in sports, please discuss the “Questions to Discuss with Your Parents” in the “At Home” section of the journal.*

<sup>1</sup>C. J. Mahaney. *Humility: True Greatness* (Sisters, Ore.: Multnomah Publishers, 2005), 161-162.