

# Lesson 26

## In Class

List some positive aspects of participation in sports and athletics:

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## A Biblical View of Sports and Athletics

### **Examine 1 Timothy 4:7-8.**

*What main point is Paul trying to make by referring to bodily training?*

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### **Examine 1 Corinthians 9:24-27.**

*What is the true context in which Paul was speaking? How was he using the example of competition, bodily self-control, and discipline? What is the real prize being sought after?*

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**Conclusion of these texts—**

Sports are meant to \_\_\_\_\_ you in understanding and  
 \_\_\_\_\_ in the \_\_\_\_\_ life.

**Sports and Athletics in Life**

Athletic proficiency [ability] is a mighty good \_\_\_\_\_, and like so many  
 other good servants, a mighty bad \_\_\_\_\_.—Teddy Roosevelt<sup>1</sup>

What important issues does Paul address in 1 Corinthians 6:12 and 19-20?

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\_\_\_\_\_

\_\_\_\_\_

**Summary—A Biblical View of Sports and Athletics**

- > Sports and athletics have many positive aspects that are helpful to the body and mind.
- > Sports and athletics are meant to serve a greater goal: helping us in understanding and growing in the Christian life.
- > Sports and athletics are to be done for the glory of God, displaying His greatness and worth.

1. *The Letters & Lessons of Theodore Roosevelt for His Sons*, compiled and edited by Doug Phillips, ©2003 Vision Forum Inc, page 35.

*So, whether you eat or drink,  
or whatever you do,  
do all to the glory of God.*

*1 CORINTHIANS 10:31*

## **Small Group Notes**

### **SPORTS AND ATHLETICS INVENTORY**

1. My favorite sport or athletic activity is...

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2. My main reasons for liking this sport or athletic activity are...

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3. An important lesson I have learned through this is...

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4. Something I struggle with while participating is...

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5. The number of hours weekly I spend watching or participating in sports and athletics is about...

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## **Heart Check (C. J. Mahaney)<sup>2</sup>**

Do you...

- > Humbly receive correction from your coach and ask your coach how you can grow in character as well as athletic skill?
- > Thank your coaches for the way they have served you? And thank the referees after each game?
- > Encourage your teammates for their display of godly character and athletic skill—in that order of priority?
- > Encourage your opponents during and after the game. If you knock someone over, extend your hand to help them up?
- > Play the game passionately and unselfishly? Serve your team by playing aggressive defense...and passing the ball on offense...?
- > Humbly respond when the referee calls a foul on you? Do not complain or disagree in word or by facial expression...?
- > No inappropriate celebrating after you score; instead, recognize that others played a role...?
- > Thank the team manager for the way he served and recognize the humility and servanthood he is displaying each game? True greatness is sitting on the end of the bench?

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**This week, I plan to apply the following truth to my life in this way:**

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2. Posted as part of "Fathers and Sons and March Madness." at [www.blog.togetherforthegospel.org](http://www.blog.togetherforthegospel.org) on March 14, 2006.

## Lesson 26 Review—Sports and Athletics

### Main Ideas:

- > Sports and athletics are to serve us in understanding and growing in the Christian life.
- > Sports and athletics are to be done for the glory of God.
- > We must carefully discern whether or not our participation in sports is serving us or mastering us.

## At Home

With your parents' permission, watch the movie *Facing the Giants* (©2006 Sherwood Baptist Church), which is available for rent in many DVD movie outlets. The movie presents an uncommon and biblical perspective of sports. Look for the following as you watch the movie:

- > In the beginning of the movie, what was the coach's perspective of sports?
- > How did his perspective change? What influenced this change?
- > How did he use football to serve in helping his players better understand and grow in the Christian life?

Research the life of Olympic runner Eric Liddell. In what ways did he demonstrate a biblical view of sports in his life? How did he honor and glorify God through his athletic ability?

### Questions to Discuss with Your Parents:

Is my participation in sports keeping me from things that are more important?

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**Do I skip church for practices and competitions?**

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**What motivates my desire to play and compete in this sport?**

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**Do I get angry when my family interrupts my sports schedule?**

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**Do I give the credit for my ability to God? Do I turn the focus off myself and to God?**

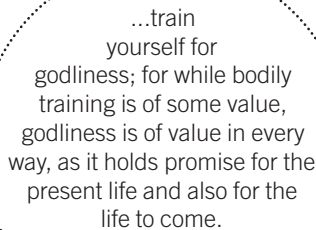
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**Do I encourage other players? Do I help them to be successful, even if I must be less successful?**

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**Is my participation serving to build my character in terms of godliness?**

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...train  
yourself for  
godliness; for while bodily  
training is of some value,  
godliness is of value in every  
way, as it holds promise for the  
present life and also for the  
life to come.

1 TIMOTHY 4:7B-8