

Devotional – Perseverance

SF03H



Sports & Fitness

Core 3: Learn About Sports

Opening

- Today we learned a lot about sports, now let's see what the bible says about being a good sport.
- *Read, or someone read the Teaching verse. FYI: The memory verse is further down*

Hebrews 12:1-2

"And let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus..."

Devotional

Big picture

It takes hard work, perseverance, and focus to finish well.

- Q: Have you ever tried something new but gave it up because it was too hard, or you weren't good at it?
- Q: Have you ever dreamed about being a professional athlete? (or tell about your sports dream)
- If you want to be really good at a sport, you have to practice.
- And, the Teaching verse (Heb 12) says becoming good at anything in life (sports, chess, video games, work, etc) takes practice.
- You will need to stick with it even if it is hard.
- It takes training to be able to run faster, throw farther, and jump higher than you could before.
- Sticking with something like that is called perseverance.
- You need to be perseverant in life too, so that you can do what God wants you to do.
- Hebrews 12 commands each of us to "run with perseverance." To work hard in all things.
- Q: Why do you think God is asking you to push yourself, to work hard at whatever you do?
- Is it because He is mad at you, or mean? No! He loves us more than even our parents!
- It's because he knows us and wants the best for us. He knows sometimes we goof off or give up.
- Too often, we settle on what we want to do instead of doing what God wants us to do.
- He says don't let those sins "that so easily entangle" you, cause you to choose laziness or to give up.
- We need reminders from Him that He will reward our perseverance, our hard work.
- Our rewards are many for hard work: being good at something, self-confidence, being a role model, but most of all God promises your life will go well, you will finish well, if you just listen to Him.
- Having perseverance is not easy. Getting better at whatever sport you choose is not easy.
- But there are many sports to try, and today we learned about a bunch of them.
- Remember: All sports have three things in common. Practice, Practice, Practice! Now go have fun!

Memory Verse #2

Ask if anybody knows it yet and can say it? Read it together 2X Consider having a memory verse pamphlet for kids take home.

Proverbs 30:5

Every word of God proves true; he is a shield to those who take refuge in him.

Topical Questions

1. What does having perseverance mean?

not giving up, staying focused

2. How do we "throw off everything that hinders" us?

by focusing on Jesus instead of the bad stuff

3. Why is practicing so hard?

lazy, we don't like to push ourselves, busy, don't see results right away

4. Why does God want us to be good at things like sports?

builds healthy mind, spirit, and body

Closing Prayer

Dear Jesus, we thank You for reminding us that hard work is a blessing. That You allow us to choose whether we will listen to You or to be sinful following our own ways and not Yours. You are the perfect Father. So, there are good consequences for doing good, and bad consequences for doing bad. Help us to be strong and to work hard at whatever we choose to do. In your name Jesus Christ, we pray. Amen!

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We welcome suggestions for improvements to this lesson to woodlands.worthy.life@trailife613.org.

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