

## Family Devos

One of the major values for First Friends Sports is to partner with families to spiritually engage and challenge our athletes. That is why we have compiled/written seven devotionals that will help you and your young athlete think about their faith. We hope and pray that you as parents and guardians will go through these devotionals with your athlete and together have meaningful conversations.

These devotionals will be handed out at the first team practice. **They will NOT be available online, so it is the responsibility of the athlete and parent to get a copy.**

Below is a preview of the format and devotional for this season. The format has been adapted from Fellowship of Christians Athlete's devotional book, Victory 365.

**Ready:** A verse or passage of Scripture that focuses or directs your heart and mind. Turn to the verses in your Bible and read it within the overall context of the passage.

**Set:** A teaching point (a story, training point, or thought taken from different perspectives) that draws a lesson from the passage.

**Go:** A question or two that will help you examine your heart and challenge you to apply God's truth to your life.

**Workout:** A closing prayer that will help you commit to the Lord what you have learned.

**Overtime:** Drills, tips and videos to help you grow in your skills and love for the game.

I will commit to establishing a weekly habit of spending time with God. Check the box after you complete each lesson. Athletes will only receive a prize at the end-of-season celebration for 100% completion.

By signing this, I truthfully acknowledge to have fully completed all 7 devotionals.

Print Name: \_\_\_\_\_ Team: \_\_\_\_\_

### Lesson 1: Is God Real to Me?

**Ready:** Read Psalm 103:6-8 & Romans 1:20

**Set:** The Bible says that God exists, and that He has certain qualities that never change. Not only does the Bible teach that God knows everything, is all-powerful, fair and good, the Bible also shows us that He wants to share these amazing things with the greatest of His creation—people! The problem, as you may already know, is that we can have a hard time believing that God exists. You may have a hard time believing that God exists because you can't see, hear, touch, taste, or smell Him. You may have been hurt by someone who says they are a Christian. Maybe you have experienced some incredible pain in your life that has led you to question His goodness, power to heal, or ask yourself if He's even there. Whatever the case may be, the fact remains that the most incredible Book of all time, the Bible, teaches that God exists. At one point in your life, you must ask yourself: Is God real and, if so, what does this mean for me?

**Go:** What are your thoughts about God? Do you think He is real?

**Workout:** God, sometimes I don't know if you are real. If you are, please show yourself to me! Amen.

**Overtime:** On YouTube, search: "Steve Nash: 6 Minute NBA Ball Handling Workout Secrets | Point Guard Skills Workout"

Lesson 1 Complete