



Lesson One: Goal

READY

- If you could receive any athlete's autograph, who would you choose and why?
- If you could have attended any game or competition in sports history, which one would you choose?

SET

- What is a difference between how a non-believer competes versus a Christian?
- Why are some Christian athletes and coaches poor examples in competition?
- What is a goal?
- What is a "natural goal"?
- How can the wrong goal short-circuit your athletic performance?
- How many of the 120 verses about our goal "to represent Christ in competition do you know?"
- What does Romans 8:29 mean? How can you apply this verse to your athletics?
- What is an ambassador?
- How can the goal of representing Jesus affect your workouts and competitions?
- What percentage of Jesus' life do you know? How much relates to sports?
- What are some tools for learning the life of Christ?

GO

- Read Romans 12:17-21. According to these verses, how should you respond to an opponent who uses intimidation or cheats against you in competition?
- How can you apply 1 Peter 2:21 to your workouts or competitions?
- What is the goal Paul mentions in Philippians 3:14? How can it be reached?



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