



Lesson Five: Focal Point

READY

- What is your favorite sports team? What makes them your favorite team?

SET

- Review the Doing Sports God's Way lessons we have covered so far: Goal, Winning, Audience and Motivation. Which of these have been the most difficult to do? Which have been the easiest to apply to your athletics?
- What is a focal point? What are reminders or focal points that you have used in the past?
- As an individual, team or group, discuss and select a focal point to remind you to do sports God's way.
- How can "chattering" help connect the focal point to our actions?
- Have you ever experienced praying or talking with God during your athletic performances? What was the result?
- What does the Bible mean by "pray without ceasing" (1 Thessalonians 5:17, NASB)?

GO

- Read Numbers 15:37-41. What does this Bible verse teach about using focal points?
- According to Colossians 3:2-3, we are supposed to "set our minds on things above." How can we do this?
- Read John 14:15-16. Who is responsible for coaching us throughout the day? Who did the Lord provide as a "helper" for us?
- Commit yourself to read the Bible daily. It is especially helpful when you study the life of Christ in The Gospels. Consider buying the Cross Training Workout (www.crosstrainingpublishing.com) and following the Bible reading program throughout the year.



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