



Kicking It Old School!

Bible Verses Worth Remembering

This devotional series is to acquaint young athletes with 7 weeks of scripture that is worth repeating, memorizing and applying to everyday life.

Consider challenging each athlete to memorize the scripture and recite it the following week, or provide a response about one thing that really stood out to them from the devotional.

Week 1: John 3:16

"For God so loved the world, that he gave his only begotten son, and whosoever believes in him, shall not perish, but have everlasting life."

What's It Mean?

God created the heavens and the earth out of his love of creating. God also created man and woman (Adam and Eve) to share his love and friendship with them forever. Unfortunately, Adam and Eve chose not to listen to God. They decided to disobey God. This was the beginning of sin, or being against God. This caused us to be separated from God and suffer eternal death.

However, God loved us so much, he chose to give up his one and only son, Jesus. He sent Jesus to earth as a baby. Jesus grew up, did not sin, taught the ways of God and gives us the choice to believe in him today. To believe in Jesus will save you from the consequence of sin which is death and separation from God. It will also give you a promise from God himself. He will restore you with his love, you will be his child and you will live with him for eternity, having "everlasting life!"

Prayer Time

Thank God for his precious gift of Jesus that rescues you from sin and restores you to eternal life. Ask Jesus to help you understand and believe in him and his great sacrifice.

Week 2: Psalm 23

"The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters, he refreshes my soul.
He guides me along the right paths for his name's sake.
even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the Lord forever."

What's It Mean?

This Psalm or "song" was written by David – the David that slayed Goliath and then became the King of Israel.

This is a song to God that expresses what God's character is to David:

1. God is a good shepherd, he watches over you all the time keeping you safe and providing you with what you need (needs are different than wants!). This includes homes, food, water, clothing, the things you need to live.
2. God will guide you through life if you allow him to. He will show you the right direction to take, help you make the right decisions. He does it so others will see the good work and love he is doing in your life, so they might seek God also.
3. At times when life gets hard and overwhelming, when you cannot clearly see what is going to happen (the valley of death), you can be assured by God not to be afraid, he will take care of you, so rely on him!
4. At times you will not be surrounded by people who like you and are mean or do bad things. God will continue to provide your needs and bless you regardless of what others say or do, just keep on the path that God has for you.
5. God will always love you and desires to do good things for you every day of your life. If you believe and seek God first, you are his child. He will protect you, bless you and you will live in his presence and his home in heaven forever!

Prayer Time

Thank God for being like a shepherd to you. Thank him for his protection, for providing you with what you need and more. Ask him to keep you on the right path that he created just for you.

Week 3: Matthew 6:9-13 | The Lord's Prayer

"This, then, is how you should pray:

Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as it is in heaven.
Give us today our daily bread, and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from the evil one."

What's It Mean?

When someone asks you to pray, do you get nervous and don't know what to say? Jesus' disciples felt the same way and asked Jesus to teach them how to pray.

These scriptures are an example of how to pray to God. You may recite it, but it actually shows you what type of things to pray about, you just personalize it for what is going on in your life today. Prayer is really a conversation with God!

1. Remember to greet God and acknowledge that he is holy and he is our creator and provider.
2. Ask that whatever is going on in your day, that God's will be done. God's will is for the good of everyone. Like in Heaven where everything is perfect, ask that God makes your day a little more like heaven.
3. Thank and ask God to continue to provide you with what you need, not what you want. Sometimes what we want is really not good for us.
4. Ask God to forgive the bad things (debts or sin) you have done during the day or will do during the day and ask forgiveness for those who do bad things against you and God. Remember, in order to be forgiven, we must also forgive others.
5. Finally, ask God to protect you from temptation, or doing what you know is wrong. The devil is always looking for an opportunity to make you do something that is not right with God or others. You end up causing trouble and harm. God will always protect you and give you a way out of a bad situation. You have to choose the right thing to do, God allows you that choice.
6. Finally, you can also add your own requests – maybe help on a test, or that a friend will not be sick. Maybe you just want to thank him for something that was really awesome.

Prayer Time

Ask God to help you with praying. Ask him to guide you in your prayers and bring things to mind that you need to talk to him about.

Week 4: Matthew 7:12 | The Golden Rule

"So in everything, do to others what you would have them do to you."

What's It Mean?

This scripture sums up just about everything we should do daily to live a life that is good and pleasing to God.

Jesus spent a lot of time discussing the 10 Commandments with the people of his time. He was trying to teach them how to live life as God intended it to be all along, not just a bunch of rule following. Jesus summed up the 10 commandments in this scripture. . .

1. First and foremost – Love God with all of your heart, your mind and your spirit. That means every part of you should love God, this will keep you on the right path.
2. Then, do to others what you would want them to do to you . . .
Do you want others to lie about you and gossip? Then you shouldn't.
Do you want something stolen from you? Then you shouldn't.
Do you want someone to bully you because you're different? Then you shouldn't.
Do you want others to cheat off your school work? Then you shouldn't.
Would you like it if someone hurt someone you love? Then you shouldn't.
Do you want others to treat you like you don't belong? Then you shouldn't.
3. There are a lot of things you would not want someone to do to you or your family, so the next time you even consider doing something that might hurt others or be wrong, don't do it! This will keep you on the right path with God!

Prayer Time

Thank God for sending Jesus to teach you how to more than just a "rule follower", to really understand what it means to be a child of God and how we should live our lives. Ask God to help you do the right thing for others, just like you would want them to do for you.

Week 5: Proverbs 3:5-6

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight"

What's It Mean?

Think about all the people in your life that you really trust. Who are they? Can you trust them with your life? Will they help and lead you to make the right decisions all the time, even when you are confused and overwhelmed?

Most of us trust our parents. As we grow older, sometimes even our parents don't always understand everything about a difficult situation. People only see one side of life, not the full picture like God does. God knows everything from beginning to end. He already knows the outcome of every situation in your life before you do! But how? God created all things and you. He knows what will happen today and tomorrow because he created all of it.

You can always trust God to guide you in every situation. Even when you don't understand what is going on, he does, he already knows the choices you will make and has prepared the way for you. The purpose of seeking him though is your choice. God allows you to choose what to do. You can: figure it out on your own, even when you don't know or understand and stumble along the way, or you can trust God to guide you, trust him to show you the way. He will lead you along a straight path since he already knows the outcome. He will be with you every step of the way.

Prayer Time

Thank God for being trustworthy all the time. Ask him to help you remember when things get difficult to look to him for guidance, don't try to figure it out on your own or have others tell you what to do all the time. Trust in God.

Week 6:1 Corinthians 13:4-7

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶Love does not delight in evil but rejoices with the truth. ⁷It always protects, always trusts, always hopes, always perseveres."

What's It Mean?

Did you know that love is many things? You can love someone and say you love them, but love carries a lot of responsibility and grows over time. It's a lot more than liking someone.

Love is patient – it doesn't get upset when things don't go your way

Love is kind – it doesn't have a bad attitude and makes you do nice things for others

Love does not envy – it doesn't get jealous of other people or what they have

Love does not boast – it doesn't brag about who you are or what you have

Love is not self-seeking – it doesn't expect you to be the center of attention

Love is not easily angered – it doesn't get mad easily and hold a grudge
Love doesn't keep a record of wrongs – it doesn't hold grudges, it forgives
Love doesn't delight in evil – it isn't mean and hateful, it is quite the opposite
Love rejoices with the truth – It doesn't lie, cheat, steal, or bully
Love protects – it helps out others in their time of need
Love trusts – it trusts others and it makes you trustworthy
Love hopes – it always looks for the bright side and is thankful
Love perseveres – it never fails, even when it gets hard or painful

Prayer Time

Thank God for being the very nature of love for you. Thank him that his love never fails, it perseveres even when we don't deserve it or feel it. Ask God to help you be more loving to others in your life.

Week 7: John 19:30

"Jesus said, "It is finished." With that, he bowed his head and gave up his spirit."

What's It Mean?

Week 1 of this season's devotional we discussed John 3:16 – "God so loved the world that he gave his only begotten son, and whosoever believes in him, shall not perish, but have everlasting life."

Today's scripture has the last words Jesus spoke when he was crucified that literally sealed the deal for you and all of us to have everlasting life.

God sent Jesus to be the necessary sacrifice that was needed for his children to be saved from sin and death. Jesus had to die for you. He did so with love in his heart, mind and spirit so one day you will live with God for eternity.

When Jesus said, "It is finished," and gave up his spirit, he died for all of our sins, past, present and future. So, what is our response to this sacrifice? You only need to believe and confess to God that you are a sinner and ask for his forgiveness. Jesus did everything else. He died so you could live forever with God.

"It is Finished" in Greek is "Tetelistai". This was Jesus' battle cry on the cross signifying that sin had been conquered and paid for forever – what's your battle cry?

Prayer Time

Thank Jesus for "finishing" what Adam and Eve started. Thank him for dying in your place so you may be reunited with God and live forever. Ask God to help

you with your belief, show you the truth and guide you daily in accepting Jesus as your Savior.