Athletic IBD

Week 1-Putting God First

(((Cut scriptures into strips and give to each girl as their handout each week.)))

Putting God first

1.Have you ever experienced a dashed athletic dream? What did you learn about priorities

through that experience?

2.Why is it dangerous for us to place sports as our top priority?

3.What would you do if your sport was taken away from you tomorrow?

<<<Read verses together>>>

4.What do these verses tell us about God?

5.Why is it safe to allow God to be the top priority in your life?

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Every generous act and every perfect gift is from above, coming d

own from the Father of

lights; with Him there is no variation or shadow cast by turning.

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James 1:17

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For the word of the Lord is right, and all His work is

trustworthy.

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Psalm 33:4

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Week 2-Worry

Mattthew 6: 25-34

25

Dz

Therefore I tell you, do not worry about your life, what you will eat

or drink; or about your

body, what you will wear. Is not life more than food, and the body m

ore than clothes?

26

Look at

the birds of the air; they do not sow or reap or store away in barns, and ye

t your heavenly Father

feeds them. Are you not much more valuable than they?

27

Can any one of you by worrying add a

single hour to your life?

28

Dz

And why do you worry about clothes? See how the flowers of the field

grow. They do not labor or spin.

29

Yet I tell you that not even Solomon in all his splendor was

dressed like one of these.

30

If that is how God clothes the grass of the field, which is here today an

d

tomorrow is thrown into the fire, will he not much more clothe you

—

you of little faith?

31

So do

not worry, saying,

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What shall we eat?

ǯ

or

Ǯ

What shall we drink?

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or

Ǯ

What shall we wear?

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32

For the

pagans run after all these things, and your heavenly Father kn

ows that you need them.

33

But seek

first his kingdom and his righteousness, and all these things

will be given to you as well.

34

Therefore do not worry about tomorrow, for tomorrow will worry about itse

lf. Each day has

enough trouble of its own.

1.

What are the top 3 things you worry about?

2.

Why do we worry?

3.

What is the condition that Jesus gives for God to take care of the d

etails of your life (vs. 33)?

4.

What do you think vs. 33 means by

Dz

his kingdom & his righteousness

dz

?

5.

What does it mean to seek those things first?

6.

If the solution to our worries is so simple (seek Him first), why is it so hard

for us to do?

7.

What is one thing we can do to seek him first this week?

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Week 3-Loving God

John 14:15, 21

15

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If you love me, you will obey what I command.

21

Whoever has my commands and obeys them, he

is the one who loves me. He who loves me will be loved by my Father, an

d I too will love him and show

myself to him.

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Luke 6:46-

49

46

Why do you call me, 'Lord, Lord,' and do not do what I say?

47

I will show you what he is like who

comes to me and hears my words and puts them into

practice.

48

He is like a man building a house,

who dug down deep and laid the foundation on rock. When a flood came,

the torrent struck that house

but could not shake it, because it was well built.

49

But the one who hears my words and does not put

them into practice is like a man who built a house on the ground

without a foundation. The moment the

torrent struck that house, it collapsed and its destruction was complet

e."

Psalm 119:9-

11

9

How can a young man keep his way pure?

By living according to your word.

10

I seek you with all my

heart; do not let me stray from your commands.

11

I have hidden your word in my heart that I might not

sin against you.

Questions:

1.

According to these verses, how do we love God?

2.

What does the word,

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Lord

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mean? (Luke 6:46)

3.

What does Jesus compare to the one who obeys his commands? (Luke 6:48)

4.

What does Jesus compare to the one who doesn

’

t obey his commands? (Luke 6:49)

5.

What makes it hard to obey God

’

s commands? Which area is hardest for you?

6.

In Psalm 119:9, David asks a question we have all asked before, especially in

college. What is the

question? What is the answer?

7.

What did David do about it? (vs.11) What does that mean?

8.

How can you

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hide God

’

s Word

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in your heart this week?

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Week 4-Loving People

1 Corinthians 13:4-8

4

Love is patient, love is kind. It does not envy, it does not boast

, it is not proud.

5

It is not rude, it is not

self-seeking, it is not easily angered, it keeps no record of wrongs.

6

Love does not delight in evil but

rejoices with the truth.

7

It always protects, always trusts, always hopes, always perseveres.

8

Love

never fails. But where there are prophecies, they will cease; where there are tongues, they

will be

stilled; where there is knowledge, it will pass away.

Philippians 1:2-5

1

If you have any encouragement from being united with Christ, if any com

fort from his love, if any

fellowship with the Spirit, if any tenderness and compassion,

2

then make my joy complete by being

like-minded, having the same love, being one in spirit and purpose.

3

Do nothing out of selfish ambition

or vain conceit, but in humility consider others better than you

rselves.

4

Each of you should look not

only to your own interests, but also to the interests of others.

5

Your attitude should be the same as that

of Christ Jesus:

Questions:

1.

Who is the most loving person you know? Why?

2.

How is love described in 1 Corinthians?

3.

Which of these characteristics is hardest for you? Why?

4.

What does it mean to be united with Christ? (vs. 1-Phil)

5.

How does being

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united with Christ

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make verses 2-5 possible? Are these things possible

without being united with Christ?

6.

What is something specific you can start doing to love someone else this

week?

1 Corinthians 13:4-8

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