

DOING SPORTS GOD'S WAY – MOTIVATION

① Warm up

WATCH SESSION 6: Doing Sports God's Way: MOTIVATION

Length 3:55: View at Nebraskafca.org

② Workout

Key Teaching in Lesson: The most powerful motivator for an athlete is a loving response to God's love for us.

- What stood out to you in the video? Why?
- 1 Corinthians 18:18-25 points out the difference between man's way and God's way when talking about wisdom and power. Why does the world think Christianity is weak and foolish? What are some ways we motivate ourselves that come from the world's way of understanding wisdom and power?
- What messages come from the cross that makes it such a powerful thing for Christians? What does it tell us about what motivates God?
- What does the apostle Paul say in 2 Corinthians 5:14-15 about the cross that became motivation for him?
- The world's way of being motivated depends on circumstances. When you're motivated by the love of Christ, how can this help you compete and be a great teammate regardless of the circumstances?
- Read Romans 12:1. This passage talks about the proper response to the cross, or God's mercy. How would you apply this verse in a game? In practice?
- Based on this lesson, how would you explain the proper motivation for a Christian athlete?

③ Wrap-up

Key Point in Lesson: The Christian athlete's motivation is a love response for what Christ has done for us on the cross.

Music: Lyrics on reverse side. Download music at nebraskafca.org

Our flesh is constantly pulling us to return to man's way of being motivated. Man's way also says I need to prove something, to gain something. God's way means that, in Christ, I am motivated ultimately by love. The same love He demonstrated at the cross. Because the battle for my heart has been won, I am now compelled to love as a response to how Christ loved me. I have nothing to prove, but I now compete as an act of worship, motivated by a perfect love that casts our fear, anger and pride. Key verses: Romans 8:32, 2 Cor. 5:14, Matt. 22:37-40, 1 John 4:18-19

REVOLUTIONARY LOVE

The man I used to be is pushin' and pullin' me
To get me back on the throne
I'm wagin' war and I am my own worst enemy
But I'm not fighting alone

This battle is already been won
I don't have to prove a thing
The greatest weapon is what Jesus has done
So I'm surrendering

CHORUS

(I'm) Overtaken, motivated by a sacred
Revolutionary love
(These) Chains are breakin', been invaded by a sacred
Revolutionary love

I can feel the love that has saved me, changin' me
Givin' grace I don't deserve
And I can only do what He's callin' me to do
'Cause Jesus has loved me first

Don't need to hold on to anger and fear
Only love can take control
I see the cross and its message is clear
There is victory in letting go

BRIDGE

I am a captive of his love for me
But I'm no prisoner, no I am free

All songs written by Gina Boe / Lisa Qualsett / Riley Friesen
EnCorps Songs (ASCAP) /