

## **3 Minute Drill - Matt Holliday Video Study**

### **Part I:**

<http://fcaresources.com/video/3-minute-drill-matt-holliday-part-1>

1. In your sport, how much pressure do you feel to produce good stats?
2. Where does that pressure come from?
3. Read Romans 10:9-10. According to God's Word, what must we do to be saved?
4. According to this verse, does our performance have anything to do with our salvation?
5. God's love for us is unconditional, meaning it is not based on our performance. No matter what we do or don't do, He will love us just the same. Based on this truth, what does that say about our athletic performance?
6. Have you accepted God's love for you, or are you still striving to earn it?

Related Scripture: Psalm 139, Jeremiah 31:3, John 3:16, Romans 5:1-11

### **Part II**

<http://fcaresources.com/video/3-minute-drill-matt-holliday-part-2>

1. How are you affected when people criticize your game? How do you respond

emotionally, mentally and physically?

2. Answer the same questions regarding when people praise your abilities.
3. Why does it matter to you what others think of your game?
4. How concerned are you with what God thinks of your actions, both on the field and off?
5. Which matters to you more? Which should matter more?

Related Scripture: Galatians 1:10, Colossians 3:23-24, 1 Thessalonians 2:4

## Part III

<http://fcaresources.com/video/3-minute-drill-matt-holliday-part-3>

1. Matt Holliday says he tries to “keep baseball in perspective.” What do you think he means by that?
2. When it comes to your sport, how hard or easy for you is it to keep it in perspective?
3. How much importance does your sport have in your life? How does that compare to how important God is to you?
4. If you were asked to make a list of the top five priorities in your life, what would they be? (Be honest. List what they are, not what you think they should be.)
5. Now, list what they should be and ask the Lord if there are changes that need to take place in order to live the life He wants for you.

Related Scripture: Exodus 20:2-6, Matthew 6:33, Matthew 22:34-40

## Part IV

<http://fcaresources.com/video/3-minute-drill-matt-holliday-part-4>

1. What is your purpose in playing sports?
2. Do you put more value on good stats or good relationships?
3. When was the last time you went out of your way to help a teammate or fellow coach?
4. How would your teammates describe you?
5. How can you use sports to become a better servant to those around you?

Related Scripture: Mark 10:42-45, John 13:34-35, John 15:12-13, 1 John 3:16-24



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