

## **Commitment**

### **Introduction**

Most teams build bonds that tie them together for solid competition. Strong teams foster an atmosphere of trust that allows each competitor to be at his or her best. The best teams have both qualities, plus a deep level of commitment that helps the team to achieve much more than any individual player could on his or her own.

### **Application**

1. When have you recently demonstrated commitment to someone or something in your sport?
2. Who is the most highly committed player you've ever known? To what or to whom was he or she committed?
3. How would you judge your level of commitment?

### **Bridge**

1. Read the following scripture found in I Kings 19:19-21:

*“Elijah left there and found Elisha son of Shaphat as he was plowing. Twelve teams of oxen were in front of him, and he was with the twelfth team. Elijah walked by him and threw his mantle over him. Elisha left the oxen, ran to follow Elijah, and said, ‘Please let me kiss my father and mother, and then I will follow you.’*

*‘Go on back,’ he replied, ‘for what have I done to you?’*

*So he turned back from following him, took the team of oxen, and slaughtered them. With the oxen’s wooden yoke and plow, he cooked the meat and gave it to the people, and they ate. Then he left, followed Elijah, and served him.”*

2. How did Elisha show commitment?
3. What was his commitment level on a 1-10 scale?

### **Connection**

1. How are you affected when a teammate demonstrates commitment as strongly as Elisha did?
2. In what ways can you show commitment to your team? How about your relationship with Christ?

## Discovery

Evaluate your commitment level to your team and God. List several principles that shape you as a player and Christian, then commit to praying every day for strength to live them out.

## Close

Memory verse: *“Whatever you do, do it enthusiastically, as something done for the Lord and not for men.”* – Colossians 3:23

### Bible Reference:

1 Kings 19:19-21

Colossians 3:23

### Topic:

Commitment

Teamwork



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/bible-study/commitment-0>