

## **Influence**

### **Introduction**

Influence is defined as the capacity or power of persons or things to be a compelling force on or produce effects on the actions, behavior, and opinions of others. Every athlete or coach has a certain amount of influence on others. It is our choice whether that influence is positive or negative.

### **Application**

1. Who was the most influential person in your life up to this point?
2. Why was this person so influential?
3. What qualities of a person's life make someone so influential on us?
4. How would you describe the influence you have among your teammates?

### **Bridge**

1. Read 1 Timothy 4:12: "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.
2. As Christians, how is our influence important to other believers?
3. What does it mean to "set an example"?
4. Read Psalms 119 1-3: "Blessed are those whose ways are blameless, who walk according to the law of the LORD. Blessed are those who keep his statutes and seek him with all their heart – they do no wrong but follow his ways.
5. How are we to act and react according to this scripture?
6. What are the results of a life of influence such as we see here?

### **Connection**

1. According to 1 Timothy 4:12, how do we become a positive influence on our teammates?
2. Sometimes keeping God's teachings and seeking His ways become lower priorities in our life and on our teams. How can we encourage others to place God first in all they do and say? What outside influences help in your walk with God on a daily basis?

### **Discovery**

Choose to be a positive influence on someone this week. This may be a teammate, a younger person that looks up to you, or even a family member.

## Close

Memory Verse: “Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” Matthew 5:16

### **Bible Reference:**

1 Timothy 4:12

Psalms 119:1-3

Matthew 5:16

### **Topic:**

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