

## **OW2P Study - Playing One Way (Part 1)**

### **Goal**

Upon the completion of this study, athletes will understand the issues of alcohol and other drugs, and have a basic understanding of the OW2P program. Athletes will have the opportunity to examine their personal decision-making process. They will gain an understanding of the elements in their world that shape the decisions they make. They will be challenged to make a commitment to being drug and alcohol free by signing the OW2P Commitment Card.

### **Key Scriptures**

1 Corinthians 6:18-20, Romans 12:1-2

### **Warm Up**

Do as a whole group or divide the group into smaller groups of four. Give each group a piece of paper and a pencil. Tell them each to list celebrities (athletes, rock stars, actors, etc.) who have messed up their lives — careers, relationships, health — by using drugs. Then have them do the same exercise with athletes who use performance enhancers. What have been the effects on them short term? What are the long-term effects?

### **Watch**

Show the Week 1 video — “Playing One Way”

### **Workout**

Playing tough is something that every athlete wants to do. We want to play with grit and have uncompromising faith that we will see results. To play this way, we have to play smart. We have to prepare and be committed to engaging our heads. Often we can't listen to what we feel, but we must use our will to push ourselves to go beyond what we are feeling and make a commitment to playing smart. Not only must we play tough and play smart, but we must also play clean. We must lead a lifestyle that will give us the best chance to accomplish everything we want to accomplish. The best way to do that is to be accountable and hold our friends accountable.

It is important to understand that the battle against drugs and alcohol is not the drugs and alcohol. We sometimes focus on the wrong things. The drugs are what we see, above the surface; however, there is usually something below the surface that is causing students to resort to drugs. The challenge is for students to open up and share those issues. Drugs are a way to medicate the pain. We have found that students are using or abusing drugs because they have one of four emotional issues. We call it HALT which stands for Hurting, Angry, Lonely and Tired. They are hurting from a broken or damaged relationship, angry at someone (parents, friends, authority) or something, feeling lonely and left out, or just tired of life and

don't care anymore. With these different emotional issues waging war against young people's hearts, drugs and alcohol become a release. It is a way to deal with the problems. Get below the surface and deal with the real issues.

FCA's Competitor's Creed is a powerful challenge that encourages athletes and coaches to play and live by a different standard. One segment of the Creed deals directly with the issue of using drugs and alcohol. (To read the entire Creed, see pg. 53)

*My body is the temple of Jesus Christ.*

*I protect it from within and without.*

*Nothing enters my body that does not honor the Living God.*

*My sweat is an offering to my Master. My soreness is a sacrifice to my Savior.*

## **Workout Questions**

1. When you workout or compete, how do you view your body? How do you condition and train for your sport (physically, mentally, and emotionally)? How do you protect your body?
2. Read 1 Corinthians 6:18-20. How can this passage help you be a better competitor? How can you honor God with your body? How can you dishonor God with your body? How does it change your perspective knowing your body is a temple of Jesus Christ?
3. Read Romans 12:1-2. How can your playing honor God? What are the things you need to sacrifice? Do you compete for the pleasure of the Lord? Explain.
4. There is a cycle of alcohol and drug abuse. Alcohol and drug abuse does not happen overnight, but it starts somewhere. Take a look at the cycle of alcohol and drug use below:
  1. Non-user never tried alcohol or drugs
  2. Experimenting trying alcohol or drugs to see the effects they have or don't have on your body
  3. Using regularly using the drug (weekly to monthly)
  4. Abusing – becoming so drunk or high that it impairs abilities
  5. Addicted – not able to make it through the day or week without a buzz.

Do you know someone at each of the phases of the cycle? Have you seen any positive effects in his or her life? Have you seen any negative effects? In what stage would you consider yourself to be?

5. Why do students drink or use drugs? Share several reasons why students use drugs. (Be sure they share the deeper emotional issues that cover up the pain, like being hurt, lonely or angry.)
6. What motivates you to be alcohol and drug free? Share three reasons why you are motivated to make this commitment.

## **Wrap Up**

Playing tough requires you to be strong in your faith and compromise nothing. Playing smart

means that you must make the commitments you need to find success. Playing clean means that you have friends who hold you accountable and whom you hold accountable to make the right decisions.

Hand out the OW2P cards and review each element of the program. Tell them that people who sign their names to a commitment are 60% more likely to carry out that commitment, and those who are in accountable relationships are 85% more likely to carry out their commitments.

Encourage each athlete to make the commitment to being drug and alcohol free. Have them complete the cards and sign their commitments. Encourage each to identify and list three key people in their lives with whom they can share their commitment and develop an accountable relationship.

Close in prayer by asking each person to complete this prayer silently or out loud: “Lord Jesus, I want to live and play alcohol and drug free because...”



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
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