

## **Session 4: Mastering the Basics**

### **What Are The Basic Skills For Growth?**

#### **READY**

Every sport requires players to learn fundamental skills that lay the foundation for excellence. At times, the basics can be unexciting and unglamorous. They can even be difficult to learn. But in any sport, mastering these basics is always the key to success.

1. What three basics have you mastered in your sport or your position?
2. What has motivated you to work on the basics? How has this helped your performance?

#### **SET**

Much like fundamental skills in sports, a core set of basics will guide you in living a life focused on Christ. There are three areas of basic training essential to a successful endurance run with God.

#### **Basic 1: Study God’s Training Manual—the Bible**

Each sport has its training manual or training program to develop excellence. For the Christ-follower, the Bible is like a rule book, playbook, and training manual rolled into one. Its inspired words come from the heart and mind of God.

#### **Read 2 Timothy 3:16-17 and Hebrews 4:12.**

3. From 2 Timothy 3:16-17, list four benefits of reading and studying the Bible. What are some specific ways these benefits might equip you and impact your life?
4. Why do you think Hebrews 4 describes the words of God as “living” and actively “effective”? How does the Bible differ from other books?

The Bible has power because it’s God’s words. It contains piercing truth about God, life, who we really are, our mission and destiny, and the condition of our individual hearts. Its message is basically simple and yet deeply powerful. Studying the Bible may feel like studying a

complicated playbook. At times, it might seem confusing and overwhelming, but it's living and active so God can reveal new insights each time you open it.

### **Basic 2: Stay in Constant Communication with Your LifeCoach—Pray**

Whether we play a team sport or compete individually, success on the field becomes increasingly difficult without a mentor, coach, or trainer to guide us. The same is true in our lives. We need to meet personally with God through direct communication—prayer.

#### **Read Matthew 6:5-15.**

5. In Matthew 6, Jesus gives us a model for communicating with God. What attitude should we have when we pray (verses 5-6)? What should we avoid doing (verses 7-8)?
6. Rephrase Jesus' prayer (verses 9-13) in your own words, noting specific things for which Jesus prayed. How might sincerely praying those things impact your life and your relationships with others?

Prayer is a powerful tool that can change your life and the lives of those around you. Prayer is about sharing your heart with God and allowing Him to speak into your life. Learn to relax and be totally open with God. Learn to slow down long enough to listen for His voice.

### **Basic 3: Lock Arms with a Winning Team—Find a Church**

As athletes, we must depend on the support of others to reach our competitive goals. A church is a supportive team focused on serving God. From the beginning, God has always put people together with different talents, abilities, life experiences, and strengths.

#### **Read 1 Corinthians 12:12-31.**

7. What does Paul tell us about the importance of teamwork in the church (verses 12-20)?
8. What attitudes should we exhibit to others in the church (verses 21-26)? How can this build up unity and make the church more effective in impacting the world for Christ?

## **GO**

Keep a daily routine of prayer and Bible reading just like you follow a basic training schedule in your athletic life.

9. How will taking time to talk with God and read the Bible each day make you a better athlete? teammate? student? friend? son or daughter? brother or sister?



8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909

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