

Need:

Students today desire to be prepared for life.

Objective:

Students will know how to be practically prepared for life.

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > The Training - Get Focused Study

The Training - Get Focused Study

"If I had only thought ahead I wouldn't be in this situation."

— 16-year-old Steve, after losing the use of his legs from diving out of a boat after drinking

"There is a significant difference between desire and victory." –Unknown

"Luck is defined as the combination of preparation and opportunity." – Jim Tressel

Where It All Starts...

(10 Minutes)

So far we have looked at the Perfect Coach — Jesus — and His Playbook, the Bible. Look at the uniqueness of the Bible. So many people wrote it over such a long period of time. It contains a unified message about God. It contains the account of Jesus' words and how He fulfilled hundreds of predictions about Him. He claimed to be God, and He rose from the dead. Based on all these things we can know the following is true:

- **He created us:** *"Then God said, 'Let us make man in Our image...'"* Genesis 1:26
- **He formed us:** *"Before I formed you in the womb I knew you, before you were born I set you apart..."* Jeremiah 1:5
- **He has give us a purpose:** *"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."* Ephesians 2:10
- **He grants the desires of our heart:** *"Delight yourself in the Lord and he will give you the desires of your heart."* Psalm 37:4

The Perfect Coach created us, formed us and has given us purpose. Recognizing the Perfect Coach's role in our lives puts all our desires into the proper perspective. As we learn more about His will and desire through reading the Bible, The Playbook, we must combine those desires with disciplines of training. Every athlete knows that it's discipline that makes the difference between success and mediocrity.

It all comes down to training. Are you satisfied with your life? Are you what you want to be?

Are you willing to put the time and energy into it?

Discuss the following:

- What does a mechanic know about a car?
- What does an engineer know about a car? Who knows more?
- Who knows best how to play the game, an athlete or a coach? Why?
- Who do you think knows more about right and wrong, a psychologist or the Creator of relationships? Why?

You Have Got To Love Training

(15 Minutes)

“There is a lot going on. You have to block out the distractions. I get ready in practice.” — Jerry Rice

These are the words of arguably one of the best football players in the history of the NFL. Yet, what he was really known for was his off-season training. The way he got to be the best is because he loved to train. Focusing on training brings success both on and off the field.

Another way to say it is, “Practice makes permanent.” The right practice makes the right things permanent.

You are practicing something everyday. It is just a matter of what are you practicing.

“But keep away from those godless legends, which are not worth telling. Keep yourself in training for a godly life. Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” 1 Timothy 4:7-8

Discuss the following:

- Explain your training program.
- How does sacrifice play a part in your training program?
- What gets in the way of training like you should?
- What gets in the way of your spiritual training?

There are four main ways to train spiritually.

Training takes the beginnings of discipline and forms a winning lifestyle. It brings focus to the Perfect Coach’s design for our lives. By training we focus the desires of our hearts. That leads to success.

Take a few minutes to read the scripture passages below and then discuss the questions.

1. **Read His Word:** John 14:23

2. **Pray:** Ephesians 3:16
3. **Fellowship:** Hebrews 3:13
4. **Talk with friends about Jesus:** Acts 5:42

Discuss the following:

- Are there any of these training tips that you already use?
- Are there any that you want to try?
- How could they bring your life into focus?
- What is holding you back?

What Happens in Vegas Stays in Vegas

(15 Minutes)

Don't answer out loud. Did you do something last week that you feel bad about? "What happens in Vegas stays in Vegas." That's what you'd like to believe. The truth of the matter is that you are either helping yourself, or you are hurting yourself. You are either training to get stronger, or you are getting weaker. Some people believe that truth depends on the circumstances. They believe circumstances change and so do the right choices. As we train, we need to understand that the "Playbook," The Bible, is consistent when it comes to choices we face every day.

Check out what the Bible has to say about these:

- **Sex:** 1 Corinthians 6:15-20; 7:2-5
- **Drinking:** Ephesians 5:18
- **Authority:** Romans 13:1
- **Stealing/Cheating:** Proverbs 20:17
- **Divorce:** Matthew 19:3-12
- **Parents:** Ephesians 6:1-3
- **Love:** 1 Corinthians 13
- **Money:** Matthew 6:19-21
- **Lust:** Matthew 6:22-23
- **Authority:** Romans 13:1

Heart Matters

(10 Minutes)

Hebrews 12:1 says, *"...let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."*

As we train, we have a constant guide for us. Jesus' words are there to protect us, not to limit

our fun. There is freedom within the disciplines that God has designed for us. We can live within and find freedom, or we can go beyond His limits and deal with the consequences. This freedom is in your heart. We as athletes can only play for one coach. When we have different coaches telling us to do different things, there is no freedom, just confusion. Our coach, Jesus, wants us to listen to Him alone.

Today people make decisions based on a sliding scale of changing standards and circumstances. That's called "moral relativism." They believe morals are relative to the circumstances. But our Coach's ways don't change. They are consistent.

Discuss the following:

- Have you in your heart decided that Jesus' ways are the best? Why?
- How can you train to live out Jesus' unchanging standards?
- Jesus gives us a proven set of standards for life. Why do people ignore them?
- Why do some believe these standards have changed over time?

How Does This Help Me FIX MY EYES?

(10 Minutes)

Hebrews 12:2 — *"Let us fix our eyes on Jesus, the author and perfecter of our faith..."*

The choice is up to you. If Jesus has designed you to be all that you could be, then you have to decide ... are you going to put in the effort to develop your life using His Playbook?

Discuss the following:

- Is there anything holding you back from being the best you could be? If so, what is it?
- In what ways will you have to trust your Coach/Creator to begin this training?
- What will you do differently as a result of this study?



Fellowship of Christian Athletes © 2023
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/bible-study/training-get-focused-study>