

## **Teammates of Integrity**

### **Ready:**

"These are the things you must do: Speak truth to one another; make true and sound decisions within your gates. Do not plot evil in your hearts against your neighbor, and do not love perjury, for I hate all this"—this is the LORD's declaration." - Zechariah 8:16-17

### **Set**

Trusting others is crucial for success on and off the field. Knowing your teammate will do everything that he or she can do to help you become successful means that you have confidence in the integrity of that person. In other words, you know they will be truthful and make good decisions that affect not only themselves, but you as well.

When teammates are all working together in this relationship of trust, they are well on their way to winning! Ultimately it is a personal choice to be an individual of integrity and make wise decisions that will help a team. As Christian competitors, we are accountable for what we are doing, saying and representing with our efforts on and off the field. We have to continually ask ourselves this question: "Am I doing what I'm doing (or saying what I'm saying) because it serves others or because it serves me?"

The truthful answer to this question will reveal motives that are either filled with integrity or not. Also, your teammates will follow when you lead God's way. The power of the Holy Spirit enables Christian athletes to be influential as he or she lives with integrity. Your teammates will know they can trust you if they understand you are looking out for their best interest, even above your own!

When we are faithful to do the right thing because it helps our teammates to be the best that they can be, it creates a sense of camaraderie and opens the door for winning. Being a leader of integrity is contagious. It inspires others to follow suit and live an honest and selfless life. Can you imagine what your team would be like if every teammate lived this way on and off the field? So, why not let it start today with you!?

### **Go**

1. When has a teammate been truthful with you, even if it was difficult? How did your respond?
2. Can you remember a time when you made a decision in practice or a game that benefited a teammate over yourself? What was the outcome?
3. What are the main reasons that we are not honest with each other?

### **Workout**

1 John 3:10-15



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