



3D Devotionals

SPORTS—LIFE—TRUTH

Remember! *Integrate* this in during practices. You don't have to wait for a water break to share Jesus and the Bible with the players!

1) Positioning

Sports- Positioning looks like smallest thing you do on the court, but it has the biggest impact on your ability to make a play.

Life- Often the simple things in life (listen to parents, go to church, do homework) are the most important for you to succeed and develop.

Truth- The simple decision to accept Jesus into your life as Lord and save you from your sin is the biggest decision you can make with your spiritual life. (Romans 10:9-10)

2) Passing

Sports- Passing doesn't sound fun because we don't get to have the ball and try to score. But by being unselfish and using our teammates we are a better team.

Life- When we look to help others, we are not only help them through a tough time but we improve our ability to love others as well.

Truth- Jesus set the ultimate example of being unselfish by dying for you. His death gave you the opportunity to spend eternity in Heaven. He showed us how to love each other! (John 13:34, John 15:13)

3) Serving

Sports- In volleyball when you serve you must aim for a target. Whether you serve overhand or underhand, If you don't do it right, the shot will not be successful.

Life- You can't succeed in life without doing things the right way. There is a right way to do things and a wrong way. We either obey parents or we don't. We tell the truth or lie.

Truth- The Bible calls wrong things we do "sin". Our sin separates us from a perfect God and prevents us from going to Heaven. (Romans 6:23)

4) Spacing

Sports- You must be in the right position and ready to do your job on the volleyball court in order to score and play good defense. We all can't bunch up in one area or we will leave wide open spots for the other team to score.

Life- We are all good at certain things and need to recognize that truth. Some are good at math, or more athletic, or like to build things. We can't all do the same job when we grow up.

Truth- The same is true as Christians. When we are saved, God gives us a spiritual gift. Some are good at teaching, or serving, or giving. We each have a role to play as we live for Jesus. (1 Corinthians 12:27)

5) **Athleticism/Conditioning**

Sports- We don't run just for the sake of running. We run to be better volleyball players. As we get in better shape we are able to achieve our team goal to play our best for Christ.

Life- In life we should live with purpose and have a goal to accomplish. We go to school so that we can one day go to a good college, or get a good job.

Truth- God tells us in the Bible to live our lives for the purpose of making the name of Jesus, His life, death, and resurrection, known to others. We must live our lives with an eternal purpose, not one that is temporary. (1 Corinthians 9:24-27)

6) **Communicating**

Sports- We have to talk on the volleyball court, so that we know who is getting the ball. Even when we need to shift our position we have to communicate to our teammates. Communicating on the court is a key part of playing well.

Life-The most important people in our life we spend time talking with, I hope. If you called someone your best friend, but you never spoke to them...would they really be your best friend? Could you say you have a great relationship with them?

Truth-If you have put your faith in Jesus then your relationship with Him is very important. We can know God more by reading the Bible, praying, being active in a church, and having close friends who also love Jesus. (Matthew 22:37-38).

7) **Defense**

Sports- The defense is responsible for preventing the other team from scoring, right? It consists of blocking and digging, or contacting the ball, so that we are able to have an offensive possession. It does not matter how good the offense plays if we do not react to our opponent.

Life- Our parents/coaches/teachers help guard us against dangers we face every day. They guard us against strangers, or behaving badly at school etc.

Truth- In our spiritual lives we have to be on guard against sin, hold firm to what God says is right and be the same person no matter what you face. (1 Corinthians 16:13-14)

8) **Scrimmage**

Sports- Doing drills is great, but nothing can replace the experience we gain through a scrimmage. The live game makes us take what we have learned in practice and apply it to the game!

Life- We have to put into practice what we learn in school, from parents, even in volleyball. It does us no good to know something in our head, but never actually do it.

Truth- The same is true in our spiritual lives. Just knowing the answers in church or knowing what the Bible says does not make you a Christian. A relationship with Jesus means we not only know what he says about how to live, but that we actually live that out each day. (James 1:22)