

Respect

Esteem for or a sense of the worth or excellence of a person, a personal quality or ability (Dictionary.com).

What are ways you can show respect during games?

What are ways you can show respect at school?

To your family?

Neighbors?

Teammates?

Romans 12:10: Be devoted to one another in love. Honor one another above yourselves (NIV).

Effort

Exertion of physical or mental power, an earnest or strenuous attempt. Something done by exertion or hard work (Dictionary.com).

Why is it important to work hard at practice?

If you always try your best, you will be a better player. We are designed to benefit most when we work hard to achieve something.

When do you feel like not playing as hard?

Do you think it has anything to do with what you ate earlier that day?

Do you want your teammates to work hard?

Do you want your teammates to think you are trying your best?

Colossians 3:23 Whatever you do, work heartily, as for the Lord and not for men (ESV).

Joy

The emotion of great delight or happiness caused by something. Exceptionally good or satisfying; keen pleasure; elation (Dictionary.com).

What gives you the most joy about playing sports?

What gives you most the joy in the whole wide world?

What do you think will give you the most joy as a profession when you get older?

Have you ever been sad playing sports? Explain.

Have you ever been sad because you failed in some way? Failure is an opportunity to get stronger in life. How cool is that? Every time we mess up, if try and learn from it will help us next time around. Every single person fails every single day some way or another. If everyone just gave up no one would be doing anything.

Do you think you have more or less joy when you respect your teammates, opponents, and the refs?

Do you think you would have more or less joy after knowing you played your hardest? Success is peace of mind in knowing you did your best to get better. John Wooden.

Psalm 118:24: This is the day that the LORD has made; let us rejoice and be glad in it (ESV).

Love

Also known as the Golden Rule: Love your neighbor as yourself (Jesus).

Mark 12:30-31: Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbor as yourself. There is no commandment greater than these' (NIV).

What are some ways you can show someone love when playing sports?

With your family?

When is hard to show someone love?

How does God show love?

God sent His one and only Son, Jesus, to die on the cross for the forgiveness of our sins, and He rose from the grave and ascended into Heaven, praise be to God!

Has anyone ever heard of the Platinum rule?

Treat others how they want to be treated.

How might the way you want to be treated be different than the way someone else might want to be treated?

Do you think it's harder to follow the platinum rule to those of the opposite gender?

Integrity

The quality of being honest and having strong moral principles; moral uprightness (Google).

What would you do if saw a classmate drop a \$20-dollar bill in the hallway?

Integrity is doing what you think is right. When you think about a decision, ask yourself how it affects others. Before that, ask yourself how you want to treat others. Make them happy? Make them sad?

Have you ever played in a game where you thought someone else cheated? How did that make you feel?

If you don't want others to feel that way, then have integrity and make a decision to always follow the rules.

How would your parents feel if they found out you were cheating in school? We are supposed to honor our elders, certainly when they are our parents.

What do you think you should do if you see your friend cheating? Tell on them? What if you found a good time to talk to him or her about it? Tell them you don't think it's a good idea and you are there to help them if they need it.

Integrity is doing what you know is right.

Luke 16:10: One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much (ESV).

Courage

The ability to do something that frightens one. Strength in the face of pain or grief (Oxford Dictionary).

What are you afraid of?

Courage helps you overcome your fears.

Have you ever been timid or afraid when standing up for yourself or your friends?

It takes courage to stand up for what you believe in. It takes even more to stick up for someone who isn't popular.

Have you ever made a mistake playing a sport? Have you ever felt like you make so many you don't want to play anymore?

It takes courage to keep going out there, practicing and playing games. Courage can lead to strength because you don't let your failures shape who your identity. Life will always throw challenges at you, no matter what happens, get up the next day and do your best.

Joshua 1:9: Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go (ESV).

Perseverance

Steadfastness in doing something despite difficulty or delay in achieving success (Google).

What goals do you have in school?

Do you have any goals for this season?

Do you want to play in college?

Have you ever felt like giving up? Why was that?

Why is it important to always play your hardest and never give up in our games?

Philippians 3: 13-14: Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Empathy

The ability to understand and share the feelings of another (Google).

What does it mean to walk in someone else's shoes?

We are all different and see life through a different lens. Try to understand where they are coming from. Show them you care. Some people feel cared for when someone says something nice, others more when someone does something for them, some just spending time together is the best, some is by receiving a gift, some just getting a hug or high five. Get to know them and have fun together.

We all have our own challenges and life, and sometimes showing empathy when your teammate is down is simply saying "me too", to let them know it's ok to struggle and you are there for them.

Romans 12:15: Rejoice with those who rejoice, weep with those who weep (ESV).

Excellence / Humility

Excellence: The quality of being outstanding or extremely good (Google).

Humility: A modest or low view of one's own importance (Oxford Dictionary).

What do you excel at?

What is your response when someone compliments you about doing well?

What do you think your teammates would think of you if after the coaching complimenting you on a great game, you say, “thanks, I just wish my teammates weren’t so bad”, or “yeah, I have to do everything out there if we want to win”.

Keep working hard and remember Philippians 4:13: I can do all things through him who strengthens me (ESV).

Service

The action of helping or doing for someone (Google).

What are some ways you can serve your teammates?

What are some ways you can serve your parents?

What are some ways you can serve your community?

Matthew 25: 34-40: Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me'. Then the righteous will answer him, saying, 'Lord, when did we see you [like that]? And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me (ESV).