

THE STANDARD

Every individual, family, team, and organization has a unique culture made up of people, product, and environment. That culture is made up of expectations, agreements, feelings, and actions. Our responsibility is to protect and promote our culture because we will “win in the locker room before we win on the field.” The Standard is made up of the beliefs and behaviors that we agree to and live out, forming a full embodiment of FCA’s Core values: Integrity, Serving, Teamwork and Excellence. The following 12 items create a championship culture that unites us in pursuit of our mission and vision.

INTEGRITY

1. STAY TIGHT TO JESUS [ABIDE + OBEY] JOHN 15; MATTHEW 17

We consistently trust and hope in Jesus and are renewed daily by his resurrection power, attacking each day as a Kingdom Warrior.

2. BE REAL [VULNERABILITY] 2 CORINTHIANS 12:9

We walk in the light, living with an openness that breeds trust and influence.

3. TEAM-TEAMMATE-SELF [HUMILITY] PHILIPPIANS 2:3-4

We carry ourselves with a quiet confidence and a willingness to listen, learn, and meet the needs of those we serve.

SERVING

4. MAKE IT BETTER [INNOVATE] EXODUS 35:31

We will create, innovate and fight for alignment.

5. IGNORE THE NOISE [RESILIENCE] ROMANS 5:3-5; 2 THESSALONIANS 3:13

We are unwavering in our resolve; we always follow up and follow through. We will persevere.

6. GROWTH MINDSET [LEARNER] JAMES 1:5; HEBREWS 6:1

We never stop learning, growing and teaching.

TEAMWORK

7. LOVE TOUGH [FAMILY] PSALM 133:1

We are fueled by a love for one another that drives us to meet the needs of our teammates.

8. WE'RE BETTER TOGETHER [COLLABORATE] ECCLESIASTES 4:9-12; 1 CORINTHIANS 12:12-14

We intentionally listen and communicate while leaning into our unique gifts to accomplish our mission.

9. TAKE EXTREME OWNERSHIP [OWNERSHIP] COLOSSIANS 3:23; PHILIPPIANS 3:12-14

We take personal responsibility for our own assignments AND for all those that affect the outcome of the FCA mission.

EXCELLENCE

10. PLAY TO WIN [EXECUTION] LUKE 10:17-20

We are better under pressure and have a “bring it on” mentality. We welcome accountability. We know what it takes to win, and the scoreboard drives us forward toward victory.

11. BE THE GUIDE [MULTIPLY/EMPOWER/DEVELOP] 2 TIMOTHY 2:2

We call out the leadership in others, empowering them to be agents of change in their communities.

12. RUN WISE [REST] 1 CORINTHIANS 9:24-26

Powered by the Spirit within us, we will exercise discipline to manage ourselves in such a way that we minister from a place of God’s rest.



2025 Fall Sports League DEVOTIONAL

“Team-Teammate-Self”





Spotlight Drill-Character Traits

Devoted (

Prayerful *(1 Thess. 5:17, Luke 15:17)*

Loving *(*

Serving *(Mark 10:45, Galatians 5:13)*

Coachable/Teachable *(Proverbs 9:9)*

Positive Attitude *(Psalm 118:24, Phil 4:8)*

Encouraging *(1 Thessalonians 5:11, Proverbs 15:13)*

Work Ethic (Colossians 3: 23-24)

Respectful *(1 Peter 2: 17, Philippians 2, Luke 6:31)*

Honesty *(Psalms 25:11, Proverbs 12:17)*

Team player *(Ecclesiastes 4:9-12, Hebrews 10:24-25)*

Hard worker *(Colossians 3: 23-24)*

Perseverance *(James 1:4, Romans 15:5-6,)*

Humility *(1 Peter 5:6 or Philippians 2)*

Sportsmanship *(1 Peter 2:17, Titus 2:7, Luke 6:31)*


Unselfish *(Philippians 2, John 13:34, Romans 13:7)*

Integrity *(Psalms 25:11, Proverbs 10:9)*

Good Listener *(James 1:19)*

Trustworthy *(Luke 16:10, Titus 2:7)*

Compassionate *(John 13:34, Ephesians 4:32, 1 Peter 3:8)*



Spotlight Drill

This drill is typically best positioned after practice but could be done any time your athletes are together. Select one athlete from the team to be in the “spotlight”. Ask the other members of the team to say the person’s name and spotlight one thing that they appreciate about her/him. Comments should spotlight a specific action or behavior that demonstrates a positive character attribute or value that contributes to the team. The more specific the statement, the more powerful the effect.

Location/Facility: Circle up after practices or game.; any

Time: 2-5 minutes

Season: Any

TIPS:

- *Make sure the statement is directed to the person and not about the person.*
- *Coach your athletes to look each other in the eye when delivering and receiving the statements.*
- *Coach the person in the spotlight to receive the words of affirmation and not deflect them.*
- *Coach athletes to be specific. When an athlete says, for example, “Jill, I appreciate the way you help people.” Ask them to be specific. Say instead, “Jill, I appreciate the ride home that you’ve given me when my mom wasn’t able to pick me up.”*
- *Encourage your athletes to spotlight things that are character-based above things that are performance-based.*

RESULTS:

This drill creates a culture of appreciation and value among teammates. When most athletes feel that their value and contribution is based on their performance, this drill teaches athletes to value one another based on their character and virtue. This is especially impactful for those who don’t get a lot of playing time. Athletes are more likely to commit to a team where they feel like they are valued and are making a meaningful contribution to others.

Welcome to Fall FCA Sportsr 2025!

FCA isn’t just a program—it’s a mission. And this season, our mission is to live out our standard of **Team-Teammate-Self**. This means we seek to love God and love others putting the TEAM above ourselves. This fall we will learn from the words and actions of Jesus on how to live this out.

- We will learn how to be a good teammate and how to put our TEAM before ourselves, In FCA we call standard or value, **Team-Teammate-Self**.
- Jesus is the **Perfect Example** of a **Perfect Teammate** and He wants us to be part of the Greatest Team Ever, His Team, **Team Jesus**.
- We will learn how serve and love the whole team first, then our teammates and then ourselves.
- We are going to learn from Jesus’s example and how He demonstrated this is with His First Team-His disciples.
- We can put Team first when we Love God and Love others above ourselves.

Week 1: Introduction: Team-Teammate-Self- TEAM

***We can put Team first when we Love God
and Love others above ourselves.***

The best way we can do that is first joining **GOD'S Team!**

Warmup (Engage)

Intro Question: Take time to share your name and one thing you are looking forward to about being on this team. What do you think is one of the best things about being part of team is?

Memory Verse: John 3:1

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life,

Workout (Equip): Joining God's Team

- Over the next 8 weeks we are going to come together as a team to learn some sports skills and learn about what it means to be part of team,
- We will learn how to be a good teammate and how to think about our teammates above ourselves.
- In FCA we call standard or value, **Team-Teammate-Self.**
- Jesus is the **Perfect Example** of a **Perfect Teammate** and He wants us to be part of the Greatest Team Ever, His Team-Team Jesus.

Today we going to look out how to to be a part of God's Team today and for forever .

- **The FOUR** is FCA's way to explain how to become part of Jesus's team. It is understanding and believing in Who He is and the Work He has done . It tells us about Who He is, Why He came, and that we can join His team to help make the world Better. Let's take a look at His Saving Grace.
- **The FOUR**
- **God Love You**-God made you and loves you. He wants you to personally experience His love and discover His purpose of your life with a relationship with Him.
- **Sin Separates You:** Sin damages your relationship with other people and with God. It keeps us from experiencing God's love for us and separates from Him.
- **Jesus Rescues You:** Jesus died, but rose to life again, Jesus offers you personal relationship with Him. Through faith in Jesus, you can experience God's Love daily.
- **Will you choose Jesus?** You choose to trust Jesus when you believe and confess that Jesus is Lord and *surrender your life to Him.*

Wrap up (Empower) Application

- **Gospel Glimpse:** *The Good News of the Gospel invites new teammates to God's Team*
- **Athlete Action:** *Who are you going to practice with and share The Four?*
- **Parent Play:** *Take time to learn and share The Four together as a family. Visit <https://thefour.fca.org/>*
- **Coaches Connection:** *Coach to the heart of your athletes, not just X's and O's to engage your athletes and team to provide Gospel opportunities.*

Huddle Time

Huddle Time: Circle up for 5-10 minutes in the middle your practice.

Huddle Devotions Include:

- **Weekly Memory Verse:** Hand out Memory Verse Cards to each player at the first practice.
- **Intro/Mixer Questions:** Quick questions to help you get to know your players. Continue sharing names each week until the whole team knows everyone's name.
- **Bible Passage:** Biblical examples/stories providing ways to live out Team-Teammate-Self
- **Application Questions and Prayer:** Opportunities for deeper discussion and understanding on ways to Love God and Love others and put TEAM above self for athletes, coaches and parents.
 - **Athlete Action:** Use this section to brainstorm ways to live out Team-Teammates-Self with your athletes.
- **Spotlight Drill and Character Traits:** Activity to highlight character traits we want to develop in our athletes.

Huddle Tips

- **Be Prepared:** Take time to familiarize yourself with the lessons before practice. Depending on the ages of your players you may not use all the content provided.
- **Adapt** to your team's age and attention span. Read the Bible Passages ahead of time to decide how you would like to use them with your team.
 - Younger Ages you can paraphrase story
 - Older ages read the passage together or challenge them to read on their own the following week.
- **Memory Verses:** Practice as a team and or have players work on them at home.
- **The Four:** Beginning week 2 share and practice throughout the season.
- **Have Fun** as you plant Kingdom seeds in the hearts of your players; don't put too much pressure on yourself.

The Coach's Mandate

Pray as though nothing of eternal value is going to happen in my athletes' lives unless God does it.

Prepare each practice and game, giving my utmost for His highest.

Seek not to be served by my athletes for personal gain, but serve them as Christ served the church.

Be satisfied not with producing a winning record, but with producing winning athletes.

Attend carefully to my private and public walk with God, knowing that the athlete will never rise to a standard higher than that being lived by the coach.

Glorify Christ in my coaching, trusting the Lord will then draw athletes to Himself.

Desire to have a growing hunger for God's Word, a transformed heart and daily obedience.

Depend solely upon God for transformation, one athlete at a time.

Live out Christ's word in a Christ-like manner, on and off the field of competition.

Recognize that it is impossible to bring glory to both myself and Christ at the same time.

Allow my coaching to produce the fruit of the Spirit, thus producing athletes who are authentic followers of Christ.

Trust God to reveal to my athletes His chosen purposes, regardless of whether the wins are clearly visible.

Coach with humble gratitude, as one privileged to be God's coach.

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THE FOUR

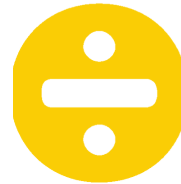
The Gospel explained in four simple truths.



GOD LOVES YOU

God made you and loves you! His love is boundless and unconditional. God is real, and He wants you to personally experience His love and discover the purpose of your life through a relationship with Him.

"So God created man in his own image, in the image of God he created him; male and female he created them." Genesis 1:27



SIN SEPARATES YOU

Sin damages your relationships with other people and with God. It keeps us from experiencing the fulfilling life that God intends for us. The result: you are eternally separated from God and the life He planned for you.

"For all have sinned and fall short of the glory of God," Romans 3:23



JESUS RESCUES YOU

Jesus died, but He rose to life again. Jesus offers you peace with God and a personal relationship with Him. Through faith in Jesus, you can experience God's love daily, discover your purpose and have eternal life after death.

"But God shows his love for us in that while we were still sinners, Christ died for us" Romans 5:8



WILL YOU TRUST JESUS?

You choose to trust Jesus when you believe and confess that Jesus is Lord and surrender your life to Him. Are you ready to place your trust in Jesus?

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast." Ephesians 2:8-9

thefour.fca.org

Week 2: Team-Teammate-Self-TEAM

We can put Team first when we Love

God and Love others above ourselves.

*Putting **TEAM** above ourselves requires us to be **DEVOTED** to God first.*

Warmup (Engage)

Intro Question: *God wants us all to be part of His Team and that means loving Him with everything. What are who is something you love very much? What do you think it means to love God with everything?*

Memory Verse: Matthew 22:27

Jesus replied, ““You must love the Lord your God with all your heart, all your soul, and all your mind.”^[a] 38 This is the first and greatest commandment.

Workout (Equip) Matthew 22: 36-40 Love God First

- Religious leaders of the time did not like Jesus and they were jealous of Him. They were trying to trap Him by asking tricky questions. One of them ask, “*Teacher, what is the greatest comment of the Law* (referring to the 10 Commandments)
- Jesus didn’t argue with them, He simply answered, “*Love the Lord your God with all your heart, soul, and mind.*” Jesus showed them what matters most.
- Jesus reminds them that when we love God first it changes how we treat others.
- As we spend time with God in prayer and the Bible He teaches how we can put our TEAM and others above ourselves.

God’s Love in us makes better teammates, friends, and family members. It’s easier to be kind, forgiving, and patient with our team when we let God’s love lead us. This helps to put TEAM first.

Wrap up (Empower) Application

- **Gospel Glimpse:** *Because of Jesus’s work on the cross we can have a personal relationship with God.*
- **Athlete Action:** *What can you do this week to make God a first priority in your life?*
- **Parent Play:** *What is 1 thing you can do this week to seek God first in your relationship with Him, your family’s sports schedule?*
- **Coaches Connection:** *How can I begin to model being fully devoted to God on and off the field? How are you going to*

The Competitor's Creed

I am a Christian first and last.

I am created in the likeness of God Almighty to bring Him glory.

I am a member of Team Jesus Christ.I wear the colors of the cross.

I am a Competitor now and forever.

**I am made to strive, to strain, to stretch and to succeed
in the arena of competition.**

**I am a Christian Competitorand as such, I face my challenger
with the face of Christ.**

I do not trust in myself.

I do not boast in my abilities or believe in my own strength.

I rely solely on the power of God.

**I compete for the pleasure ofmy Heavenly Father, the honor of Christ
and the reputation of the Holy Spirit.**

**My attitude on and off the field is above reproach –
my conduct beyond criticism.**

Whether I am preparing, practicing or playing;

I submit to God's authority and those He has put over me.

**I respect my coaches, officials, teammates and competitors
out of respect for the Lord.**

My body is the temple of Jesus Christ. I protect it from within and without

Nothing enters my body that does not honor the Living God.

My sweat is an offering to my Master.

My soreness is a sacrifice to my Savior.

I give my all – all of the time.

I do not give up. I do not give in.I do not give out.

**I am the Lord's warrior-a competitor by conviction
and a disciple of determination.**

I am confident beyond reason because my confidence lies in Christ.

**The results of my efforts
must result in His glory.**

LET THE COMPETITION BEGIN.....LET THE GLORY BE GOD'S.

Notes

Week 3: Team-Teammate-Self-TEAM

**We can put Team first when we Love
God and Love others above ourselves.**

Putting team above ourselves requires us to **LOVE OTHERS..**

Warmup (Engage)

Intro Question: Share a way that your family or friends have love you?

In sports. teammates have to lookout for each other, encourage each other and cheer each other on. How has this team done that for you?, helped out showed love

Memory Verse: John 13:34-35

A new commandment I give: Love one another. Just as I have loved you, you are love to love one another. By this everyone will know that you are my disciples, if you love another.

Workout (Equip) Matthew 22:-36-40

- Last week we learned when asked what was the Greatest commandment He answered, Jesus replied, ““You must love the Lord your God with all your heart, all your soul, and all your mind.’[a]
- Then Jesus added. shared the importance of
- He added:
- *Jesus taught us that how we treat others matters.*

When we love our team and our teammates we show others what Jesus is like. We can ask God to help us put our team above ourselves like He does.

Wrap up (Empower) Application

- **Gospel Glimpse:** *Jesus first loved us and gave His life for us- we can love our team and love others*
- **Athlete Action:** *How can you show your Christ-like love to your team or even your opponents this week?*
- **Parent Play:** *What is 1 way you can love your player unconditionally this (despite play on the field/court. Who is God call in you to love in this sport community this week?*
- **Coaches Connection:** *How can you model a Christ-like love this week to your team this week. How can you show grace, patience and to celebrate the worth of every player?*

Close in Prayer as a team.

Week 4: Team-Teammate-Self-TEAM

**We can put Team first when we Love
God and Love others above ourselves.**
*.Putting the **TEAM** above ourselves requires **HUMILITY**.*

Warmup (Engage)

*Intro Question: How does it make you feel when a teammate,
friend or opponent brags/boast about their accomplishments,
have you ever let someone else win or get what you really wanted.
What happened?*

Memory Verse: Phil 2L3-4

*Don't be selfish; don't try to impress others. Be humble, thinking
of others as better than yourselves. 4 Don't look out only for your
own interests, but take an interest in others, too.*

Workout (Equip) Phil 2-1-18

- *Paul (one of the greatest missionaries of all time) wrote a letter to the church explaining how Jesus is the Ultimate Example of Humility*
- *Jesus modeled the being humble by not boasting about being God, but rather He came to earth to help us, love us and serve us and ultimately died for us. This is the ultimate act of humility.*
- *Jesus loved His team by giving not taking.*
- *Paul tell the Philippians (and us) if you love Jesus act like Him.*

**When we humble ourselves, and help others shine not just our
ourselves we show God's love to our team.
This helps us put TEAM first.**

Wrap up (Empower) Application

- **Gospel Glimpse:** *Jesus humbled Himself all the way to the cross to save us-so we can play and live with hearts that put others first.*
- **Athlete Action:** *What's 1 way you put your team before yourself this week-even if no one notices?*
- **Parent Play:** *How can you model humility-especially in how speak towards coaches, referees, other players and even my own*
- **Coaches Corner:** *How are you willing to admit mistakes and model growth and humility. How can I put my marriage, family and team above myself?*



Notes

Week 8: Team-Teammate-Self-**TEAM**

**We can put Team first when we Love God
and Love others above ourselves.**

Putting **TEAM** above ourselves requires us to **PRAY**.

Warmup (Engage)

Intro Question: Last week we learned that our words matter. One of the best ways we can use our words is in prayer. What is something that you are praying for? What is something you can pray for someone else you know? How could praying for your team help them feel loved?

Memory Verse: 1 Thessalonians 5:16-18

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus

Workout (Equip) John 17:20:1-26 Jesus Models Prayer

- *Jesus modeled the importance of prayer while He was on earth. The Bible records many times Jesus went away to pray to the Father.*
- *Before Jesus was arrested by the religious He prayed for her his disciples (His team) and then He prayed for all believers who would come later (that is us-Jesus was actually praying for us!)*
- *Jesus prayed for many things. One thing He prayed before He left earth was for unity and that we would love one another.*

Praying for our team and our teammates is one of the best ways we can put our teams above ourselves and follow Jesus's Example.

Wrap up (Empower) Application

- **Gospel Glimpse:** *Jesus made a way for us to God anytime, so we can pray for our team and teammates knowing He listens and cares.*
- **Athlete Action:** *What things could you start praying for our team this week?*
- **Parent Play:** *What is 1 thing you can begin praying for your child regarding their identity in Christ rather than their sport.*
- **Coaches Connection:** *How can your begin creating a culture of prayer on your team this week and season? Who can I begin*

Week 5 Team-Teammate-Self-**TEAM**

**We can put Team first when we Love God
and Love others above ourselves.**

Putting **TEAM** above ourselves requires us to **SERVE**.

Warmup (Engage)

Intro Question: If you could be a helper on your team for a day, what's one unselfish thing could do to would do to serve them?

Memory Verse: Mark 10:45

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

Workout (Equip) John 13::1-17 Jesus Washes His Disciples Feet

- *At the Last Supper the night before Jesus would die on the cross for us, He demonstrated the greatest act of service.*
- *Instead being served like a king, Jesus serves His teammates by washing their feet. This was something only done be servant.*
- *Jesus was the leader, but He acted like the servant. He feet to show love to them and that on His Team, we serve others.*

When we love God and we serve our TEAM, we are putting them first and modeling how Jesus loved.

Wrap up (Empower) Application

- **Gospel Glimpse:** *Jesus served all mankind by His life, death, and Resurrection so we follow Him when we put our Team firsts.*
- **Athlete Action:** *What is 1 thing you can do this week to serve your team or teammates?*
- **Parent Play:** *What is 1 way you can be serving the families on your team?*
- **Coaches Connection:** *What are some ways you can serve my team, parents, fellow coaches and opponents to help model Jesus to them?*

Close in prayer as a team

Week 6 Team-Teammate-Self-**TEAM**-Unity

We can put Team first when we Love God and Love others above ourselves.

Putting **TEAM** above ourselves requires us to work towards **UNITY** and not division.

Warmup (Engage)

Intro Question: If players on your team were not getting along, what might be some things you could say to help them? Can you think of a motto or team chant to help us stay united? (ie. “better together”, “family”)

Memory Verse: Romans 12:16-17

Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all.

Workout (Equip) Sermon on the Mount- Blessed is the peacemakers

- Shortly after Jesus chose His TEAM (The 12 disciples) He began preaching sermons to crowds of all kinds of people.
- He began sharing about the Kingdom of God (God's way of living) one of the most famous of those teachings, was The Sermon on the Mount.
- Jesus wants His followers to work together like a team-loving, forgiving, and sticking together. He wanted **UNITY** for them and for us. In fact, Jesus said “Blessed is the Peacemaker.”

When we are peacemakers on our team it will help us our team grow in unity.

Wrap up (Empower) Application

- **Gospel Glimpse:** Through the cross, Jesus brought peace between us and God and now we can be peacemakers on our team..
- **Athlete Action:** How can you be a peacemaker and help bring unity on your team this week?
- **Parent Play:** In what ways can you be a peacemaker in your family and also in sports community to help bring unity?
- **Coaches Connection:** Build unity not just skills on your team- what is one activity or drill you could implement this week to build a culture of unity among your team?

Close in Prayer as a team.

Week 7: Team-Teammate-Self-**TEAM**

We can put Team first when we Love God and Love others above ourselves.

Putting TEAM above ourselves requires us **ENCOURAGE** with our words.

Warmup (Engage)

Intro Question: What is the nicest thing a teammate or friend has ever said to you? What is something you could say to your team was losing at halftime to encourage them?

Memory Verse: Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Workout (Equip) Matthew 12:34-17. 1 Thess. 5:11 Words Matter

- Last week we learned about the Sermon on the Mount. Jesus sharing about the Kingdom of God (God's way of living) and the most famous teaching is The Sermon on the Mount.
- During the Sermon on Mount, and other places Jesus taught that our words matter and how we talk to people has the power to build them up or tear them down.
- He taught that we will be held accountability for every word word we say, and what is in hearts will overflow to our speech.

Our words have the power to build up our team or team them down. Let's search our own hearts so our words can encourage our team.

Wrap up (Empower) Application

- **Gospel Glimpse:** Jesus gave us hope when we were at our so can also lift others up with words that point to Him.
- **Athlete Action:** How can you use your words to lift up and encourage your team this week?
- **Parent Play:** car ride home
- **Coaches Connection:** What are some ways you can encourage your family, your team and players this week with your words?