



WEEK 1: EXCELLENCE (AUG. 19 - 25)

Topic:

Today's topic is excellence. Can anyone tell us what excellence means? Can anyone tell us what excellence looks like?

Verse:

"Do the best you can to be the kind of person that God will approve and give yourself to him. Be a worker who is not ashamed of his work – a worker who uses the true teaching in the right way."
- 2 Timothy 2:15 (ICB)

Commentary:

Excellence means greatness-the very best. People appreciate excellence because they know it is hard to find and takes a great deal of practice, patience, and work. Excellence always stands out as a goal to aim towards. Getting an A in school shows excellence, Michael Jordan's basketball career was filled with excellence, LSU baseball demonstrates excellence as does LSU Women's Basketball by winning National Titles. Work toward your own excellence in what you do as well as encourage others for their excellence.... you know it when you see it!

Prayer: (Have players repeat after you)

Dear Heavenly Father, thank you for teaching me about the importance of excellence...doing my best. Help me to see you and to honor you in everything I do. It is in your name I pray, amen.



WEEK 2: ATTITUDE (AUG. 26 - SEPT. 1)

Topic:

Today's topic is attitude. Who can tell me what attitude means? Are there different types of attitudes? What attitude do you have right now? ARE WE GOING TO WIN THIS GAME? (wait for it) A winning attitude!

Verse:

"Brothers, continue to think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected."

- Philippians 4:8 (ICB)

Commentary:

Attitude is a way of feeling or thinking about something or someone. A good attitude is helping someone by encouraging them while a bad attitude might be throwing a temper tantrum. The Bible teaches us that the lens through which we see the world defines our attitude. If our attitude is more focused on the things of God, we are more able to see the world through God's eyes.

Prayer: (Have players repeat after you)

Dear Heavenly Father, free me from the chains of a bad attitude. Work in my heart and mind to transform my thinking from negative to positive, despite any struggles I face. Fill me with a joy that can only come from you. It is in your name I pray, amen.



WEEK 3: PERSEVERANCE (SEPT. 2 - 8)

Topic:

Today's topic is perseverance. Who can tell me what it means to persevere or to have perseverance? Do you finish the things you start? Do you think you give up too easily?

Verse:

"When a person is tempted and still continues strong, he should be happy. After he has proved his faith, God will reward him with life forever. God promises this to all people who love him."

- James 1:12 (ICB)

Commentary:

Perseverance is having the ability to continue with something, a task, belief, or action. Another way of saying it is not giving up on completing something even when things are not going well. Thomas Edison, inventor of the light bulb famously took over 1,000 tries before perfecting a working light bulb! Way to hang in there Thomas! The Bible teaches us that those who remain faithful and endure under stress will be seen and rewarded by God for doing so. To not give up and look to God for help is what the Bible asks us to do.

Prayer: (Have players repeat after you)

Dear Heavenly Father, help me to remember that no matter what comes my way that you are by my side. I know that all things work for my good and your glory, so I ask that you help me to persevere in joy and hope. It is in your name I pray, amen.



WEEK 4: CONFIDENCE (SEPT. 9 - 15)

Topic:

Today's topic is confidence. Who can tell me what confidence means? Do you know people who are confident? Are you confident you will win this game?

Verse:

"We can come to God with no doubts. This means that when we ask God for things (and those things agree with what God wants for us), then God cares about what we say." - 1 John 5:14 (ICB)

Commentary:

Confidence is defined as having full trust and belief in a person or thing being reliable. Having faith is also having confidence. The Bible speaks of confidence as knowing the truth. To live confidently is to trust in the truth of God's word. One of the greatest things you can do for a friend is to remind them of the truth.

Prayer: (Have players repeat after you)

Dear Heavenly Father, I come to you seeking confidence and assurance. Help me to pursue goals and dreams that are in line with your will. When I have self-doubt and fear of failure, remind me that all things are possible through you. It is in your name I pray, amen.



WEEK 5: FRIENDSHIP (SEPT. 18 - 22)

Topic:

Today's topic is friendship. Who can tell me what having a friend means? Think about someone who you share an interest with. Perhaps you have made new friends with people on this team.

Verse:

"Let us think about each other and help each other to show love and do good deeds. You should not stay away from the church meetings, as some are doing. But you should meet together and encourage each other. Do this even more as you see the Day coming." - Hebrews 10:24-25 (ICB)

Commentary:

Friends are usually people you meet through school, sports teams, church, or people in your neighborhood. Shared interests, hobbies, values and likes all draw us to making friends with others. The Bible speaks of friendship sometimes as fellowship. An example of fellowship are the 12 disciples following Jesus united with the belief that He was the Messiah. Out of the fellowship and friendship of the 12 Disciples the Church and all its believers grew to include our entire world. Friendships can be very powerful!

Prayer: (Have players repeat after you)

Dear Heavenly Father, we thank you for this time we've had together in your presence. Help us to remember in the hustle and bustle of daily life that our time together and our time with you is ultimately what matters most. Lead me to form strong, lasting, and loving relationships that please you. It is in your name we pray, amen.



WEEK 6: ENDURANCE (SEPT. 23 - 29)

Topic:

Today's topic is endurance. Can someone tell me what endurance is? Do you know someone who has a lot of endurance? How do you think of yourself under pressure?

Verse:

"You know that these things are testing your faith. And this will give you patience. Let your patience show itself perfectly in what you do. Then you will be perfect and complete. You will have everything you need."
- James 1:3-4

Commentary:

Endurance is the ability to withstand hardship, adversity, or stress. It could be enduring the pain of an illness just as much as the endurance it takes to run a race or play a full game of soccer. The Bible talks about endurance as keeping your faith under pressure. Many times, we are reminded in scripture to stand firm, do not give in and to remain steadfast (focused) on serving the Lord.

Prayer: *(Have players repeat after you)*

Dear Heavenly Father, help me to endure any challenges I face today. Order my steps to follow you and help me to accept these challenges with a positive and good attitude. Guard my heart and the words that come out of my mouth. May they glorify you in your name I pray, amen.



WEEK 7: OBEDIENCE (SEPT. 30 - OCT. 6)

Topic:

Today's topic is obedience. Who can tell me what it means to be obedient? Would you say you are an obedient person or someone who questions everything first? How do you know you are obedient to doing the right things?

Verse:

"You must completely obey the Lord your God. And you must carefully follow all his commands I am giving you today. Then the Lord your God will make you greater than any other nation on earth."

- Deuteronomy 28:1 (ICB)

Commentary:

Obedience is the act or condition of being dutiful and obedient. Obedience is indicated by respect for a coach, teacher or pastor who instructs us to do and be better. By deferring to the knowledge and wisdom of others and complying (obeying) with their instruction we can become quick and better learners. In the Bible obedience is demonstrated by the 10 Commandments as in Thou Shall Not Steal. It also means hearing the word of God and acting on it. It implies aligning our will to God's will; doing what God has asked us to do.

Prayer: (Have players repeat after you)

Dear Heavenly Father, teach me the way of your Word. Help me to keep and be obedient to your commands no matter what. Give me understanding with a teachable heart and the ability to learn to do your will. It is in your name that I pray, amen.



WEEK 8: GRATITUDE (OCT. 7 - 13)

Topic:

Today's topic is gratitude. Who can tell me what gratitude means? Can you think of some things you are grateful for?

Verse:

"Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks."
- Philippians 4:6 (ICB)

Commentary:

Gratitude is simply the feeling of being thankful for something or someone. Appreciation is another word used to define gratitude. Our holiday of Thanksgiving is to be grateful for all that God has given us.

Prayer: (Have players repeat after you)

Dear Heavenly Father, remind me to give thanks to you today and everyday no matter what I may face or challenges I may go through. Help me to have a grateful heart and it is in your name I pray, amen.



WEEK 9: ADVERSITY (OCT. 14 - 20)

Topic:

Today's topic is adversity. Who can tell me what adversity is? Can you recall a time of adversity in your life? How did you handle it?

Verse:

"I told you these things so that you can have peace in me. In this world you will have trouble. But be brave! I have defeated the world!"
- John 16:33 (ICB)

Commentary:

Adversity is a time of trouble, difficulty, or hardship. We all go through difficult times in our lives. Sometimes we do not understand why these things happen or why bad things happen to others. The Bible tells us that in the beginning God created the world in all perfection. But people accepted sin to enter this perfect place. Where there is sin there will be consequences and we have them to this day. But there is good news!

Prayer: (Have players repeat after you)

Dear Heavenly Father, help me to keep my eyes fixed on you. Help me to overcome difficult times by seeking you in prayer, having a good attitude and bringing you all my troubles and concerns. I know you are for me and not against me and it is in your name I pray, amen.



WEEK 10: CELEBRATION (OCT. 21 - 27)

Topic:

Today's topic is celebration. Who can tell me what it means to celebrate? When was the last time you celebrated something?

Verse:

"Be full of joy in the Lord always. I will say it again, be full of joy. Let all men see that you are gentle and kind."
- Philippians 4:4-5 (ICB)

Commentary:

Celebrating is rejoicing, honoring, or throwing a party for an occasion or a person. We celebrate lots of things like birthdays, graduations and honoring the Lord with game day devotions and prayer! The Bible says that celebration is at the center of knowing God. Celebration is meant to give glory to God for His goodness and faithfulness in who He is in our lives. Christmas and Easter celebrations point to Jesus and His saving work in us.

Prayer: (Have players repeat after you)

Dear Heavenly Father, I celebrate your goodness and tenderness to me by honoring you with my heart and with my words. I am grateful for your mercy and your presence always with me! I celebrate you today and it is in your name I pray, amen.



WEEK 11: ASSISTANCE (OCT. 28 - NOV. 3)

Topic:

Today's topic is assistance. Who can tell me what it means to assist someone? Can you think of a time when someone assisted you?

Verse:

"Let your light shine before men in such a way that they may see your good deeds and moral excellence and glorify your Father who is in heaven."
- Matthew 5:16

Commentary:

Assistance is the act of giving aid or support through acts of service to others. Serve Day Saturdays is HPC's assistance to the community helping those in need. Assisting your teammates during a game helps to encourage them to do better. One of the powerful ways that God shows care of those disadvantaged is by making it a priority for His people to help them.

Prayer: (Have players repeat after you)

Dear Heavenly Father, help me to know that you are an ever-present help at any time. Use me to be a source of hope and encouragement to others so that they can see your love through lending a hand in support. It is in your name I pray, amen.



WEEK 12: SPORTSMANSHIP (NOV. 4 - 9)

Topic:

Today's topic is sportsmanship. Who can tell me what sportsmanship is? Are you a good sport whether you win or lose?

Verse:

"Training your body helps you in some ways, but serving God helps you in every way. Serving God brings you blessings in this life and in the future life, too." - 1 Timothy 4:8 (ICB)

Commentary:

Sportsmanship is simply showing good behavior and qualities such as treating people with respect, while playing a sport or game. Sportsmanship considers putting others before yourself while doing your best. A good sport builds people up while having healthy competition by following rules and showing goodwill towards others. The Bible tells us to be team players using our talents and strengths with others to accomplish great things.

Prayer: (Have players repeat after you)

Dear Heavenly Father, help me to always be a good sport, to treat others with respect, to play the game fairly and honestly. Help me to do my best to bring out the best in others. A good sport gives you glory, and it is in your name I pray, amen.