

Week 1: Excellence (Feb. 3–8)

Verse: 2 Timothy 2:15

“Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.”

Commentary:

Excellence means giving your best effort with the abilities God has given you. It’s not about being perfect or better than others—it’s about working hard, improving daily, and honoring God through your attitude and actions. Excellence shows up when we hustle in practice, listen to coaches, encourage teammates, and refuse to quit. When we aim for excellence, our effort stands out and points others to God.

Prayer:

Lord, thank You for calling us to give our best. Help us work hard, stay focused, and honor You in everything we do. Amen.

Week 2: Character (Feb. 10–15)

Verse: Luke 6:31

“Do to others as you would have them do to you.”

Commentary:

Character is who you are when no one is watching. It’s choosing honesty over shortcuts, kindness over selfishness, and doing what’s right even when it’s hard. God gives us wisdom and understanding to help us make good choices. When we build strong character, we become teammates others can trust and people God can use.

Prayer:

Lord, thank You for showing us how to live with integrity. Help us make choices that reflect Your love and treat others the way we want to be treated. Amen.

Week 3: Love (Feb. 17–22)

Verse: 1 John 3:18

“Dear children, let us not love with words or speech but with actions and in truth.”

Commentary:

Love is more than a feeling—it’s something we show through our actions. On the field, love looks like encouraging teammates, respecting opponents, and responding with grace instead of anger. When mistakes happen, love chooses forgiveness over frustration. God shows us perfect love, and He asks us to share that same love with others every day.

Prayer:

God, thank You for loving us so well. Help us show Your love through our words, actions, and attitudes on and off the field. Amen.

Week 4: Joy (Feb. 24–Mar. 1)

Verse: James 1:2-3

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”

Commentary:

Joy is different from happiness. Happiness depends on winning or getting what we want, but joy comes from knowing God is with us. Even when practice is tough or games don’t go our way, joy reminds us that growth is happening. When we trust God and stay committed, joy helps us push through challenges with hope.

Prayer:

God, thank You for joy that doesn't change with circumstances. Help us find joy in hard work, growth, and trusting You. Amen.

Week 5: Peace (Mar. 3–8)

Verse: Colossians 3:23–24

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”

Commentary:

God's peace is a calm confidence in our hearts, even when things feel stressful or uncertain. We experience peace when we trust God with outcomes and focus on giving our best effort. Whether we win or lose, peace reminds us that our value comes from God, not the scoreboard.

Prayer:

Lord, thank You for the peace You give us. Help us trust You, work hard, and rest knowing You are in control. Amen.

Week 6: Patience (Mar. 10–15)

Verse: Psalm 27:14

“Wait for the Lord; be strong and take heart and wait for the Lord.”

Commentary:

Patience means waiting with a good attitude. Improvement doesn't happen overnight—skills grow with time, practice, and perseverance. God teaches us patience so we don't give up too soon. When we wait on Him and keep doing what's right, He strengthens us.

Prayer:

God, help us learn patience as we wait and grow. Teach us to trust Your timing and stay faithful. Amen.

Week 7: Kindness (Mar. 17–22)

Verse: Joshua 2:12

“Now then, please swear to me by the Lord that you will show kindness to my family, because I have shown kindness to you.”

Commentary:

Kindness means choosing grace, even when others are unkind. It shows up in how we speak, how we respond to mistakes, and how we treat everyone—friends and opponents alike. Biblical kindness reflects God's heart and shows others what His love looks like in action.

Prayer:

God, help us show kindness in every situation. Let our actions reflect Your love to everyone we meet. Amen.

Week 8: Goodness (Mar. 24–29)

Verse: Micah 6:8

“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”

Commentary:

Goodness means choosing what is right, even when it's not easy. It's treating everyone fairly, showing respect, and standing for integrity. Jesus is our perfect example of goodness, and when we walk closely with God, He helps us live the right way.

Prayer:

Lord, thank You for Your goodness. Help us choose what is right and live in a way that honors You. Amen.

Week 9: Faithfulness (Mar. 31–Apr. 5)

Verse: 1 Corinthians 1:9

“God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.”

Commentary:

God is always faithful—He never gives up on us. He stays with us in wins and losses, confidence and doubt. Because God is faithful, we can trust Him completely. When we remember His faithfulness, it gives us strength to keep going and not lose hope. Lets learn to be more dependable with the team, encouraging or celebrating when needed.

Prayer:

Lord, thank You for never leaving us. Help us trust You fully and remain faithful in all we do. Amen.

Week 10: Gentleness (Apr. 7–12)

Verse: Colossians 3:12

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

Commentary:

Gentleness is strength under control. It’s showing respect, even in competition, and responding calmly instead of reacting in anger. Gentleness helps us honor the game, respect officials, and encourage teammates. True strength is shown through grace.

Prayer:

God, help us play and live with gentle hearts. Teach us to respond with patience, respect, and self-control. Amen.

Week 11: Self-Control (Apr. 21–26)

Verse: Proverbs 25:28

“Like a city whose walls are broken through is a person who lacks self-control.”

Commentary:

Self-control helps us pause before we react. It allows us to manage our emotions, words, and actions. God gives us strength to make wise choices, even when emotions run high. When we rely on Him, self-control becomes a powerful tool.

Prayer:

Lord, help us control our emotions and actions. Guide us to respond in ways that honor You. Amen.

Week 12: Fruit of the Spirit (Apr. 28–May 3)

Verse: Galatians 5:22–23

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

Commentary:

God gives us the Fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These gifts grow as we follow Him daily. When we take care of what God has given us, our lives reflect His goodness to the world. This week demonstrate one of the fruits of the spirits.

Prayer:

Father, thank You for the gifts You place in our lives. Help us grow and live in a way that reflects Your Spirit. Amen.

Week 13: Leadership (May 5–10)**Verse:** Mark 9:35

“Sitting down, Jesus called the Twelve and said, “Anyone who wants to be first must be the very last, and the servant of all.”

Commentary:

Leadership is about serving others, not being in charge. Great leaders encourage, support, and put the team first. Jesus showed us that true leadership comes from humility and service. When we lead by example, others are inspired to follow.

Prayer:

God, help us lead with humble hearts. Teach us to serve others and reflect Your love through our actions. Amen.

Week 14: Gratitude (May 12–17)**Verse:** 1 Thessalonians 5:18

“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

Commentary:

Gratitude means choosing thankfulness in every situation. When we thank God regularly, we learn to see His blessings—even in difficult moments. A thankful heart helps us stay positive, humble, and aware of God’s constant care.

Prayer:What helps you smile and keep going when something is hard?

Dear God, thank You for every blessing, big and small. Help us live each day with grateful hearts. Amen.