

***Eight Bible Studies on the
“Holy Sweat” Principle***



HOLY SWEAT

AS AN ATHLETE, YOU SIGNED UP FOR THE GRIND.

You already know the formula to get better at your sport:
Train. Prepare. Compete. Learn. Repeat.

But have you ever thought about what it looks like to train spiritually and grow in your faith? It's a question worth asking—especially when 1 Timothy 4:8 reminds us that while physical training is valuable, training in godliness is even more important.

Holy Sweat is designed to help you realize that growing in your relationship with God takes more than just good intentions. It requires focused effort, reliance on the Holy Spirit, and a commitment to engaging with God's Word.

Becoming more like Jesus doesn't happen overnight, and it definitely doesn't happen by accident. But the good news? God has already given us everything we need to grow.

Are you ready to take the next step in your faith journey with God on and off the field?

The Eight Studies Include:

1. The Gospel
2. The Holy Spirit: Who He Is
3. The Holy Spirit: What He Does
4. God's Word: Why We Need It
5. God's Word: How We Use It
6. The Power of Prayer
7. The Power of Community
8. The Power of Story

The Gospel: It Saves Us and Grows Us



The Gospel. It means good news. Not good advice. It's the greatest news in the history of the world. The Gospel is something that really happened over 2,000 years ago that has massive implications for our relationship with God—and how we continue to mature in our faith. That's what this Bible study is about: growing in our relationship with God. It starts with the Gospel and it continues with the Gospel. So, what is it? The good news of the Gospel has four parts.

Part 1: God loves you and created you in his image. He wants you to know him personally and be a part of his family, so you can experience the love and freedom he offers. (Read John 3:16 and John 17:3)

What do these verses tell us about God? Is it hard for you to believe what these verses say?

Part 2: We are all sinners. Sin is part of the human condition. It keeps us from knowing God, being part of his family, and experiencing his love and freedom. (Read Romans 3:23 and Romans 6:23)

What do these verses say about our current condition? How would you define sin? Why do you think sin separates us from knowing God and being a part of his family?

Part 3: Jesus Christ is God's provision for our sin. Through his death and resurrection, God reconciles us to himself and adopts us into his family so we can experience the love and freedom he offers.

Read 1 Peter 2:22 and Hebrews 4:15. What do we learn about Jesus from those verses?

Read 1 Corinthians 15:3-6 and John 14:6. What do we learn about Jesus from those verses?

Part 4: We must individually receive Jesus Christ as our Lord and Savior. Only then can we be in relationship with God and experience his love and freedom as part of his family.

Read John 1:12. What happens to those who receive Christ?

In your own words, combine the four parts of the Gospel into a couple sentences in the space below. Share with the group how you explained it. Feel free to tweak your response after hearing how others explained it.

The Gospel is....

APPLICATION FOR THE ATHLETE



The two circles below represent two kinds of lives



- A life without Jesus Christ where Self is in the center and on the throne—and Christ is outside.
- A life entrusted to Christ where Christ is in the center and on the throne—and Self yields to Christ.

What are some of the specific challenges that athletes face that keep us in the left circle?

Which circle best describes your life right now?

Which circle would you like to represent your life?

Read through the prayer below as a group.

"Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Savior and Lord. Thank You for forgiving my sins and giving me eternal life. Thank you for making me in your image, giving me value and dignity, for allowing me to know you, and for adopting me into your family. Take control of the throne of my life. Make me the kind of person You want me to be. Help me to love You and love others."

Can you think back to a time in your life when you expressed a similar prayer to God? If not, what's stopping you from expressing this to God right now?

Challenge for the week: memorize the way you summed up the Gospel and share it with the group next week.

The Holy Spirit: Who He Is



Review of previous study:

1. God loves us and desires to be in relationship with us
2. Our sin separates us from him
3. Jesus' life, death, and resurrection paved the way for a restored relationship
4. We must individually respond to this Gospel message

When you become part of a team, there are usually some perks associated with it. Gear, shoes, per diem, and even laundry. When you make a decision to place your faith in Christ, that comes with perks too. One of those perks is the Holy Spirit. The moment you accept Jesus as your Lord and Savior, he gives you the Holy Spirit to help you grow. To fully appreciate this gift, we need to know him (yes, the Holy Spirit is a "him" not an "it.") The Holy Spirit has always existed. There was never a time that God the Father created him. In fact, we see him throughout the Bible. That's the focus of this study. Let's start with who He is.

- 1) He, the Holy Spirit or the Spirit of God, is God.
- 2) He is the third member of the trinity (Father, Son, Spirit).
- 3) He is fully God and co-equal with the Father and the Son.
- 4) His primary role now is to be the active presence of God in the world.

Read Genesis 1:1,2. Who is with God in the beginning? And what is the Spirit doing?

Take turns reading the following verses from the Old Testament and note how the Spirit came upon them and what the Spirit enabled them to do:

Numbers 27:18 -

Judges 3:10 -

Judges 6:34 -

Judges 13:25, 14:6 -

1 Samuel 10:9,10 -

Ezekiel 2:2 -

In your own words, describe the role of the Holy Spirit based only on the verses above.

Read John 14:15-17, 26. Based on what you read in the Old Testament about the Holy Spirit, how do you think the disciples would have felt knowing they were all getting the Spirit's power?

Read Galatians 5:22,23. What does the Spirit produce in our lives? Which of those attributes do you need the most?

APPLICATION FOR THE ATHLETE



In the Old Testament, the Holy Spirit came upon certain judges, warriors, and prophets in a way that gave them extraordinary power. He usually empowered one person at a time. But Jesus promised the Holy Spirit to everyone who believed the Gospel in the New Testament. That means Jesus paid for our freedom and connected us with someone to help us grow. God himself lives within us!

What is going on in your life right now that could benefit from having the Spirit's power, wisdom, or help?

How could an increased awareness that God lives inside you help you within the context of sports?

Challenge: **Read Romans 8** this week and take note of what the Holy Spirit does for us.

The Holy Spirit: What He Does



Review of previous study:

1. The Holy Spirit is a person, not a thing
2. The Holy Spirit has always existed
3. The Holy Spirit brings power to the lives of Christians

When we are frustrated with our inability to live the Christian life, we should consider four possible reasons:

- We lack the necessary power or ability to live the Christian life.
- We have the power and ability, but we don't know that we have it.
- We know we have the power and ability, but we don't know how to use it.
- We know how to use the power and ability, but we choose not to use it

Which statement above resonates the most with you? Why?

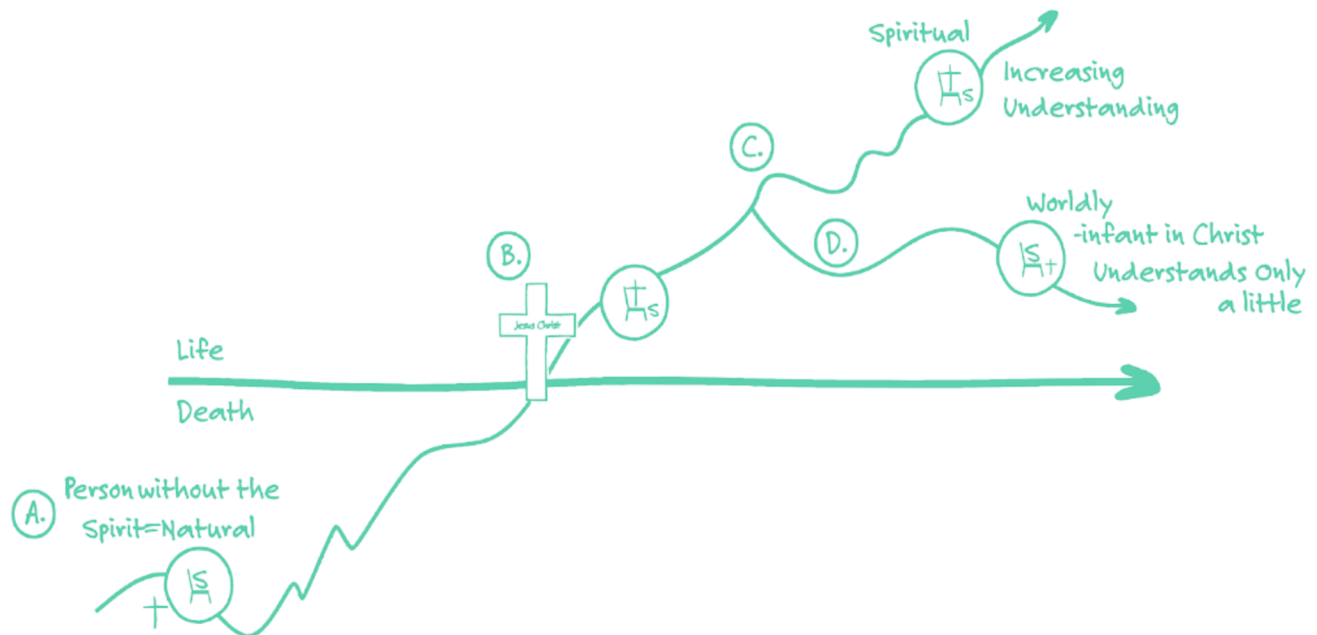
Read through **1 Corinthians 2:9-3:3** (below) and underline any part that stands out to you.

9However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him" - 10but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God. 11For who among men knows the thoughts of a man except the man's spirit within him? In the same way no one knows the thoughts of God except the Spirit of God. 12We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. 13This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words. 14The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. 15The spiritual man makes judgments about all things, but he himself is not subject to any man's judgment: 16For who has known the mind of the Lord that he may instruct him?" But we have the mind of Christ. 3:1Brothers, I could not address you as spiritual but as worldly - mere infants in Christ. 2I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. 3You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men?

What did you underline? Why?

Read **John 14:15-26** and note the four things the Holy Spirit does. Of those four, which do you need him for the most right now? Why?

APPLICATION FOR THE ATHLETE



A. The lower circle represents my life before I received Christ. What was my spiritual condition? What was true of my ability to understand the things of God? Why?

B. When I received Christ and he entered my life, I became spiritually alive and was given the gift of the Holy Spirit promised to every true believer. (John 7:37-39)

C. God intends for me to continue growing in my relationship with him, learning how to live the Christian life and relying on his Spirit to work within me to give me power and understanding. According to Galatians 5:22-23, what would be the result?

D. But there is another possibility. I could fail to grow in my Christian life and never learn how to experience the power God has given me by his Spirit. What would my life be like then?

Challenge: In John 7:37-39, Jesus pictured believers as coming to him to drink from the living water, which is the Spirit. The questions below represent the necessary heart posture to be continually empowered by the Spirit. Ask yourself these three questions every day before practice this week.

- D - DESIRE Do you desire to be filled (that is, directed and empowered) with the Spirit?
- R - REPENT Are you turning from known sin and confessing it to God?
- Y - YIELD Are you surrendering control of your life to Christ?

Pray in faith, asking God to fill you with his Spirit as He commanded you to be. Thank him that he will direct and empower your life as you continue to trust him.

God's Word: Why We Need It



Review of previous study:

1. If we are in Christ, we have the necessary power to live the Christian life.
2. When you received Christ, the Holy Spirit entered your life
3. The Spirit helps you continue growing in your relationship with God

God gave us two foundational ways to grow in our relationship with him. The first, as we just learned, is his Holy Spirit. The second is his Word (the Bible). The Bible is a singular text composed of 66 different books, written by 40 authors over 1500 years, on 3 continents, in 3 languages, composed of poetry, historical, narrative, wisdom, and prophecy. Holding it all together is the consistent story of God reconciling human beings to Himself. The Bible helps us grow by showing us who God is, showing us who we are, and showing us how to align ourselves with God's revealed character.

What has been your experience in seeking help from the Bible?

Read 2 Timothy 3:16-17

What do these verses have to say about the authority of the Bible?

How would accepting God's authorship change your view of the Bible and its potential influence on you?

According to the verses from 2 Timothy above, what are the four benefits of scripture from the passage above and their practical purpose in our lives?

<u>Benefit</u>	<u>Purpose</u>
-	-
-	-
-	-
-	-

Someone once rephrased verse 16 in a different way: "The Scripture tells you what is right, what is wrong, how to get right, and how to stay right." Which of those four purposes of the Bible do you need most in your life right now? Why?

According to verse 17, what is the goal of reading and studying God's word? What does this mean for your life right now?

APPLICATION FOR THE ATHLETE



The most common reasons for not reading God's word on a daily basis:

- I don't know where to start
- I don't have a Bible
- I'm afraid it might change my life
- I don't really think about it
- I don't understand its message
- I don't want to affect my athletic goals
- I don't want to give up sinful habits
- I'm afraid what others might think
- I don't know how to apply what I read
- I keep putting it off for other things

Which of those statements most aligns with your life right now? Why?

Fill in the blank: If I could just _____ I think I would engage with the Bible on a daily basis.

Challenge: **Read one chapter from Proverbs** each day for the next week.

God's Word: How We Use It



Review of previous study:

1. The Bible is God's word to us
2. The Bible is the consistent story of God reconciling human beings to Himself
3. The Bible tells us what is right, what is wrong, how to get right, and how to stay right

A sword is a bladed weapon intended for slashing or thrusting. Consisting of a long blade attached to a hilt, the sword is longer than a knife or dagger. The blade can be straight or curved. Thrusting swords have a pointed tip on the blade and tend to be straighter. Slashing swords have a sharpened cutting edge on one or both sides of the blade and are more likely to be curved. Blah, blah, blah. So, you know a little about swords now. Great. But does information about them automatically mean you know how to use them? Doubtful. The Bible (which is actually referred to as a sword in Hebrews 4:12 & Ephesians 6:17) is similar. We can know a lot about it, but if we don't actually know how to use it, what's the point? This study is meant to help you understand how to read God's word. There are four things worth remembering.

- **Have a plan.** Start with picking a book and reading through it completely. You don't have to start at the beginning of the Bible. Perhaps go at a pace of one chapter per day. For this study, we will assume you have chosen the gospel of John. If you have a study Bible, read the information in the intro section to understand what the book is about before digging in.
- **PRAY** before you start reading. If we want to feed off of God's word, we need his help. Consider a prayer like this: Father, would you open my eyes so I can see the wonderful things in your Word. Would you help me to look behind me and see YOU in the words I am about to read. I want more of you. Please help me.
- **Take notes.** You can use a journal, a scrap piece of paper, the notes app in your phone, or just write in your Bible. Underline what grabs your attention. Write a question mark if you don't understand something. Circle where you see a command or something about the character of God.
- **Ask yourself two questions as you read:** *"What does this teach me about God?"* and *"What does this teach me about how I should live?"*

Let's put it into practice. Pray as a group and then **read John 1 together**. Take time to make individual notes on what you read (and don't be afraid to share some of them with the group). Answer the two main questions (and any other questions that may come up).

APPLICATION FOR THE ATHLETE



Just like your sport, this is going to take practice. These are fundamental disciplines that will help you read the Bible well. Once you master the fundamentals, you can then add some new skills to your toolbelt. But you have to start somewhere.

Of the four tips, which was the most helpful for you? Why?

Up to this point in your life, how often have you read the Bible?

How do you think your view of God—and yourself—might change if you devoted time every day to reading God's word?

Challenge: Continue reading one chapter a day from **Proverbs** OR read one chapter each day in **Galatians**.

Additional Resource:

thebibleproject.com

This is one of the best resources available to help you understand and use God's word. It is packed with short videos explaining what each book is about, as well as key themes that show up all throughout scripture. They even have a plan available to guide you through reading the Bible in a year.

thebiblerecap.com

The Bible Recap offers short daily recaps of God's Word—explaining the challenging parts and connecting the dots to help you develop a deep friendship with God.

The Power Of Prayer



Review of previous study:

1. The Bible is referred to a sword
2. We need to know how to use it, not just information about it
3. The best way to read it is to: have a plan, pray, take notes, and answer two key questions

Assess the health of this marriage: every day the wife communicates how she feels about her husband. She shares her hopes and dreams. She encourages him and supports him. She leaves notes throughout the house for him. On the other hand, the husband occasionally acknowledges her in the morning and right before bed. Sometimes, he will text her during the day and ask her for things to make his life easier. This is not a recipe for a healthy relationship! Two way communication is crucial and it holds true for marriage—and our relationship with God. Simply stated, the Bible is God's way of communicating with us and prayer is our way of communicating with him. The focus of this study is on prayer.

What is the biggest hindrance to your current prayer life?

Read Philippians 4:4-7

As you read through the passage a second time, write down the actions we are to do or not do.

Do you ever think some of your requests are too insignificant or too big for God to answer? Why?

How might rejoicing in the Lord with a thankful heart instead of dwelling on your circumstances help you to approach God?

What is the result when we communicate with God as described in these verses (see verse 7)?

The “peace that will guard your heart” is contrasted with what in verse 6? What difference could this make in your prayer life?

APPLICATION FOR THE ATHLETE



Praying to God can look different for everyone. You don't need to light a candle in a dark room, get on your knees, play soft instrumental music in the background, and close your eyes to ensure God will hear you. Praying can be talking to God out loud or in your head. You can pray while you are driving in the car or working out. Praying can be singing praises to God or writing to him in a journal. Praying can be confessing sins or praising him for his character or thanking him for the blessings you experience or asking him for help in a specific area of your life—or someone else's. Prayer is communicating to God what is going on in your life. He wants to know what's going on because he loves you. And he wants a healthy relationship with you.

How did your family pray growing up? If they didn't pray, how did you experience prayer from other people?

Which of the following are most true about your prayer life right now:

My Issue

- I just forget
- I'm ashamed of what I've done
- I don't know what to say
- I don't know how to do it

God's Issue

- He won't do anything for me.
- He will respond like my earthly father.
- He doesn't care about what matters to me.
- He already knows what I feel, why say it?

To what degree are you motivated (hardly, somewhat, extremely) to move past the hurdles that keep you from talking to God and trusting that He wants to hear from you—anytime, anywhere, about anything?

Challenge: Take five minutes each morning or evening. Bring your requests to God and see what happens to you in the process. Consider writing in a journal and including the ACTS (Adoration, Confession, Thanksgiving, Supplication) of prayer when you talk to God.

Adoration: Lifting God up and praising Him for who He is.

Confession: Acknowledging your sin and desire to change.

Thanksgiving: Gratitude for every bit of your life.

Supplication: Praying on behalf of other people.

Further Resource:

An article written on thechristianathlete.com titled "*Simplifying Prayer for Athletes and Coaches*" gives a few more practical ways to pray for your teammates and athletic department.

The Power of Community



Review of previous study:

1. Prayer is our way to communicate with God
2. God desires to have a healthy relationship with us
3. God wants us to tell him what is going on in our life

Imagine a quarterback breaking the huddle and walking towards the line of scrimmage to run a play. He scans the defense. They're waiting to destroy him. He knows the play will work. But there is a problem. The rest of his team is still in the huddle. Like football, and many other sports, our faith is meant to be a "team game." We need a community to thrive and survive. Without it, the enemy will have his way with us. So how do we intentionally surround ourselves with people who are willing to encourage us and be encouraged by us in our journey of faith? That's the focus of this study.

Read Hebrews 10:23-25

In each verse, identify the positive actions believers are to do.

v23

v24

v25

Christian hope believes that God is faithful and will provide what He promises. How might hope encourage perseverance in your present circumstances?

Verse 24 says that we live out our confession by "spurring one another on to love others and do good works." What does spurred mean? Who has "spurred" you on in your faith and how did they do it?

While the text doesn't give us specifics, what consequences might first century believers experience for not staying in regular fellowship (v25)? In what ways might these be the same for you?

In **Philippians 2:2-3**, the apostle Paul says to be "united in spirit, intent on one purpose ... regarding one another as more important than yourself". Why is it easier to pursue a great cause locking arms with others rather than going it alone? How have you experienced this?

APPLICATION FOR THE ATHLETE



Let's be careful not to romanticize the idea of community. We are not saying it's easy. It's hard to pursue others. It's hard to block off time for this in the midst of our already busy schedules. It's hard to be vulnerable and authentic. It's hard to deal with conflict that comes with relationships. It's not easy, but it is worth it. And the strength of our faith depends on it.

What below prevents you from being in close relationship with other Christians?

- My schedule is too demanding to make time for others.
- We have games and travel on the weekend.
- I can't even keep up with good friends let alone the Christian community.
- After practicing all week, I need a break on Sunday.
- I don't know anyone at church and frankly don't want to meet anyone.
- I feel uncomfortable letting others know the "real" me.
- I'm not good at initiating with other people.
- I don't know any.
- I don't have any idea which church to attend.
- Other

New Testament Christians were described as "devoting themselves to fellowship." (Acts 2:42) What does devotion look like to your team? What adjustments would you need to make in your attitude or actions to be described as devoted to fellowship (authentic, sincere, vulnerable, accountable Christian connections)?

Based on the ways people have encouraged you, what could you do for others to encourage them in their faith? Write down their names and what you could do to strengthen their faith.

People who need encouragement

-
-
-

What I could do to encourage them

-
-
-

What practical ways could you get involved with Christian community now instead of waiting for an off-season that never comes? A Bible study? Prayer group? Church?

The Power of Story



Review of previous study:

1. We need others to spur us on in our faith
2. The people around us need us too
3. God created us to live and grow in community, not isolation

There is a reason why Jesus often taught using parables (short stories with a lesson). He understood that the most effective way to influence people was not knowledge dumping or fact giving. It wasn't by tapping into their intellect, but by tapping into their heart. And the quickest way to someone's heart is leveraging the power of story. We all have one worth telling. One of the primary ways to be a good steward of the story God has written in our life is knowing it well and being able to effectively share it with others. That's the focus of this study.

Read 1 Peter 3:15

According to this verse, what is one of the ways we can honor Christ?

This verse says we need "to be prepared." Why do you think prep work is needed when it comes to sharing our faith with someone?

On a scale of 1-10 (1=not prepared at all, 10=super prepared), how would you rate your current level of preparedness in sharing your faith? How would you rate your desire to grow in this area?

In your opinion, what do you need most to grow in this area?

What does it mean "to give a defense"?

Why do you think the verse ends with an encouragement for us to do this with "gentleness and respect"?

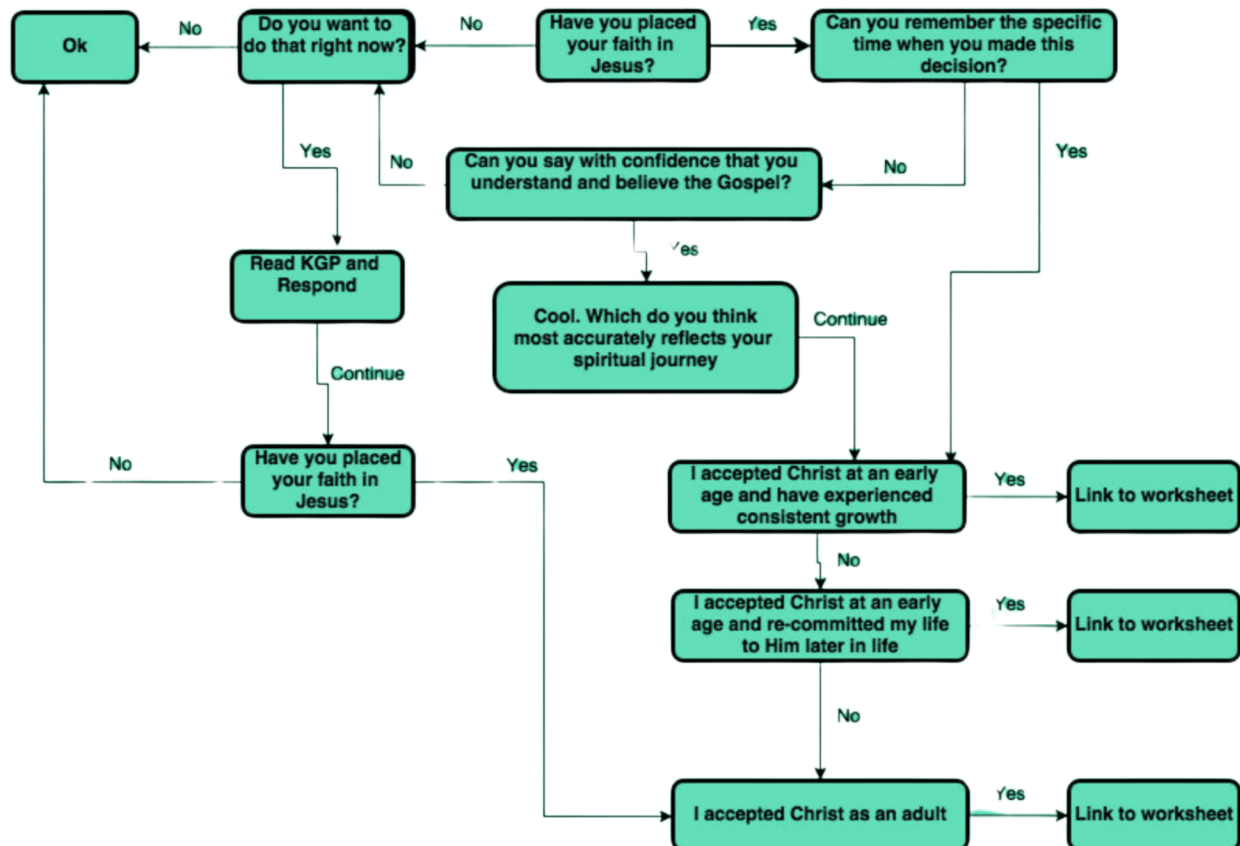
APPLICATION FOR THE ATHLETE



When Peter implores us to “give a reason for the hope we have”, he is probably encouraging us to tell our story. But how do we tell our story? Where do we start? Look through the flowchart below. Start with “Have you placed your faith in Jesus.” After you get to the end of the chart, work through the appropriate story worksheet below.

After you have spent some time reading through the worksheet, begin to share your story with each other using the template provided.

*If you just made a decision to place your faith in Jesus or are still considering it, don't be afraid to share that with your group.



KGP Explanation



Knowing God Personally (KGP) is a resource created by the ministry of Cru over 50 years ago. Hundreds of thousands, perhaps millions, have come into relationship with God using this simple tool. The Gospel is what saves, but this resource is a vessel to deliver it clearly. It packages the Gospel into four stages. The full resource can be viewed at: <https://athletesinaction.org/resources/equipped/gospel/kgp-reconciled>

Stage One: God's Perspective

God loves you and created you in his image. He wants you to know him personally and be part of his family, so you can experience the love and freedom he offers.

"For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life." John 3:16; "And this is eternal life, that they know You, the only true God, and Jesus Christ whom You have sent." John 17:3

Stage Two: Our Condition

We are all sinners. Sin is part of the human condition. Sin keeps us from knowing God, being a part of his family, and experiencing his love and freedom.

"All have sinned and fall short of the glory of God." Romans 3:23; "For the wages of sin is death." Romans 6:23

Stage Three: God's Response

Jesus Christ is God's only provision for our sin through Christ's death and resurrection. God reconciles us to himself and adopts us into his family so we can experience the love and freedom he offers.

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

Stage Four: Our Response

We must individually receive Jesus Christ as Lord and Savior. Only then can we be in relationship with God and experience his love and freedom as part of his family.

"But to all who did receive Him, who believed in His name, He gave the right to become children of God" John 1:12

You can receive Christ right now by faith through prayer

Prayer is talking to God. God knows your heart and is not so concerned with your words as He is with the attitude of your heart. The following is a suggested prayer: *"Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Savior and Lord. Thank You for forgiving my sins and giving me eternal life. Thank you for making me in your image, giving me value and dignity, for allowing me to know you, and for adopting me into your family. Take control of the throne of my life. Make me the kind of person You want me to be. Help me to love You and love others."*

Format 1: Adult Conversion



Before

1. What things were you looking for in life—and maybe specifically your sport—that were not bringing you the satisfaction you thought they would? (For a lot of athletes, it's things like approval of others, identity as an athlete, or performance based acceptance)
2. Give one specific example of how you tried to chase after this need unsuccessfully.

Transition

“But no matter how much I _____ it never satisfied me the way I expected it to.”

Or

“But no matter what _____, I was never fully content.”

Or

“Even though I achieved _____, I still felt empty inside.”

How

1. Describe what happened that caused you to consider inviting Jesus into your life for the first time. Who did you talk to? What did they say? What clicked inside of you for it all to make sense?
2. State how you trusted Christ. (Briefly include the Gospel)

****Sharing the Gospel could include, but is not limited to, saying something like this: “I finally put my faith in Jesus. I realized I was separated from God because of my sin and that Jesus died and rose from the dead to make a way for me to be in relationship with God.”**

Transition

“I don’t have all of the answers but I am confident that _____”

Or

“I am still a work in progress but since I trusted Christ, I have noticed _____”

After

1. Describe what your walk with God has looked like since you made the decision to follow him in 3-5 sentences.
2. A couple ways to end: recite your favorite verse and briefly state why it’s your favorite. In your own words, admit you are still on a journey but you are trusting for God to grow you according to His perfect timing. In your own words, maybe restate how you still struggle with the things in life you were chasing from the very first question but how you have confidence that God is with you and helping you see that a relationship with Him is better than all of those things.

Format 2: Early Conversion; Recommitment Later In Life



Before

1. Describe what happened that caused you to consider inviting Jesus into your life for the first time. Who did you talk to? What did they say? What clicked inside of you for it all to make sense? Include the Gospel. **Sharing the Gospel could include, but is not limited to, saying something like this: “At a young age I realized I was separated from God because of my sin and that Jesus died and rose from the dead to make a way for me to be in relationship with God.”
2. What caused you to fall away? What lies were you believing? Or, what things were you looking for in life—and maybe specifically your sport—that were not bringing you the satisfaction you thought they would? (For a lot of athletes, it’s things like approval of others, identity as an athlete, or performance based acceptance)

Transition

“Even though I know through my initial decision to Christ that He never left me, I felt like I left him because _____”

Or

“I am confident that God’s love for me never changed, but my love for Him seemed to change because _____”

Or

“I wouldn’t say I fell away from God, but something just did not seem right in my heart because _____.”

How

1. What happened that caused you to recommit your life to Jesus? Who did you talk to? What did they say? What clicked inside of you for it all to make sense?

Transition

“I am still a work in progress but since I recommitted my life to Christ, I have noticed _____”

After

1. Describe what your walk with God has looked like since you made the decision to follow him in 3-5 sentences.
2. A couple ways to end: recite your favorite verse and briefly state why it’s your favorite. In your own words, admit you are still on a journey but you are trusting for God to grow you according to His perfect timing. In your own words, maybe restate how you still struggle with the things in life you were chasing from the very first question but how you have confidence that God is with you and helping you see that a relationship with Him is better than all of those things.

Format 3: Early Conversion; Steady Growth



How

1. Describe what happened that caused you to consider inviting Jesus into your life for the first time. Who did you talk to? What did they say? What clicked inside of you for it all to make sense? Include the Gospel. **Sharing the Gospel could include, but is not limited to, saying something like this: “At a young age I realized I was separated from God because of my sin and that Jesus died and rose from the dead to make a way for me to be in relationship with God.”
2. In 3-5 sentences, state how God has helped you grow in your relationship with him through a specific experience you had as an athlete or maybe a specific relationship with someone else in your life.

Transition

“I don’t have all of the answers but I am confident that _____”

Or

“I am still a work in progress but since I trusted Christ, I have noticed _____”

After

1. Describe what your walk with God has looked like since you made the decision to follow him in 3-5 sentences.
2. A couple ways to end: recite your favorite verse and briefly state why it’s your favorite. In your own words, admit you are still on a journey but you are trusting for God to grow you according to His perfect timing. In your own words, maybe share what you are currently struggling with but how you have confidence that God is with you in the midst of the struggle.