

I. God has given us good gifts James 1:16-17

A. His gifts without Him can be a burden

B. His gifts under Him are a blessing

II. Athletics can be a blessing in our lives I Tim 4:4-5

A. They can be consecrated I Tim 4:7-8

B. They can train us for life I Cor 9:23-27;
II Cor 4:17-18

III. Athletics can bring out the worst in us

A. We can poison our kids II Sam 15:1-6

B. We can poison our relationships

¹⁶ Don't be deceived, my dear brothers. ¹⁷ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Sports Commandments

1. I thank God for the good gift of sports in my life, but I will never allow it to take the place of God or become an idol, taking life from me.
2. I will enthusiastically watch my family and friends play sports in whatever role the coach determines, without any sense that they are entitled to anything beyond what is right.
3. I will show respect in all my communications with coaches and referees since they represent authority, which comes from God.
4. I will use my position as coach, helper, or fan only to build into young people the good that God wants for all people.
5. I will express my passion at athletic events but will always be in control of my emotions, never joining a mob mentality or saying things that dishonor Christ.
6. I will utilize sports as a means to the greater purpose of instilling disciplines and perseverance and life lessons in myself and others.
7. I will not enable my kids by inappropriately shielding them from set backs and struggles but will encourage them to grow and learn to bounce back.
8. I will discover and rejoice in the gifts and abilities God has given my children and not attempt to live my life through them.