



Week 3: Rules of the Game, Obeying God's Word

- **Theme:** Guided By the Rules
- **Primary Scripture:** Psalm 119:105 - Your word is a lamp to my feet and a light to my path.
- **Additional Scripture:** Joshua 1:8 and James 1:22
- **Key Words:** Obedience, Discipline, Guidance
- **Connection to Sports:** In sports, rules are essential for maintaining order, fairness, and ensuring the game is played the way it was intended. Players must know and follow the rules to achieve success and avoid penalties. Similarly, God's Word serves as our guide, showing us how to live a life that pleases Him. Just as discipline and commitment to the rules lead to victory on the field, obeying God's commands leads to spiritual success and fulfillment in life. His Word lights the way, helping us navigate challenges and stay on the right path.

Practical Application for Sports and Life:

- **In Sports:** Study and understand the rules of the game to play effectively and avoid penalties. For example, knowing the boundaries and strategies helps you make wise decisions on the field.
- **In Life:** Spend time reading and applying God's Word daily. Just as an athlete practices to improve, regularly studying Scripture helps you stay disciplined and make choices that honor God.

Challenge for the Athlete:

This week, focus on learning and following the rules in your sport. During practice, make sure you're playing fair and listening to your coach's guidance. At home, spend a few minutes reading Psalm 119:105 with a parent or sibling and think about how God's Word can help you make good choices every day. Try to follow one rule from the Bible this week, like being kind or helping someone in need!



Devotional Script for Coaches: Week 3

In sports, rules are what keep the game fair, organized, and enjoyable for everyone. Players need to know and follow these rules to succeed and avoid penalties. The same is true in life. God’s Word, the Bible, serves as our guide, showing us how to live a life that honors Him.

Psalms 119:105 says, “Your word is a lamp to my feet and a light to my path.” This verse reminds us that God’s Word is like a flashlight in the dark, helping us see where to step and avoid danger. Just as an athlete studies the rules and practices discipline on the field, we are called to study and follow God’s commands to navigate life’s challenges.

In *Joshua 1:8*, we’re encouraged to meditate on God’s Word and follow it closely. Obedience requires effort and practice, just like in sports. For example, when players know the rules, they can play confidently and make wise decisions. Similarly, when we know and obey God’s Word, we experience His guidance, peace, and blessings in our lives.

Practical Challenges:

Encourage your team this week to respect the rules of the game and play fairly. Remind them that success comes from discipline, whether that’s staying within the boundaries or following a coach’s instructions. Off the field, challenge them to spend time reading God’s Word and apply one rule, like showing kindness or helping someone in need.

Obeying God’s Word is not just about following a list of “do’s and don’ts.” It’s about trusting that His way is the best way. Just as a coach provides rules for success on the field, God gives us His Word to help us live a fulfilling and meaningful life.

Reflection Questions:

1. Do I take time to study and understand the rules—both in sports and in life?
2. How does following God’s Word help me make better choices each day?
3. What is one way I can practice obedience to God this week?

Prayer:

Lord, thank You for giving us Your Word as a guide for our lives. Help us to follow Your commands with joy and discipline, knowing that Your way is always best. Teach us to trust in You, just as we trust our coaches on the field. In Jesus’ name, Amen.