Saint Talks Group Discussion

SAINTFUEL

Season 3
Session 1

Embracing Coachability: The Christian Athlete's Journey

Objective:	
To explore the importance of coachability for Christian athletes, understanding how humility, respect, and a teachable spirit contribute to personal growth, team success, and spiritual development.	

Opening Prayer:	Heavenly Father, as Christian athletes, we gather to explore the value of coachability in our journey. Grant us open hearts and minds to receive Your wisdom and guidance as we seek to grow in humility and teachability. Amen.
Biblical Reflection:	Read Proverbs 19:20 and reflect on the wisdom of being open to instruction and advice, recognizing that it leads to success and growth, both in sports and in life.
Discussion:	• Share personal experiences of times when you struggled with coachability or witnessed its importance in sports and life. • Discuss the qualities of a coachable athlete, including humility, respect, willingness to learn, and resilience in the face of feedback or criticism. • Explore the parallels between coachability in sports and the Christian journey, recognizing the importance of being receptive to God's guidance and correction in our lives.
Application:	• Reflect on your coachability as an athlete. Are there areas where you can grow in humility and openness to feedback? • Identify specific steps you can take to cultivate a more coachable attitude, such as actively seeking feedback, listening attentively to coaches and teammates, and embracing opportunities for growth and improvement. • Commit to approaching your athletic journey with a spirit of humility and teachability, recognizing that God often uses coaches, teammates, and challenges to shape us into the people He wants us to become.
Closing Prayer:	Gracious God, we thank You for the opportunity to grow and learn as Christian athletes. Help us to embrace coachability as a pathway to personal growth, team success, and spiritual development. May Your spirit guide us in all we do. Our Father, who art in heaven... Amen.