

Saint Talks

Group Discussion

Season 2
Session 1

Serving to Lead: The Heart of Leadership

Objective:

To develop an understanding of servant leadership rooted in humility and integrity, reflecting upon biblical examples of leadership and identifying ways to lead by example both on and off the field or court.

<p>Opening Prayer:</p>	<p>Lord God, as we come together for another session, we ask for Your guidance in understanding what it means to lead with humility and servanthood. Teach us to be leaders who follow the example of Jesus Christ. Amen.</p>
<p>Biblical Reflection:</p>	<p>Read Mark 10:42-45. Reflect on Jesus' teachings about servant leadership and its relevance to our roles as athletes and leaders.</p>
<p>Discussion:</p>	<ul style="list-style-type: none"> ● Share examples of leaders who have inspired you, both within the realm of sports and in other areas of life. Why do they inspire you? ● Discuss the characteristics of servant leaders, including humility, empathy, compassion, and a commitment to serving the needs of others. ● Explore the impact of servant leadership on team dynamics, organizational culture, and the development of individuals, recognizing its power to inspire, empower, and unify.
<p>Application:</p>	<ul style="list-style-type: none"> ● Reflect on your own leadership style and practices. Are there areas where you can incorporate more servant leadership principles? ● Identify specific ways you can serve and support your teammates, coaches, and others in your community. ● Commit to leading with humility, compassion, and a servant's heart, knowing that true leadership is not about holding power or authority but about making a positive difference in the lives of others.
<p>Closing Prayer:</p>	<p>Gracious God, we thank You for the example of Jesus, who came not to be served, but to serve. Help us to follow His example in our roles as athletes and leaders, always seeking to serve others and glorify You in all we do.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>

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Season 2
Session 2

Prioritizing God: Making Time for Prayer Amidst an Action-Packed Schedule

Objective:

To explore practical ways to prioritize God in the midst of hectic schedules, recognizing the importance of carving out time for prayer and spiritual reflection, and committing to intentional practices that nurture a deeper relationship with God.

Opening Prayer:	Gracious God, as we gather once more, we recognize the challenges of balancing our action-packed lives with our desire to prioritize You. Grant us wisdom and discernment as we explore how to make time for prayer in the midst of our daily schedules. Amen.
Biblical Reflection:	Read Luke 5:15-16. Reflect on Jesus' example of withdrawing to pray in the midst of His ongoing ministry.
Discussion:	<ul style="list-style-type: none"> ● Share personal experiences of struggling to find time for prayer amidst your action-packed schedule. ● Discuss the importance of making intentional choices to prioritize God in our daily lives. ● What are some practical strategies for carving out time for prayer and worship, even when our schedules are full? ● How can we make practices and games a form of prayer, even while our immediate focus is on competing?
Application:	<ul style="list-style-type: none"> ● Evaluate your current schedule and identify areas where you can create space for prayer. Consider how a few minutes, day after day, can make an impact on your spiritual journey. ● Experiment with different times and methods of prayer to find what works best for you. ● Hold yourself accountable by setting specific goals for prayer time.
Closing Prayer:	<p>Heavenly Father, we thank You for the gift of prayer, which allows us to draw near to You in the midst of our action-packed lives. Grant us the discipline and desire to prioritize You above all else, finding strength and renewal in Your presence</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>

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Season 2
Session 3

Reflecting Christ's Character: Sportsmanship and Integrity.

Objective:

To explore the importance of reflecting Christ's character in sportsmanship and integrity, understanding how our actions while competing can be a testimony to our faith and influence others for Christ.

Opening Prayer:	Heavenly Father, as we come together for this session, we ask for Your guidance and wisdom. Help us to understand the significance of Christ's character as it relates to our sportsmanship and integrity while competing. Amen.
Biblical Reflection:	Read Philippians 2:3-4 and reflect on Paul's exhortation to prioritize others above ourselves and to demonstrate humility and integrity in our interactions.
Discussion:	<ul style="list-style-type: none"> ● Share examples of athletes or sports figures who have exhibited admirable sportsmanship and integrity. How did their actions reflect Christ's character? ● Discuss the challenges athletes face in maintaining integrity and sportsmanship, particularly in competitive environments. ● Explore practical ways to demonstrate Christ-like character and model ideal sportsmanship.
Application:	<ul style="list-style-type: none"> ● Reflect on past experiences where you may have struggled with maintaining integrity or sportsmanship. Pray for strength and guidance in those areas. ● Commit to actively practicing humility, respect, and fairness in your interactions with teammates, opponents, coaches, and officials. ● Initiate conversations with teammates, coaches, and peers about the importance of sportsmanship and integrity. Share your insights and experiences, and encourage others to join you in striving for higher standards of conduct.
Closing Prayer:	<p>Lord Jesus, we thank You for the example of humility and integrity You have set for us to follow. As we strive to reflect Your character in our sportsmanship and integrity, help us honor You during competition and in all we do, so we may be a light that points others to Your love and grace.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>

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Group Discussion

Season 2
Session 4

Identity in Christ: Discovering True Worth Beyond Athletic Achievements

Objective:

To help athletes understand and embrace their identity in Christ, recognizing that their worth is found in Him rather than in their athletic achievements, and to equip them with tools to navigate the challenges of performance-based identity.

Opening Prayer:	<p>Heavenly Father, as we gather for this session, we invite Your presence to guide our hearts and minds. Help us to discover and embrace the true source of our identity in Christ and find our worth in You. Amen.</p>
Biblical Reflection:	<p>Read Matthew 6:19-21 and reflect on Jesus' teaching about storing up treasures in heaven rather than on earth. Consider how this principle applies to the lives of Christian athletes.</p>
Discussion:	<ul style="list-style-type: none"> • Share experiences of times when you struggled with finding your identity in Christ verses in your athletic achievements. • Discuss the pressures athletes face to find their worth in performance and how it can impact mental health and spiritual well-being. • How can athletes balance their goals to win championships and awards along with their desire to abide by Christ's teaching of storing up treasures in heaven?
Application:	<ul style="list-style-type: none"> • Reflect on personal strengths and talents that are separate from athletic abilities. • Practice affirming your identity in Christ daily through prayer and scripture. • Encourage teammates and peers to find their worth in Christ and support one another in embracing this truth.
Closing Prayer:	<p>Gracious God, we thank You for the gift of identity in Christ, which transcends our earthly achievements and brings true fulfillment. Help us to fully place our worth in You and to live out our faith confidently in all aspects of our lives.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>