

# Saint Talks

## Group Discussion

Season 1  
Session 1

### Starting Line: Committing to Faith and Sport

#### Objective:

To explore the intersection of faith and athletics, understanding how athletes can integrate their spiritual beliefs into their sports journey, and setting personal goals for spiritual and athletic growth.

<b>Opening Prayer:</b>	<p>Dear Lord, as we gather here today, we thank You for the opportunity to come together as athletes and believers. Help us to open our hearts and minds to Your Word and guide us in our journey of faith and sport. Amen.</p>
<b>Biblical Reflection:</b>	<p>Read 1 Corinthians 9:24-27. Reflect on the analogy of the Christian life as a race. Discuss the similarities between athletic training and spiritual discipline.</p>
<b>Discussion:</b>	<ul style="list-style-type: none"> <li>● How do you see your faith intersecting with your athletic pursuits?</li> <li>● What challenges do athletes face in maintaining their faith while competing, particularly with keeping Jesus at the center?</li> <li>● In what ways do you see sports being a gift from God?</li> </ul>
<b>Application:</b>	<ul style="list-style-type: none"> <li>● Set a specific goal for your athletic and spiritual development this season.</li> <li>● Commit to integrating prayer and scripture reading into your training routine.</li> <li>● Identify a mentor or accountability partner who can support you in both your faith and athletic journey.</li> </ul>
<b>Closing Prayer:</b>	<p>Heavenly Father, as we close this session, we ask for Your strength and guidance in our endeavors as athletes and followers of Christ. May we run the race with perseverance, keeping our eyes fixed on You.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>

# Saint Talks

## Group Discussion

Season 1  
Session 2

### Endurance Training: Overcoming Challenges with Faith

#### Objective:

To examine the role of faith in persevering through challenges and adversity in both athletic endeavors and personal life, and to equip athletes with strategies for maintaining resilience and faith in difficult times.

<b>Opening Prayer:</b>	Lord, we come before You once again, grateful for the opportunity to gather as fellow athletes and believers. Grant us endurance and resilience as we face the challenges ahead. Amen.
<b>Biblical Reflection:</b>	Read James 1:2-4. Reflect on the idea of persevering through trials and how it relates to athletic training and competition.
<b>Discussion:</b>	<ul style="list-style-type: none"> <li>● Share a time when you faced a significant challenge in your athletic journey. How did your faith help you overcome it?</li> <li>● Discuss the role of perseverance in both athletics and faith. How can challenges strengthen our character and faith?</li> <li>● How can we support and encourage one another in times of difficulty, both on and off the field?</li> </ul>
<b>Application:</b>	<ul style="list-style-type: none"> <li>● Identify a specific challenge you're currently facing in your athletic pursuits. Pray for strength and wisdom to overcome it.</li> <li>● Reach out to a teammate or friend who may be struggling and offer words of encouragement and support.</li> <li>● Reflect on how your past experiences of overcoming challenges have shaped your character and faith.</li> </ul>
<b>Closing Prayer:</b>	<p>Dear Lord, as we conclude this session, we thank You for the reminder that trials produce endurance. Grant us the strength to persevere in both our athletic endeavors and our walk with You.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>

# Saint Talks

## Group Discussion

Season 1  
Session 3

### Teamwork: Unity for a Purpose

#### Objective:

To understand the importance of teamwork and unity within athletic teams and faith communities, exploring biblical principles of unity, and committing to fostering a culture of collaboration and support.

<b>Opening Prayer:</b>	Gracious God, we gather before You once again, thankful for the gift of fellowship and community. Help us to understand the importance of teamwork and unity in both our athletic teams and our faith communities. Amen.
<b>Biblical Reflection:</b>	Read 1 Corinthians 12:12-27. Reflect on the analogy of the body of Christ and its implications for teamwork and unity among believers.
<b>Discussion:</b>	<ul style="list-style-type: none"> <li>• Share examples of how teamwork has contributed to success in your athletic endeavors.</li> <li>• Discuss the challenges of maintaining unity within a team.</li> <li>• How can we apply the principles of teamwork and unity to our relationships within the Church and broader community?</li> </ul>
<b>Application:</b>	<ul style="list-style-type: none"> <li>• Take time to appreciate the unique strengths and talents of each member of your athletic team.</li> <li>• Practice active listening and empathy in your interactions with teammates, seeking to understand their perspectives and experiences.</li> <li>• Identify one practical way you can contribute to fostering unity within your team or faith community.</li> </ul>
<b>Closing Prayer:</b>	<p>Heavenly Father, we thank You for the diverse gifts and talents You have given us. Help us to work together in harmony, honoring one another and glorifying You in all we do.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>

# Saint Talks

## Group Discussion

Season 1  
Session 4

### Humility: Pursuing Success Without the Spotlight

#### Objective:

To reflect on the transformative power of humility in athletics and the Christian life, recognizing the importance of cultivating humility in our attitudes and interactions rather than seeking the spotlight.

<b>Opening Prayer:</b>	Heavenly Father, as we gather for our time together, we humbly come before You and acknowledge your sovereignty and goodness. Guide our hearts and minds as we seek to grow in humility and glorify You in all our endeavors. Amen.
<b>Biblical Reflection:</b>	Read Matthew 23:11-12. Reflect on Jesus' words about humility and greatness, understanding that those who humble themselves will be exalted by God.
<b>Discussion:</b>	<ul style="list-style-type: none"> <li>● Share personal experiences of witnessing humility or its absence in the pursuit of success, both in sports and in other areas of life.</li> <li>● Explore the difference between healthy ambition and the craving for the spotlight, recognizing that true success is found in using our gifts to benefit others and honor God.</li> <li>● How have we seen ego and pride impact athletes individually and within a team setting? How can we guard against this in sports and our daily lives?</li> </ul>
<b>Application:</b>	<ul style="list-style-type: none"> <li>● Take time for self-reflection and prayer, asking God to reveal areas where pride may be hindering your growth.</li> <li>● Seek out opportunities to serve others without seeking recognition or praise.</li> <li>● Practice gratitude and acknowledge the contributions of others, both on and off the field.</li> </ul>
<b>Closing Prayer:</b>	<p>Lord, teach us to walk in humility as we pursue excellence and success. Help us to seek Your glory above our own and to serve others with the gifts You have given us. May our lives reflect Your love and grace in all we do.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>