

Saint Talks

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:	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.
Biblical Reflection:	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.
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>