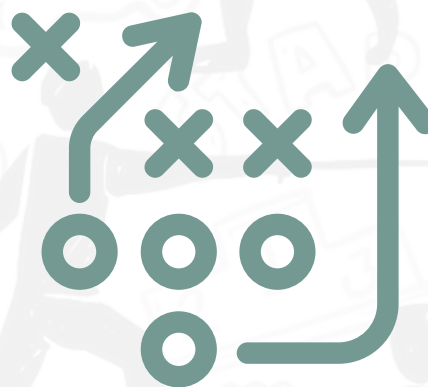


5 GOSPEL-CENTERED "PLAYS" FOR PARENTING YOUR ATHLETE

Parents, these "plays" are designed to help your family prioritize faith, encouragement, and healthy competition so you can get the parenting WIN at home and raise well-rounded athletes.

- PLAY 1 - LOVE**
- PLAY 2 - ABC'S**
- PLAY 3 - WORK**
- PLAY 4 - TRUST**
- PLAY 5 - BIGGER**



READ ON TO LEARN HOW TO RUN THE PLAYS:

01 LOVE

- **Goal:** Ensure kids remember they are always loved by God and their family, regardless of performance.
- **Biblical Foundation:** "Perfect love drives out fear" (1 John 4:18).
- **Run the Play:**
 - **Focus:** Remove unnecessary pressure and encourage enjoyment.
 - **Emphasize:** Love is unconditional, based on being our child, not on achievements. Love remains constant, whether children score high or low, regardless if they win or lose.
- **Call the Play:**

Use phrases like:

 - "Play free, play loved, and have fun!"
 - "I love watching you play."
 - "I am proud to be your mom/dad, always."

**“AS PARENTS, OUR
ROLE IS TO BLESS
OUR CHILDREN AND
GUIDE THEM
TOWARD A HIGHER,
GOD-GIVEN PURPOSE.”**

02 ABC'S

- **Goal:** Teach kids to focus on things they can control in sports and life, such as their own attitude, belief, and effort.
- **Biblical Foundation:** "Work with all your heart, as if serving the Lord" (Colossians 3:23-24).
- **Run the Play:**
 - **Focus:** Prioritize attitude, belief, and competing well over outcomes. Teach kids to always give their best and work as if serving the Lord.
 - **Emphasize:**
 - **A for Attitude:** Positive attitude determines success; be a great teammate and student.
 - **B for Believe:** Maintain a positive mindset and confidence, regardless of game results.
 - **C for Compete:** Give 100% effort, no matter the score or playing time.
- **Call the Play:** Call out and celebrate the ABC's when your kids demonstrate them. **Say phrases like:** "You can't control all the outcomes, but you can control your attitude." OR "Great job competing until the very end."

03 WORK

- **Goal:** Help kids understand the importance of perseverance and discipline, even when facing difficulties.
- **Biblical Foundation:** "We are hard-pressed on every side, but not crushed; perplexed, but not in despair, persecuted, but not abandoned; struck down, but not destroyed" (2 Corinthians 4:8-9).
- **Run the Play:**
 - **Focus:** Encourage a strong work ethic, especially through adversity.
 - **Emphasize:** Teach kids that hard work and discipline are required to achieve goals and win in life.
- **Call the Play:** Praise and encourage when you see your kids take initiative to practice on their own. Be patient in understanding that self-discipline and work ethic are built over time. **Say phrases like:** "I am proud of how hard you are working to improve." OR "Showing up and working hard is a success."

04 TRUST

- **Goal:** Remind kids to trust the process and embrace the journey, regardless of setbacks.
- **Biblical Foundation:** "Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight" (Proverbs 3:5-6).
- **Run the Play:**
 - **Focus:** Understand that success takes time, and there are no shortcuts. Fall in love with the journey.
 - **Emphasize:** Success on and off the playing field, court, or competition floor takes time; a single bad play or loss doesn't define us. Life is full of ups and downs, and learning to embrace them helps foster resilience and health.
- **Call the Play:** Share your personal experiences overcoming adversity and trusting the Lord. **Say things like:** "Trust the process, embrace the journey, and never quit."

05 BIGGER

- **Goal:** Inspire our children to understand that life is bigger than sports; it's about ministry and reflecting the character of Jesus.
- **Biblical Foundation:** "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19-20)
- **Run the Play:**
 - **Focus:** Sports are temporary, but our impact for Jesus is eternal.
 - **Emphasize:** A life well-lived for Jesus is the ultimate goal, beyond achievements in sports, academics, or career.
- **Call the Play:** Celebrate character and love for others more than wins, losses, or playing time. Talk often about sportsmanship, respect of officials, coaches, and other players. **Ask questions like:** "How are you loving your team and reflecting Jesus every practice and every game?"