

T.E.A.M.: The Extreme Athletic Makeover

Park Cities YMCA Youth Sports Devotions for Basketball

- Devotion #1: The Prize
- Devotion #2: The Whatever
- Devotion #3: The Truth
- Devotion #4: The Humble
- Devotion #5: The Coach
- Devotion #6: The Set-Back
- Devotion #7: The Choice
- Devotion #8: The Training Room

The Extreme Home Makeover. A team of designers and builders knock down a house and rebuild it in one week. For this basketball season, your devotions are called: The Extreme Athletic Makeover or T.E.A.M.

T.E.A.M. is going to knock down the reasons of who you compete for, why you compete, and how you compete and rebuild them so you have the opportunity to become one of the world's most successful teams with some of the world's most successful players.

Each week during practice your coach or team chaplain will teach you one way to become the best basketball player you can be so you'll be stronger and healthier – as an athlete – and as a person.

Lesson 8: The Training Room

The Bible says: Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come – 1 Timothy 4:8.

With Jesus in your life you can run on all cylinders – physically, mentally, and spiritually - and become the best athlete He has designed you to be. Just like you need a place to train physically, you need a place to train spiritually. The Training Room is a place where you can train all of you physically, mentally, and spiritually, to help you be the best you can be on and off the court. So fix your thoughts on the whatevers:

Fix your thoughts on what is:

True: The fear of the Lord is the foundation of true wisdom. All who obey his commandments will grow in wisdom. Praise him forever - Psalm 111:10.

Honorable: Teach me your ways, O Lord, that I may live according to your truth! Grant me purity of heart, so that I may honor you - Psalm 86:11.

Right: He guards the paths of the just and protects those who are faithful to him. Then you will understand what is right, just, and fair, and you will find the right way to go. For wisdom will enter your heart, and knowledge will fill you with joy – Proverbs 2:8-10.

Pure: How can a young person stay pure? By obeying your word – Psalm 119:9

Lovely: The way of the righteous is like the first gleam of dawn, which shines ever brighter until the full light of day - Proverbs 4:18.

Admirable: Let your good deeds shine out for all to see, so that everyone will praise your heavenly Father – Matthew 5:16

Excellent: Choose a good reputation over great riches; being held in high esteem is better than silver or gold – Proverbs 22:1.

Worthy of Praise: It is good to give thanks to the Lord, to sing praises to the Most High – Psalm 92:1.

