

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
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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 #3: The Truth

Chalk Talk

In 1892, James Naismith, a coach at Springfield College in Massachusetts wrote down the rules for an indoor game he invented for his P.E. classes. He called the game “basketball.” Rule # 11 says, “The referee shall be the judge of the ball and shall decide when the ball is in play.”

Suppose one morning you walked into Coach Naismith’s class but he was nowhere to be found. Soon, one of your classmates noticed a yellow Post-It® note on the bleachers that read: “Do what you want to do. Have a good time” – Coach N.

Question: What kind of P.E. class would you have? [A dodge ball game might break-out in the middle of a basketball game, which might be in the middle of a soccer game. And some boys and girls might just sit down right in the middle of everything].

Question: In this situation, which activity would be the right one to do? [No one can really say. A standard - a guideline - would need to be established before anyone could answer that question].

Question: In this situation which person would have the right to say what game should be played? [No one...yet]. A person would need to be put in charge before anyone could say what the right game to play is.

Question: In this situation, what one thing is certain? [Each person would do as he or she pleased].

What could have happened in a P.E. class over 125 years ago really is happening across our communities today. People are deciding what’s right or wrong for them as they go along. What many have forgotten or don’t want to acknowledge, is that the rules of what is right and wrong were set in place a long time ago: **“In the beginning the Word already existed. He was with God, and he was God. ² He was in the beginning with God. ³ He created everything there is. Nothing exists that he didn’t make” (John 1:1-3).**

The Bible says that God created everything including truth – the definition of what’s right and what is wrong – and it’s the same for all people and all times in all places. And truth does not change because God does not change. And because this standard has not changed, you can measure what is right and what is wrong against it. You can measure what’s good and what’s not good. What the right way is to treat a teammate or an opponent, the right way to respond to a coach, the right way to train, prepare and execute a game plan.

The good news is that God has not left the gym and leaving a note saying “Do what you want to do.” God has not left you to find your own way. Remember that God was there in the beginning and He is here today. God is still, as Mr. Naismith would say, “the referee of this ball” – this world – and He has set down the rules.

Practice Drills

The Bible says: No, O people, the Lord has told you what is good,
and this is what he requires of you:
to do what is right, to love mercy,
and to walk humbly with your God – Micah 6:8

Coach's note: Mercy is not giving someone what they deserve, i.e.: revenge. Humbleness is power under control.

● What is one thing that is right that your team can put into your practices?

● How can you or your teammates practice mercy?

● How can you or your teammates walk humbly with God?

Wrap-Up Prayer:

“Lord, help me to do what is right, to love mercy, and to walk humbly with you.”

