

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 #4: The Humble

Chalk Talk

The Bible says, “God blesses those who are meek, for they will inherit the whole earth” (Matthew 5:5).

Question: What do you think of when you hear the word “meek?” [Mild? Quiet? Weak? Mousy?]. Now I don’t know about you, but when I hear the word “meek” it usually brings up images of being weak or mousy. And who wants to be mousy? And for that matter, who wants mousy people on your team?

But when Matthew wrote down Jesus’ words in Gospel of Matthew, Jesus chose the word, “meek” for a reason. Here’s what it means: Meek = humble which = power under control. Muscle not mouse. Here’s another way to read Matthew 5:5: “You’re going the right way when you follow Jesus”. A humble person quietly submits to God’s Spirit; and lets God’s power lead him or her in being gentle toward others. Power under control is being trash-talked and not blowing-up or trash-talking back. Power under control is being cool when others are hot. Power under control is forgiving other’s hurtful words or actions 70 x 7 times rather than going after revenge. And when you can live that way your godly power under control will bring you kindness and goodwill from others. You will enjoy the best things of this earth.

So, using Matthew’s meaning of meek – power under control - a humble player is the one best equipped to handle the heat of competition; you’re not letting influences in the game distract and upset you; you’re able to keep your focus and make good decisions. So how do you develop humbleness as a player and as a coach?

The Bible says “...I can do all things through Christ who strengthens me” (Philippians 4:13). The first step in learning power under control is learning to praise God. Praising God brings you directly into His presence. And it’s when you are in God’s presence that He can instruct and set you on the right path. Why? Because that’s when you’re listening. Remember, God cares about everything in your life, including how you compete in athletics. If you set out to praise Him, and listen to Him, He’ll instruct you on the right way to play.

Practice Drills

The Bible says: I will praise you every day;
yes, I will praise you forever – Psalm 145:2.

● One way to praise God is to thank Him for all He has done for you. What are some of the things you can thank God for?

● What are some ways to thank God for all He has done for you?

Wrap-Up Prayer:

“Lord, help me to listen to you, to praise you, so that I can be humble.

