

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 7: The Choice

Chalk Talk

David Robinson: Three time Olympian and winner of 2 gold medals; NBA MVP; 10x NBA All-star; named one the 50 greatest NBA players of all-time. David Robinson was a success in basketball by anyone's standards. But David Robinson had his own definition of success: "Every time I step on the court I think about praising God...I just want to make sure that people don't think I'm great, but that they think about how great God is." David Robinson's view of success was God's view of success - to produce fruit - the whatevers – whatever is true, honorable, right, pure, lovely, admirable and worthy of praise.

Question: David Robinson was one of the best basketball players ever. Can you become one of the best players in the world? The answer is "yes," but it requires a different viewpoint that what you're thinking right now. To answer "yes" requires that you understand that your life is not yours to do with as you please. It requires that you let God have all your dreams, goals, and hopes as an athlete and decide to let Him do with you as He pleases for His purposes. You may not have the physical ability to be the best shooter or defender on the basketball court, but you can develop your full potential for who God made you to accomplish His purpose through you.

The very first step in becoming the very best basketball player God made you to be begins with joining the game of games: The Christian Life. The first step is getting into the game. It doesn't matter how old you are or what's gone on in the past. If you haven't yet let God set things right in your life between you and Him, you can do that by believing that God has made this possible by accepting Jesus into your life.

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. But you can only do this by staying connected to Him, like a branch connected to the vine, through talking and listening to Him.

Practice Drills

- What is one way you can stay connected to God this week?
- What is one way you will stay connected to God this week?

Wrap-Up Prayer

Lord, help me to be joyful when set-backs come; help me to be alert and make good decisions both on and off the court, so I can be in good physical, mental, and spiritual shape.

