

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

Park Cities YMCA Youth Sports Devotions for Basketball

- Devotion #1: The Prize
- Devotion #2: The Whatevers
- 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.

All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step - 1 Corinthians 9:25-26.

Lesson #1: The Prize

Chalk Talk

Question: Why are you playing on your Y basketball team? [Maybe it's for an ice cream cone after practice or game, or for a certificate, or a medal. Maybe it's to get better, earn recognition, or just have fun. Maybe one day it's to earn a scholarship or to earn a living]. What's true for each one of us, is that we compete for some kind of a prize.

But at the Y level or school level or professional level, the physical prize you compete for doesn't last. Because one day, all the recognition and all the applause fades and becomes a memory.

There is, however, a higher prize to pursue, one that won't spoil or fade away – a prize that lasts forever. The Bible says, **“All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step...”** (1 Corinthians 9:25-26).

Question: So what's this eternal prize that you run with purpose in every step to gain? [It's fruit].

An apple tree produces apples. It's what apple trees do. You produce fruit too. The kinds of fruit you produce come from what you do. God is very interested in what you do – including how you compete in sports. The fruit you produce can be life-giving and long lasting or it can be rotten and good for nothing. God wants you to produce the life-giving and long-lasting kind. And that's what T.E.A.M. is all about. Producing fruit that will bear eternal rewards by how you compete in athletics.

I want you to think about competing with a new purpose. Listen to this verse again, and as you listen think about: Who you compete for, why you compete, how you compete: **All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step.**

Practice Drills

Memorize:

- Who you compete for – God.
- Why you compete – for a prize
- How you compete – with purpose in every step

Wrap-Up Prayer:

“Lord, help me to please you in everything I do.”

