

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 #2: The Whatevers

Chalk Talk

King Solomon was the son of King David, Israel's most famous and successful king. When Solomon was just starting out as king, God told Solomon to ask Him for whatever he wanted. And here's what Solomon asked for: wisdom.

If Solomon had at the time been playing basketball, he didn't ask God to make him the all-time leading scorer or earn \$20 million a year. He asked was for God to give him understanding of the difference between right and wrong, and how to make good decisions on the court and off. That would not only help him be a better player, but would help his coach know he was his go-to guy. His coach could rely upon him to make the right decision at the right time. Solomon's teammates would know he would know who to get the ball to at the right time. What Solomon asked for is success according to God's definition of success.

God's definition of success is what God does through you by His power for His purpose. Athletic success then is bringing honor to God through every component of athletic competition. And the way you bring honor to God through competition is by producing godly good things – called “whatever’s”: Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - anything excellent or praiseworthy” (Philippians 4:8). And the way you produce the whatever's is by allowing Jesus to live through you – allowing Him to direct your motives, thoughts, words and actions. It's a conscious, minute - by – minute choice.

Living life by the power God gives you is simply the most excellent life anyone can live. And since athletic competition is a part of your life, it stands to reason that choosing to live by God's power is simply the best way to compete. Is it easy to live that way? No. Is it worth it? At the end of this series, you make the call.

Practice Drills

Look at the “whatever's” listed in Philippians 4:8: true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- Which whatever would you like to put into practice in your practices and games?
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- How will you put this whatever into practice?
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Wrap-Up Prayer:

“Lord, help me to be full of the whatever's.”

