

Principle Breakdown Grid #3- Holy Sweat/Wholly Surrender

What is the question we are asking for this Principle?

How do I grow? (How do I continue to get better?)

What are the main points of this Principle?

- God provides resources for soul training to help you grow
- Train yourself spiritually by allowing the Spirit of God, and the Word of God to transform your life and sport, as you choose to participate in the spiritual disciplines.
- Practice the "Presence of God" (realizing that his Holy Spirit is present with you all the time)
- Focal Points help remind us of spiritual truths while we compete (teach this during lab)

If the audience only gets one thing out of this Principle what should that be?

- Understand that the Holy Spirit is our greatest spiritual resource for living the Christian life and for being a Christian athlete.
- We need to practice our faith/live out our faith (in the power of the Spirit) in order to continue to mature spiritually. Study God's Word, prayer, solitude, evangelism, serving others, etc. We have to work out our faith muscles in the same way we do our physical muscles.
- Spiritual breathing (confess your sin, invite the Holy Spirit to rule your heart again)

What are the Biblical texts for this Principle? How does it illustrate the point?

- 1 Timothy 4:8 gives perspective on physical training vs. spiritual training.
- John 14:15-26 tells us some of the roles of the Holy Spirit
- Galatians 5:16-24 shows the difference in walking in the flesh vs. walking in the Spirit
- Colossians 1:29 Paul mentions our work and the Spirit working in us at the same time
- 2 Timothy 3:16 shows us what the Bible can do in our lives as we study it

What should be your first words to your audience as you introduce this Principle?

- Quick review of the first 2 principles
- Story/Illustration to help them see the parallels between physically working out and spiritually working out.

What are we asking the athletes to consider changing about the way they do sport?

- Not just surviving the game of life by trying to tough it out in our own strength. But be intentional about our spiritual growth, just like we are about our athletic progress.
- Get a spiritual training plan and start practicing it daily in the power of the Holy Spirit.

What is the most challenging thing about teaching this Principle?

- Teaching about the Holy Spirit, the Bible and some practical applications without overwhelming them with too much information. Remember that you are simply introducing them to several new concepts, and they will need to study them further on their own.

How do you go about picking examples to use for this Principle?

- Something that helps them see the value in spiritual training/surrendering to God.
- Use props (dumbbells, sword, Bible), videos, pictures that explain spiritual training.

Who is your audience and how can you connect the material with them?

- This talk is geared for followers of Jesus, so you may need to clarify for non-believers the growth that they could be experiencing in a relationship with God.
- Know how they workout in their particular sport, so you can mention that as you explain spiritual training.
- Give personal examples of how to use Focal Points to get refocused.