

The logo features a stylized green and grey 'd' shape on the left. To its right, the words 'TEAM SPORTS' are in a green sans-serif font, and 'devotions' is in a larger, grey sans-serif font with a green cross symbol integrated into the letter 'o'.

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Practicing Good Habits

Galatians 5:22-23a, Matthew 12:33-37



What are some good football habits? 1. Bring your equipment to practice and games. 2. Keep your eyes on the coach when he is talking so he knows you are listening. 3. Work hard and do your very best 4. Ask questions if you're not sure. 5. Be willing to try it again if you need to. **Can you think of any more good football habits?**



*But the fruit of the Spirit is love, joy, peace, patience, kindness, **goodness**, faithfulness, gentleness and self-control.*

Galatians 5:22-23a



Why is it good to develop good football habits? How can they help you? How can bad football habits hurt you? Jesus said, *"If you want good fruit, you must make the tree good. If your tree is not good, then it will have bad fruit. A tree is known by the kind of fruit it produces."* Matthew 12:33 Jesus is saying what you do on the outside shows who you are on the inside. Good habits on the outside show goodness on the inside.



Goodness comes from friendship with God. **How does friendship with God grow love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?**

PRAY

Heavenly Father, you care about our friendship with you. Help us grow closer to you so that your goodness will be seen in us. Amen