

TEAM SPORTS devotions

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Team Chemistry

Galatians 5:22-23a, John 15:5-12



What's fun about being on a team? It's fun to be friends with your teammates. It's fun when teammates work together and win the game. It's fun when your teammates help you score and you help your teammates score. It's fun when people clap and cheer for our team. **Do these things make you happy?**



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

Galatians 5:22-23a



What's the difference between happiness and joy? Happiness is something we feel when life is good and things are going well for us. Joy is something we feel because we know God is good even when things aren't going well for us. When our team wins, we feel happy. Happiness depends on the final score. But joy doesn't depend on the final score. We can have joy even when we lose the game. **How can we have joy even when our team loses?** We can have joy because we played our best. We can have joy because we played fairly. We can have joy because we showed good sportsmanship. We can have joy when we help an opponent up off the ground. We can have joy because we did things God's way and showed his goodness even if we didn't score the most points.



How does loving and caring for each other bring us joy? Jesus said, *"Love one another, just as I have loved you."* He said if we do this, we will have the same joy that he has. *John 15:5-12* No matter what the scoreboard says, we can be winners and have joy because we cared more about our teammates and even our opponents than ourselves. **What is something that has brought you joy while playing football?**

PRAY

Heavenly Father, thank you for your love and joy. Help us to love one another in the way you have loved us. Please show us ways to share your love so that we experience your joy on our team and in everyday life. Amen