Practice and Training

1 Timothy 4:8, 1 John 2:17



How much do you practice basketball? One day James Naismith was walking across the gym floor and noticed a boy toss the ball toward the basket, recover it, and toss it again. An hour later, as he came back through the gym, the same boy was still at play. Naismith stopped and asked the boy why he was practicing so long. The boy answered that he did not know, but that he just liked to see if he could make a basket every time he threw the ball. **What motivates you to keep practicing?** The game of basketball has changed a lot over the years. Naismith believed one of the biggest changes is how skilled players are today compared to the first basketball teams. In the beginning of basketball, a final score might be 3-4 or even 1-0. Naismith felt that practice and training are the reason final scores are much higher today.

> ***Training your body helps you in some ways, but serving God helps you in every way. Serving God brings you blessings in this life and in the future life, too.***
>
> 1 Timothy 4:8



What are some ways training your body helps you? What are some ways serving God helps you? Training your body is good. It helps you become a better athlete. You can be competitive and have fun doing it. But God wants us to remember that while training helps us in some ways, serving God helps us in every way.



What are some ways you can serve God while training to be a better basketball player? (play your best, have a good attitude, help out your teammates, play fair, respect coaches and officials, control your frustration, etc) **How might these things bless you in your life today? What are some things you can practice to help you serve God better?** (Bible reading, prayer, listening to your Bible teacher at church, talking about God with other believers)

PRAY

Heavenly Father, you are good to us. When we serve you, it brings us closer to you. Then your blessings overflow into our lives. Thank you, Lord. Amen.

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