

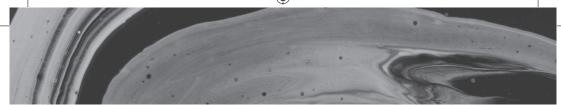
# **EVERY** Edition

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### THE FOUR

















#### 1. GOD LOVES YOU

God made you and loves you! His love is boundless and unconditional. God is real, and He wants you to personally experience His love and discover the purpose of your life through a relationship with Him.

Genesis 1:27 and John 3:16

#### 2. SIN SEPARATES YOU

You cannot experience God's love when you ignore Him. People search everywhere for meaning and fulfillment—but not with God. They don't trust God and ignore His ways. The Bible calls this sin. Everyone has sinned.

Sin damages your relationships with other people and with God. The result: you are eternally separated from God and the life He planned for you.

Romans 3:23; Romans 6:23; Isaiah 59:2

















#### 3. JESUS RESCUES YOU

Sin does not stop God from loving you. Because of God's great love, He became a human being in Jesus Christ and gave His life for you. At the cross, Jesus took your place and paid the penalty of death that you deserve for your sins.

Jesus died, but He rose to life again. Jesus offers you peace with God and a personal relationship with Him. Through faith in Jesus, you can experience God's love daily, discover your purpose and have eternal life after death.

1 Peter 3:18; 1 Corinthians 15:3-8; Romans 5:8

#### 4. WILL YOU TRUST JESUS?

God has already done everything to show you how much He loves you. He offers you fulfillment and eternal life through a relationship with Jesus Christ. This involves agreeing that you are sinful, accepting God's forgiveness and turning away from your sins and toward God.

You choose to trust Jesus when you believe and confess that Jesus is Lord and surrender your life to Him. Are you ready to place your trust in Jesus?

Romans 10:9-10; John 1:12; Revelation 3:20; Ephesians 2:8-9

**PRAYER** 

You can place your trust in Jesus by faith through prayer. Prayer is talking with God. God knows your heart and is not concerned with your words as much as He is with the attitude of your heart. Here is a suggested prayer:

Dear God, thank You for loving me and wanting the best for my life. I have lived my life for myself and done things my way, and I am truly sorry. Jesus, I believe that You are God and have forgiven all my sins by dying and coming back to life again for me. I trust You and ask You to be Lord of my life. I surrender my life to You. You are my God, my Savior and my Lord. Let me experience Your love and Your good plans for my life! Amen.





## **KNOW YOUR POSITION**

Too many people make the mistake of measuring the certainty of their salvation by their feelings instead of the facts of God's Word. In Jesus Christ you have a new life. See what God's Word says about your new position on His team.

I am a **new creation** in Christ. (2 Corinthians 5:17; Galatians 2:20)

I have **everything** I need for life and godliness. (2 Peter 1:3; Ephesians 1:3)

I am a **witness** for Christ and am His **workmanship**, created for good works. (Acts 1:8; Ephesians 2:10)



I am **loved** and accepted completely in Christ. (Ephesians 1:4-6; Romans 8:39)



I am **indwelt** by the Holy Spirit. (1 Corinthians 6:19–20; 1 John 4:4)

I am **forgiven** and **free** from condemnation. (1 John 1:9; Romans 8:1-2)

I have **eternal life** in Christ. (John 5:24; 1 John 5:11-13)

Trust God! Put your faith in His Word, not in your feelings.

I have written this to you who believe in the name of the Son of God, so that you may know you have eternal life. — 1 John 5:13



## **FOUR DAILY EXERCISES**

JUST AS PHYSICAL GROWTH DEMANDS PHYSICAL EXERCISE, SPIRITUAL GROWTH AS A CHRISTIAN DEMANDS SPIRITUAL EXERCISE. TO BUILD SPIRITUAL MUSCLE, HERE ARE FOUR DAILY EXERCISES:

#### 1. SEEK CHRIST

Spend time every day reading God's Word and devoting time in prayer.

"They searched the Scriptures day after day to see if Paul and Silas were teaching the truth."

- Acts 17:11b

"I praise you seven times a day."

- Psalm 119:164a

#### 2. SHARE CHRIST

Share Jesus every day through your words and actions.

"Every day, in the Temple and from house to house, they continued to teach and preach this message: 'Jesus is the Messiah.'" — Acts 5:42

"We are Christ's ambassadors; God is making his appeal through us." — 2 Corinthians 5:20

#### 3. LEAD OTHERS

Lead others by serving as Christ did. Every day die to self and yield complete control of your life to Jesus Christ.

"The greatest among you must be a servant." — Matthew 23:11

"If any of you wants to be my follower, you must turn from your selfish ways, take up your cross daily, and follow me." — Luke 9:23

#### 4. LOVE OTHERS

Take every opportunity to show others around you that you love them.

"... and to love my neighbor as myself." — Mark 12:33b

"You must warn each other every day, while it is still 'today."

- Hebrews 3:13a

Do these exercises and you will grow strong in your Christian life and be an effective member of God's team.

For further questions:

Contact us at 1-800-289-0909 or fca@fca.org.

Contact your local FCA office at fca.org in the "Quick Links" section.







# DAY 1 EVERY THEME OVERVIEW

#### A.M. HUDDLE

#### WELCOME

"ALL PRAISE TO GOD, THE FATHER OF OUR LORD JESUS CHRIST, WHO HAS BLESSED US WITH EVERY SPIRITUAL BLESSING IN THE HEAVENLY REALMS BECAUSE WE ARE UNITED WITH CHRIST." — EPHESIANS 1:3

#### WARM-UP

#### **ICEBREAKER: PEANUT BUTTER IN A CUP**

Each camper stands in a circle: the Huddle Leader starts off with this chant:

Camper #1: Bang Bang Choo Choo Train, come on, (insert name here) do your thang!

Camper #2: I can't.
Camper #1: Why not?
Camper #2: I just can't.
Camper #1: Why not?

Camper #2: My back is achin', the sun's too bright, my hips are moving from left to right.

Both: To the left, right, (faster) left, right, left, right.

Whole Group: Peanut butter in a cup, we sing this song to pump us up!

- **Q.** What are the names of two people you met in the group? Can you name every person?
- Q. Who had the best dance moves?

#### **WORKOUT**

#### **EVERY THEME DESCRIPTION**

When you compete like **EVERY** game is your last, your purpose for playing changes.

**EVERY** rep adds up. **EVERY** practice matters. **EVERY** play counts. You give all your efforts and energies in **EVERY**thing you have to your sport, team, coach and even fans. Your competitive drive fuels the enthusiasm and passion you have for putting on that uniform.

Our theme verse this week reminds us that because we have a relationship with Jesus, He wants to fill our lives with good things:

"All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ." — Ephesians 1:3



Jesus Christ sacrificed His life for **EVERY**one. In **EVERY** way of your life, on and off your field of play, He is with you. He protects you. He will never leave you. **EVERY** day, the King of Kings calls you to the highest honor: a relationship with Him. He equips you with **EVERY** piece of His armor. He blesses you with **EVERY** good thing because you are united with Him.

- Q. Is it easy or hard to give everything in your sport?
- Q. What does Jesus want to give you?

#### WRAP-UP

Ask a volunteer to pray that each athlete will receive every good blessing from Jesus and know Him more this week.

#### P.M. HUDDLE

#### WELCOME

#### **GAME: EVERYONE, GET ON!**

First, have the campers break into groups of four and stand in a line while placing their hands on the person in front of them—shoulders facing forward.

Then the Huddle Leader will give out three instructions: Change, Switch and Rotate.

Change means that the first person in the line will have to switch with the last person in the line. Switch means that the second person must switch places with the fourth person in line. Rotate means the whole group must turn in the opposite direction, all while walking around the space.

The winner of the game must reach their destination while following all of the instructions being told by the Huddle Leader.

- Q. Was it hard or easy to get everyone to go in the same direction?
- Q. Did every move matter? Why or why not?

#### WORKOUT

#### **DISCOVER THE DAILY THEMES**

In practice and play, every action matters. What you say, think and do can make or break how the competition turns out. We are going to learn about a man in the Bible named Paul, who gave everything he had to serve Jesus and to know Him more.

On the next page are the daily themes we are going to learn about in our Huddles. Let's listen to the Bible verse and repeat the key training points together:

Huddle Leaders, have your campers split into four teams and assign a daily meeting to each team. Have the campers create actions for the training points and share them with the rest of the group.







## **EVERY THEME OVERVIEW**

#### MEETING 1 EVERYTHING: EVERYTHING IN CHRIST

#### **Key Verse**

"And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth. Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan." — Ephesians 1:10–11

**Kev Points:** 

- · You Are Created
- You Are Loved
- · You Are Chosen

#### MEETING 2 EVERYONE: EVERYONE THROUGH CHRIST

**Key Verse:** "But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!)" — Ephesians 2:4-5

**Key Points:** 

- · You Are Saved
- · You Are Free
- · You Are New

#### MEETING 3 EVERY WAY: EVERY WAY LIKE CHRIST

**Key Verse:** "Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church." — Ephesians 4:15

**Kev Points:** 

- You Are Rooted
- · You Are Called
- You Are Growing

#### MEETING 4 EVERY DAY: EVERY DAY WITH CHRIST

**Key Verse:** "Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm." — Ephesians 6:13

**Key Points:** 

- You Are Strong
- You Are Bold
- · You Are Ready

#### **WRAP-UP**

Have each student recite the beginning of the theme verse out loud, but replace "blessed us" with " blessed me."

"All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing . . ." — Ephesians 1:3

Have the students huddle up and ask a volunteer to close in prayer. Then, break the Huddle and shout, "Every!"







# **DAY 2** EVERYTHING IN CHRIST

#### A.M. HUDDLE

#### WELCOME

"AND THIS IS THE PLAN: AT THE RIGHT TIME HE WILL BRING EVERYTHING TOGETHER UNDER THE AUTHORITY OF CHRIST—EVERYTHING IN HEAVEN AND ON EARTH. FURTHERMORE, BECAUSE WE ARE UNITED WITH CHRIST, WE HAVE RECEIVED AN INHERITANCE FROM GOD. FOR HE CHOSE US IN ADVANCE. AND HE MAKES EVERYTHING WORK OUT ACCORDING TO HIS PLAN." — EPHESIANS 1:10-11

#### WARM-UP

#### **GAME: EVERYTHING YOU HAVE**

Create groups with two or three different campers. Give each team the job to create a new game or sport based on only items each team has with them or near them. Have them use their imagination! Each team needs to think of a team name, how to play the game and what to play it with.

Designate a time limit and let them loose. Once the time limit is up, have each team share the game or sport they have created with their teammates. Afterward, ask the group the following questions:

- Q. What was hard about this game?
- Q. Did you wish you had more items in front of you?

#### **WORKOUT**

#### **NEVER ENOUGH**

As athletes, it doesn't matter how many times we win. We always want to win more! Every game, practice and competition matters. It makes us want to win even more.

But just like in the activity above, striving for perfection can be frustrating! When we try to be perfect, we can sometimes ask ourselves these questions:

(lacktriangle)

- Am I good enough?
- Do I have what it takes?
- What happens if I fail?
- Q. What are some things you wish you had more of in your sport?

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Q.	Which of the following emotions do you feel when you think about those things
	that you don't have?

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Sadness

\_\_ Shame

Frustration

#### **ENOUGH IS [NOT] ENOUGH**

In the book of Acts, there was a man named Saul (later called Paul) who was very successful and appeared to have everything he needed in life. He didn't like the Christians in his area.

In his mind, he was right, and the Christians were wrong. But he couldn't have been more mistaken. Unfortunately, Saul used his resources and influence to make large crowds of people angry against the world's first Christians (Acts 6-7).

A great wave of persecution (hurting people because they were Christians) began that day, and all the believers went into hiding. But Saul was going everywhere to destroy the church. He went from house to house, taking men and women Christians to jail (Acts 8:1, 3).

- Q. Why do you think Saul hated the Christians so much?
- **Q.** Why do you think Saul thought he was so right, and the Christians were so wrong?

#### **WRAP-UP**

As people, many times we think we are right and know what's best for us. But we will only find true happiness, approval and purpose through God. God's plan for me is best!

Here's what to remember about receiving everything in Christ:

 God created you. God created you for a purpose. God created you in His image. How awesome is that!

You made all the delicate, inner parts of my body and knit me together in my mother's womb.

Thank you for making me so wonderfully complex!

Your workmanship is marvelous—how well I know it.

You watched me as I was being formed in utter seclusion,

as I was woven together in the dark of the womb.

You saw me before I was born.

Every day of my life was recorded in your book.

Every moment was laid out

before a single day had passed. — Psalm 139:13-16

2. **God loves you!** God created you to have a relationship with Him. Because of His great love for you, He will give you everything you need.

"Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?" — Romans 8:32







God chose you! There is more to your life than you can ever imagine. God created you for a purpose that is part of a much larger plan than what you can see in front of you.

"You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name."

— John 15:16

Try to remember these truths as you compete today. Before you break, recite the daily theme verse as a group:

"All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ."

— Ephesians 1:3

#### P.M. HUDDLE

WELCOME.

WARM-UP

#### **GAME: HEAD, SHOULDERS, KNEES, BALL**

Split the campers into groups of two. Place several balls of any kind (basketball, volleyball, football, baseball etc.) on a straight line. You can use shoes or any item if you don't have access to balls. Spread them out enough to have each pair line up on opposite sides of the ball, standing directly across from one another. On your mark, yell out a random sequence of *Head, Shoulders, Knees, Ball* and have the athletes touch the body part you announce as quick as they can. When you announce Ball, the athlete that grabs the ball first wins that round. Play the game until there's only one winner.

- Q. Was it hard to keep track of all the things you had to remember to touch?
- Q. How did you feel when you couldn't grab the ball in time?

#### **WORKOUT**

#### MORE THAN ENOUGH

Like Saul, when we look for the things we need in the wrong places or when we think we have what we need, we can often hurt ourselves and those around us.

But there's good news! The answer to the question of purpose and love always comes back to God. He is all powerful, loves us unconditionally (no matter what) and gives us everything we need for a full life. God is always more than enough!

"And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus." — Philippians 4:19

God created you out of His perfect love.

"So God created human being] in his own image. In the image of God he created them; male and female he created them." — Genesis 1:27







God also gave you goals and dreams to help you find your purpose. God gives you the abilities, resources and relationships to fulfill it.

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." — Ephesians 2:10

But you must surrender everything to God and put Him first in your life to experience what He has in store for you.

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need." — Matthew 6:33

- Q. What are some things you're holding on to that you can give up? Think of your favorite sweet or video game.
- Q. How do you feel knowing God promises to give you everything you need?

#### WRAP-UP

Ask a volunteer to pray for your Huddle about trusting Jesus more with what you need. Then, as a Huddle, go to thefour.fca.org or turn to page 3 and go through "The FOUR." Take some time afterward to talk about each of these principles in light of what you have read and discussed in this meeting.









# **DAY 3** EVERYONE THROUGH CHRIST

#### A.M. HUDDLE

#### WELCOME

"BUT GOD IS SO RICH IN MERCY, AND HE LOVED US SO MUCH, THAT EVEN THOUGH WE WERE DEAD BECAUSE OF OUR SINS, HE GAVE US LIFE WHEN HE RAISED CHRIST FROM THE DEAD." — EPHESIANS 2:4-5

#### WARM-UP

#### **ODD MAN OUT**

Set up some contained spaces where individual group members can stand. It could be a piece of flat cardboard, a hula hoop, a large box, string or rocks formed into a circle etc. If you don't have any props available, it could be a circle drawn in chalk on concrete, markings on a gym floor, lines on a tiled floor etc.

When your group arrives, set the limit for how many people can fit inside the spaces or at the designated spot. Make sure it's a number that will ensure at least one person will be left out. Emphasize that pushing someone out of their spot is not allowed! Once they are in a spot, they are safe.

Then, have everyone line up in equal distance to the contained spaces. Shout "GO" and watch chaos ensue as the competitors scramble to find a spot. The game is over when all the spots are filled and at least one person is left out. Repeat the game a few times or as long as time permits. Afterward, ask the group the following guestions:

- Q. How much did you want to make sure you got into one of the available spots?
- Q. How did you feel when you didn't make it to a spot in time?

#### **WORKOUT**

#### PICK ME!

We always want to be picked and to feel included! Game time gives us feelings that make us want to be loved, wanted and accepted. We want others to "Pick Me!" in most situations.

(lacktriangle)

- Q. How do you feel when you get picked and why?
- Q. How do you feel when you don't get picked and why?







# **EVERYONE THROUGH CHRIST**

#### THE WORST OF THEM ALL

From our last meeting, we learned that Saul hurt the early Christians. But God had another plan. One day, Saul traveled to a town called Damascus to try and hurt more believers. But then Saul had an incredible meeting that would change his life *and* the course of history forever! A blinding light brought him to his knees. A voice from Heaven followed:

"'Saul! Saul! Why are you persecuting me?'

'Who are you, lord?' Saul asked.

And the voice replied, 'I am Jesus, the one you are persecuting! Now get up and go into the city, and you will be told what you must do.'" — Acts 9:4b-6

Saul obeyed Jesus. His sight was given back, and he spent the next few years growing closer to God and studying Christ's teachings. Saul (who changed his name to Paul) began telling people about Jesus Christ. Even as he became a leader in the Christian church, he never forgot how Jesus came to him and changed his life.

"This is a trustworthy saying, and everyone should accept it: 'Christ Jesus came into the world to save sinners'—and I am the worst of them all." -1 Timothy 1:15

Jesus picked Paul even when he was still doing wrong. He made him a new person and gave Paul a new purpose. Jesus wanted Paul even at his worst. Paul would go on to write the majority of the New Testament letters, which would impact the world even to this day.

- Q. Did you ever receive something you didn't deserve?
- Q. How did it make you feel?

#### **WRAP-UP**

#### **EVERYONE THROUGH CHRIST**

Jesus gave His life on the cross so we can have eternal life with Him in Heaven. Jesus saves everyone who believes in Him! It's even for anyone who feels like they don't deserve it because of mistakes or choices they've made.

Here's what to remember as you think about the truth that everyone can be saved through Jesus and what that means for your life:

- You Are Saved. Through Jesus, you can be rescued so you can experience a full life on earth and eternal life in Heaven.
  - "For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins." — Colossians 1:13–14
- 2. You Are Free. Through Christ, you can be released from your bad habits or mistakes. You can be at peace knowing He will always love and forgive you.
  - "So if the Son sets you free, you are truly free." John 8:36
- You Are New. Through Christ, your past mistakes are no longer present. It's forgiven and forgotten.
  - "This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" -2 Corinthians 5:17







## **EVERYONE THROUGH CHRIST**

Ask a volunteer to pray for your Huddle, thanking Jesus for saving everyone and giving everyone eternal life. Encourage your group to share with someone they trust about accepting Jesus as their Savior.

#### P.M. HUDDLE

WELCOME WARM-UP

#### **GAME: RED ROVER**

Have two teams line up facing each other, forming a chain by holding hands. Flip a coin. Heads goes first (team one). Team one decides who from the other team they want to call over, and shouts, "Red rover, red rover, send (name) on over!" The chosen player then runs toward the other team, trying to break through the clasped hands of two teammates. If they don't, they have to join that team. But if they do, they get to bring back with them one of the two people from the broken link!

- Q. How did it feel when you gained a player because they broke the other team's link?
- Q. How did it feel when you lost a player from your team?

#### WORKOUT

#### WHAT EVERYONE NEEDS

So why was Paul saved? Before we can answer that, it's important to understand why Paul needed to be saved and why we all need to be saved.

Here's how you can understand it:

- Everyone is born with sin. (Romans 3:23)
- God sent His Son to die for everyone's sins. (Romans 5:8)
- God offers everyone eternal life through Jesus's sacrifice. (John 3:16)

When we are saved by Jesus Christ, we are also free of the guilt and shame from our past sins. Saul (who became better known as the apostle Paul) wrote from his personal experience to the Christians in Ephesus:

Once you were dead because of your disobedience and your many sins. You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God's anger, just like everyone else. But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) — Ephesians 2:1-5

Because Jesus offers to save everyone, we can have a relationship with Him. When we do that, we experience life in the best way! Perhaps, we have yet to accept Jesus Christ as our Lord and Savior if we don't know the difference between life with Him and life without Him.







# **EVERYONE THROUGH CHRIST**

- Q. How does it make you feel that Jesus can save you?
- Q. How does it make you feel that Jesus can save everyone?

#### **WRAP-UP**

Ask a camper to pray that God encourages the group to always support and include each other.







# DAY 4 EVERY WAY LIKE CHRIST

#### A.M. HUDDLE

#### WELCOME

"INSTEAD, WE WILL SPEAK THE TRUTH IN LOVE, GROWING IN EVERY WAY MORE AND MORE LIKE CHRIST, WHO IS THE HEAD OF HIS BODY, THE CHURCH." — EPHESIANS 4:15

#### WARM-UP

#### **GAME: FOLLOW THE IMYSTERY! CAPTAIN**

Choose one person to be the detective. The detective stands across from the group and closes his or her eyes. Silently, choose a captain, then have the group start to play follow the leader and copy his or her actions in place. Tell the detective to open his or her eyes. Give the detective three chances to guess the mystery captain.

- Q. Detectives, what made it challenging to figure out who the captain was?
- Q. Captains, what made it challenging to lead the group?

#### WORKOUT

#### **ROLE MODELS**

To be a great competitor, you need to work hard, but it's impossible to reach goals alone. You need support and help from parents, coaches and teammates.

Sometimes, that support comes from your team and coach during practice, in the Huddle or away from games, in the community or just hanging out together. Sometimes that support comes from watching role models.

Competitors need to be rooted in training often, to grow and improve their sport and skills.

- Q. Who is someone in your sport that you look up to?
- Q. How have they influenced you?

#### SETTING THE STANDARD

It didn't take long after Paul's decision to follow Jesus that he was traveling to cities and sharing the Gospel of Christ and helping build churches.

He, along with Peter and James, did a good job at leading the Church. The believers paid attention to every sermon the apostles preached and every letter they wrote. Paul reminded his disciples that the goal was to become more like Christ.

"Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God." — Ephesians 5:1–2

(lacktriangle)







Paul wanted the believers to understand who Jesus was and the great things He wanted to do through them. As they knew Jesus more, then they would want to become more like Him.

Paul knew that the believers needed to be rooted in God's Word and closely connected to Him through prayer. He taught that followers of Christ have a higher calling, which means living the way Jesus taught and following God every day.

"Put on your new nature, created to be like God—truly righteous and holy." — Ephesians 4:24

We have God's Word. We have His Spirit. We have His Church. All of those things help us to be in every way more like Jesus Christ.

Q. What do you think it looks like to become more like Jesus?









2	What did	VOL	learn	that	VOL	can	use in	VOLIE	lifa	each	day	17
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God's Word

\_\_ Being a part of a church

#### **WRAP-UP**

Ask someone to pray for your group to be more like Jesus Christ in your daily activities, practices and sports.

#### P.M. HUDDLE

#### WELCOME

WARM-UP

#### **GAME: HOG CALL**

Pair campers with a partner. Tell the story of the farmer who once lost his pet pig on the farm; the only way he could find his pig was by making pig noises until it came back to him. Each pair chooses their own hog call—a type of noise or a word. Pairs spread out and close their eyes. Each pair makes their hog calls until they find each other.

- Q. Was is easy or difficult to follow your partner's voice?
- Q. Was your hog call alike or different to the others?

#### **WORKOUT**

#### THE EXAMPLE OF CHRIST

We struggle with things every day. We can be unkind to each other; we can disobey our coaches and even our parents. We do these things because we are human and are not perfect. But, if we try to look like Jesus more, we can become the best versions of ourselves.

The Bible shows us how we can do this:

· We should be selfless and humble.

"The greatest among you must be a servant. But those who exalt themselves will be humbled, and those who humble themselves will be exalted." — Matthew 23:11-12

We should be separate from the world.

"But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light." — 1 Peter 2:9

· We should encourage each other to come together.

"Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose." — Philippians 2:3

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· We should love others.

"So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples." — John 13:34–35









· We should forgive others.

"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." — Ephesians 4:32

· We should share God's Word with others.

"Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church." — Ephesians 4:15

- Q. Is it easy or hard to become more like Christ in every way?
- Q. How do you think following God's Word might change you and those around you?

#### **WRAP-UP**

#### **EVERY WAY LIKE CHRIST**

Living like Christ is one of our greatest challenges. But it's not impossible.

Here are some things to remember that will help you begin to live every day like Christ:

- 1. You are rooted. Study God's Word, pray and make friends with other Christians.
  - "And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness." Colossians 2:6-7
- 2. You are called. Accept that you are called for a higher purpose. That purpose will lead you to do God's will, to obey Him and help and serve others.
  - "For God saved us and called us to live a holy life. He did this, not because we deserved it, but because that was his plan from before the beginning of time—to show us his grace through Christ Jesus."— 2 Timothy 1:9
- 3. You are growing. Purposely live out God's Word by following God every day.
  - "Rather, you must grow in the grace and knowledge of our Lord and Savior Jesus Christ." 2 Peter 3:18a

As you start becoming like Christ in every way, you will experience the powerful truth found in our daily theme verse:

"All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ."

— Ephesians 1:3

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# **DAY 5** EVERY DAY WITH CHRIST

#### A.M. HUDDLE

#### WELCOME

"THEREFORE, PUT ON EVERY PIECE OF GOD'S ARMOR SO YOU WILL BE ABLE TO RESIST THE ENEMY IN THE TIME OF EVIL. THEN AFTER THE BATTLE YOU WILL STILL BE STANDING FIRM." — EPHESIANS 6:13

#### WARM-UP

#### **GAME: BLINDFOLD FETCH**

Take whatever small objects you have and spread them out on the ground.

Pick someone from the group (the fetcher) and have them stand in front the objects. Blindfold them or have them close their eyes tightly. Instruct the person to walk through the space, locate an item and fetch (bring it back). Give the person a limited time to complete this task.

Have the person try again, but this time, pick someone from the group (the director) to stand close and give them vocal cues to help them find the object.

- Q. Fetchers, what was the most difficult part of this game?
- Q. How did having a director or leader help you?

#### **WORKOUT**

#### **TEAM EFFORT**

There is a difference between trying to reach a goal on your own and having support. A successful competitor has strong support. You need coaches, teammates, trainers, parents and sometimes an entire community to help provide equipment, training and the chance to compete.

- Q. Who are the people that help you succeed?
- Q. What equipment and training is important to your success as a competitor?

#### ON A MISSION FROM GOD

Before Paul went on his travels to share the Word of God, he spent about three years studying God's Word and growing in his faith. Paul was strong, bold and ready for the challenges he was about to face.

The strength he found from the Lord helped him survive a shipwreck, a poisonous snakebite and even prison.

The boldness he received from God gave him the courage to preach the Good News of Jesus Christ with confidence.

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## **EVERY DAY WITH CHRIST**

Paul was ready for anything because he knew this: Be ready for what God wants to do through you, which comes through a relationship with Jesus.

"So we keep on praying for you, asking our God to enable you to live a life worthy of his call. May he give you the power to accomplish all the good things your faith prompts you to do." — 2 Thessalonians 1:11

- Q. Do you feel ready for what God wants to do through you?
- **Q.** How does knowing God has a plan for you, and chooses you to be apart of His family, make you feel?

#### WRAP-UP

Ask a volunteer to pray with your Huddle about being ready to accept God's plan for your life.

#### P.M. HUDDLE

WELCOME

WARM-UP

#### **GAME: CROCODILE RACE**

Create a start line and a finish line. Split the group into two teams, and form two straight lines. The first person is the leader, and each person behind them will place their hands on the shoulders of the person in front of them. Each team should crouch down to look like a crocodile. Have the teams race to the finish line and back again. The first team to finish wins.

- Q. Was is difficult to follow the speed of the person in front of you?
- Q. Did you feel strong or weak when you were linked as a team?

#### **WORKOUT**

#### **FULLY EQUIPPED**

We have been called to go on a mission from God—something we were created to do. The good things planned for us are part of the mission that God has called and prepared us to do. Jesus gave us this mission right before He returned to Heaven:

"Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." — Matthew 28:19-20

In order to be strong, bold and ready for that mission, you need to be prepared and have the right equipment—prayer, Bible study, being involved in a church.

Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully

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## **EVERY DAY WITH CHRIST**

prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. — Ephesians 6:13-17

Just like in competition, having all of the right spiritual tools is important. Here are some examples of spiritual tools:

- The belt of truth protects you from deception.
- The body armor of God's righteousness protects you from temptation.
- · The shoes of peace protect you from nervousness.
- · The shield of faith protects you from fear.
- The helmet of salvation protects you from confusion.
- The sword of the Spirit gives you the boldness and courage to fulfill your calling.

Failing to put on one or more of these pieces can lead to being unready. Putting them all on and using them under the Spirit's guidance will lead to victory!

- **Q.** Is knowing that you were created for a purpose something that's easy or hard for you to believe?
- Q. How would putting on God's armor give you more boldness and courage?

#### WRAP-UP

#### **EVERY DAY WITH CHRIST**

We can't live the Christian life without Christ. Here are three key things to remember that will help you follow the Holy Spirit that's inside of you through your relationship with Jesus:

- You are strong. Christ will give you the physical, emotional and spiritual strength to fulfill God's mission for your life.
  - "Be strong in the Lord and in his mighty power." Ephesians 6:10
- 2. You are bold. With Christ, you have courage to overcome your fears to speak truth, to share your testimony and to serve others.
  - "This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go." Joshua 1:9
- 3. You are ready. With Christ, you are equipped with every tool you need to complete the mission that Christ has called you to.

Now may the God of peace—who brought up from the dead our Lord Jesus, the great Shepherd of the sheep, and ratified an eternal covenant with his blood—may he equip you with all you need for doing his will. May he produce in you, through the power of Jesus Christ, every good thing that is pleasing to him. All glory to him forever and ever! Amen. — Hebrews 13:20-21

As you pray, read the Bible and follow the Holy Spirit every day, you will experience the powerful truth found in our daily theme verse:







## **EVERY DAY WITH CHRIST**

"All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ."

— Ephesians 1:3

#### **OVERTIME**

**Q.** What are some areas of your life that you feel aren't fully protected right now? Go back to Ephesians 6:13–17 and read through the pieces of God's armor. Using the space below, write down some things in your life that each piece might protect you from. Make a plan for how you might put on each piece of armor and wear it every day moving forward.





#### **READY**

"... for he chose us in advance, and he makes everything work out according to his plan." — Ephesians 1:11b

#### **SET**

I was not the best athlete growing up. I lived in the shadow of three older siblings who were all incredible athletes. It took a lot of hard work for me to make those basketball teams. And when I did make them, I didn't get much playing time. As I sat on the bench, I became frustrated at times because I wasn't playing, wondering why I was there if I wasn't going to be a part of my team's wins or losses. But then I would remind myself that the coaches wanted me there. They saw something in me that they did not see in others. I was **chosen** to be there.

In his own words in Philippians 3:5, Saul was a "real Hebrew if ever there was one." Saul did not like the followers of Jesus. Since he knew Jewish law, he saw the people of Jesus as an unholy uprising and began to arrest and kill those who claimed to follow Christ.

But you know what? God still loved Saul. God created Saul. In fact, even though Saul hated Christians, God still used him to reach the known world for Jesus Christ. Saul, eventually called Paul, even called himself the "least deserving of all God's people" in Ephesians 3:8. But God still used him to change the world.

If you ever feel bad because you are not playing as much as you want, remember you are on the team because the coach wants you there. God is the same way. He loves you. He created you! He can and wants to use you! He has something awesome for you! Before you set foot in any gym, arena, field or other area of play, remember that "He makes everything work out according to his plan" (Ephesians 1:11). Just give your life to Him and let Him make you new!

#### GO

- Have you ever had a time when you did not play as much as you wanted? How did that feel?
- Have you allowed Jesus into your heart to save and guide you through life?

#### WORKOUT

Isaiah 59:1; 1 Peter 2:9-10; Philippians 3:5-8

#### **OVERTIME**

"Oh, Father, I am so thankful that You love me and created me for a purpose. Please help me to seek You more and follow You more closely. In Your Son's name. Amen."

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#### **READY**

"When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth." — Ephesians 3:14-15

#### **SET**

Two of the most memorable moments of my track and field career were at championship meets. What stood out the most were not my individual success but the success of my team. I was amazed again in college that every member of our team, whether she placed or not, earned a ring just because she competed as part of the championship team.

In the Bible, Ephesians 4 and 1 Corinthians 12 talk about our role in the Church. Every one of us bring our gifts to the table and plays a role in building up the Church: "Growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love." — Ephesians 4:15-16

As a follower of Jesus Christ, you are part of a family with members that go across countries, colors, cultures and languages. Every one of them possess gifts and talents that help build you up just as your gifts and contributions matter to everyone else. The actions and love of every believer toward every person matters.

It is important for every player to show up and give their all regardless of how they feel. The team's success depends on whether every player decides to give their all. Even if a teammate or two is having a rough game, the zeal of the rest of the team can be enough to help pick up the slack. There is something special about every team member doing their part and giving their all for the same goal.

#### GO

- What strengths and talents do you bring to your team?
- What's one strength or talent you appreciate about each teammate?

#### WORKOUT

1 Corinthians 12:4-6, 11, 12-27; Ephesians 1:23; Revelation 5:9; Revelation 7:9-10

#### **OVERTIME**

"Father, every person on my team, in my life and around the world is created and loved by You. Help me to love them well. Amen."





# 3 EVERY WAY

#### READY

"Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church." — Ephesians 4:15

#### SET

Found out. That's the only way to describe it. No more pretending or faking. I was dangerously weak, and I knew it—and so did my doctor. Years after surgery, pain lingered in my left knee and it hurt me every day. Something needed to change.

The strength in my strong right leg was much better than my hurt left leg. My weakness was showing. Yet, in that moment of disappointment, my doctor offered words of hope: You can change. A challenge followed: Change takes time; get ready to work.

The same is true for our hearts. God shows us our weakness in order to show us what is real. Maybe it's sin or doubt. Overlook these for a while and spiritual atrophy occurs, inhibiting daily function. God's light shines on the hidden areas of our hearts: "For [God] will bring our darkest secrets to light and will reveal our private motives" (1 Corinthians 4:5). It's not that God can't see what's going on; He shows us so we understand. An open heart doesn't pretend or fake. It truthfully shows what's wrong.

Discovering weakness and seeing failure may make you feel insecure. In those moments, God offers hope. His love never changes so that we can change. We are rooted in Him so He can strengthen our hearts so we live full lives (see John 10:10; 15:16); It can be uncomfortable and painful, but it's good.

Stay encouraged, there's hope—you can change. And a challenge—change takes time; get ready to work. As God transforms every way of your life, He is with you every step of the way.

#### GO

- Do you think you need to change for the better for God?
- · How does knowing that God's love for you never changes help you change?

#### WORKOUT

Psalm 139:23-24: 2 Corinthians 3:16-18

#### **OVERTIME**

"Father, expose every way in my heart that You desire to change. I need Your help with this. Transform me to look more like Jesus. Amen."

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# 4 EVERYDAY

#### **READY**

"Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm." — Ephesians 6:13

#### **SET**

Think about the drills you do as part of your daily practices for your teams. Which ones are are the best for your body, mind and whole team?

How do you find time and energy to get them done? Which of those exercises seem to be a waste of time? What would it be like to have a similar set of daily exercises designed to build your life in Christ and to share that experience with other people?

How would you arrange your daily schedule to see them through? The apostle Paul wrote to his friends in Ephesus about three such daily drills:

- 1. Put on every piece of God's armor.
- 2. Resist the enemy.
- 3. Stand firmly.

These three daily drills were the foundation of Paul's life, and they can be the same for you.

#### GO

- · How does it feel knowing God has armor for you?
- Will you put it on? Why or why not?

#### WORKOUT

1 Corinthians 16:13; Joshua 1:9; James 4:7

#### **OVERTIME**

"Father, thank You for providing strong armor for my soul. Thank You for empowering me to resist the enemy. Please strengthen me to stand firmly as I represent You among my teammates, in my family and in our community. I pray in Jesus's wise and powerful name. Amen."







# **5** EVERY MEANS EVERY

#### READY

"When I am with those who are weak, I share their weakness, for I want to bring the weak to Christ. Yes, I try to find common ground with everyone, doing everything I can to save some." — 1 Corinthians 9:22

#### **SET**

Sometimes Christians only hang out with other Christians. The thought is if I am hanging out with people who don't want to fall into sin, then we can encourage each other and help each other. That sounds like a really good plan. But, Jesus tells us in the Great Commission to make disciples.

I am sure that if Jesus were walking on earth today, He certainly would be in church and worshipping the Lord. But, I also believe that He would find friends who need to hear about His love.

I believe this is Paul's heart as he wrote to the church at Corinth, to be with those who did not know Christ in the hope of them accepting Christ.. I am not saying to put yourself in an unhealthy or bad environment, but I am saying to find people who need to hear about Jesus and tell them about Him!

The key is that you are spiritually strong. The question then is what are you doing to grow in your faith, and can you be a witness for Jesus? The world is depending on it!

#### GO

- What are you doing to grow spiritually?
- · Who is God leading you to hang out with who does not know Jesus?

#### WORKOUT

John 4:7-30: Luke 19:1-10

#### **OVERTIME**

"Father, thank You for saving me. Father help me to see people as You see them and share your love with them! Amen."







## **HOW TO SHARE YOUR TESTIMONY**

A personal testimony is simply sharing what God has done in your life. One of the most effective ways to prepare your testimony is to ask three questions:

- 1. What was my life like before Jesus?
- 2. How did I meet Jesus?
- 3. How has my life been since accepting Jesus?

The key is to share your story.

Tell your story of how you came to know Jesus personally.

#### **TESTIMONY EXAMPLE:**

#### WHAT WAS MY LIFE LIKE BEFORE I MET CHRIST?

I learned some things about God growing up, but I never really understood what it meant to have a personal relationship with Him. My life was basically hopeless.

#### HOW DID I COME TO KNOW CHRIST?

When I was at FCA Camp, I realized Jesus paid the penalty for my sins when He died on the cross even though He didn't need to die since He was sinless. He rose from the grave and now offers me forgiveness of my sins and eternal life with Him in Heaven. He also offers me abundant life! All I have to do is surrender my life to Him and have faith in what He has already done.

#### WHAT HAS MY LIFE BEEN LIKE SINCE?

I know what it means to have a personal relationship with Jesus Christ, and it is the best thing that ever happened to me. My life is full of hope now!

Now, you try it. Work through the three key parts below, write your testimony in your own words, and practice sharing it. Yours might be long and exciting or short and sweet. It is important to focus on what God has done, not on what you did wrong in the past. Feel free to use more paper if you need to, but remember, keeping things simple is always best.

#### THREE KEY QUESTIONS TO EVERY TESTIMONY:

- 1. Where were you before Christ?
- 2. How you came to Christ?
- 3. How you have grown in Christ?







## GET TO KNOW FCA

The Fellowship of Christian Athletes is touching millions of lives... one heart at a time. Since 1954, FCA has been challenging coaches and athletes on the professional, college, high school, junior high and youth levels to use the powerful platform of sport to reach every coach and every athlete with the transforming power of Jesus Christ. FCA focuses on serving local communities around the globe by engaging, equipping and empowering coaches and athletes to unite, inspire and change the world through the Gospel.

#### VISION

To see the world transformed by Jesus Christ through the influence of coaches and athletes.

#### **MISSION**

To lead every coach and athlete into a growing relationship with Jesus Christ and His church.

#### **VALUES**

Integrity, Serving, Teamwork, Excellence



For general questions on FCA and how to find local FCA staff, visit FCA.org or call 1-800-289-0909









