

United Moments

At KATY UNITED we aim to have a positive impact in the lives of our youth in all of the following influences that affect them.

SPIRITUAL PHYSICAL MENTAL FINANCIAL SOCIAL

Faith Week 2- Faith in our Abilities

1 Timothy 4:7-10 ⁷ Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. ⁹ This is a trustworthy saying that deserves full acceptance. ¹⁰ That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

Athletes push to get better. They don't simply "workout." Athletes train. Working out allows us to move, sweat, and burn calories. But, training implies we are progressing toward a goal.

DISCUSSION

1. What are your goals for this week?
2. How are you training for these goals?

What are some steps we can take to grow in faith in our ability? There are three ways we can learn from the verse below.

“And Jesus grew in wisdom and stature, and in favor with God and man.”

1. Jesus grew by taking professional steps.

He increased in “wisdom.” We should aim to develop our unique talents, gifts, and abilities to have faith in ourselves. As athletes, this means we must train professionally in all areas.

2. Jesus grew by taking physical steps.

He increased in “stature.” God designed us with physical bodies capable of competing. As athletes, this means we must train physically all the time.

3. Jesus grew by taking relational steps.

He increased “in favor with people.” God did not design us to be alone. We should strive to build valuable relationships with our teammates and coaches. As athletes, this means we must train relationally all season.

This Weeks Goal- How will you show FAITH in your abilities as a volleyball player? What Step will you work on this week?

FINISH:  KATY UNITED puts God first and then we Work and Play in that order. Lets lock arms with our teammates and then let's put Him first by bowing our heads and honoring Him in the quietness BY REFLECTING ON what we just heard.

Pick an athlete who will shout “WE ARE....” And the rest of the

players yell "UNITED!"

HIGH FIVE SOMEONE!