



FCA PowerKids NFL Flag Football



Excellence On The Field

Week #7 Catch Phrase: "Hold Nothing Back"

With the season winding down and heading into the playoffs soon, Luke found himself very tired. "Mom, do I have to go and play today?" asked Luke. Luke was worn out from the hot summer, but his team only had a couple of weeks to go before the big playoffs. When Luke got to the game his coaches saw he was tired and really poured into him. He said he had nothing to give today, but he would try his best.

Luke had to hold nothing back to help his team on the field that day. To be excellent does not mean you have to be perfect, just giving it all you can give every chance you have to do it.

Questions:

Have you ever felt like Luke did before a game? What did you do to overcome that feeling?

Read 1 Corinthians 10:31 (page 1106) What does this passage tell us about being excellent in all we do?

What are some ways you can show excellence toward an athlete on the field each week?

EXCELLENCE 101
Excellence is the unlimited ability
to improve the quality of what
you have to offer

Excellence covers everything we do. Legendary football coach Vince Lombardi said, "The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."

What do the following verses say about excellence in our life with God?

2 Timothy 3:16-17 (pg. 1190)

Philippians 4:8 (pg. 1158)

Luke worked as hard as he could as a player during his games and even though his team did not win both games, he did the very best he could do. At the end of the games his coaches talked about their team's effort. Winning is a great indicator of success, but effort is too. Never measure your success by just winning or losing. Excellence in Christ is giving everything you are for God's glory, not your own. That is why we need to hold nothing back every time we compete!

Work It Out:

At Home: Have a family chat about athletes who give their very best all the time when they play. (hint, they may not be the best players on the team either)

- Make a list of the players/sports you talked about and bring to your next huddle.
- Who do you think gave their best all the time in the Bible other than Jesus and why?

Live It Out: No matter what happens, give all you have for God's glory this week and every week.

Shout It Out: Memorize one of the following verses:

And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ. Philippians 1:9-10

Jesus said to him, 'Love the Lord your God with all your heart, with all your soul, and with all your mind.' Matthew 23:37

Parent signature

Date