



## *Spiritual Spring Training #1*

### **Welcome:**

- Turn to the person on your right and say, “HELLO NEIGHBOR” in a very serious, professional way with a deep voice, and then turn to the person on your left and say, “WHAT’S UP (dawg, man, dude, girlfriend, etc.)” in your best high pitched, cool, and casual voice.
- Welcome those who might be first-time student-athletes to your huddle.
- Open the meeting in prayer

### **Warm-Up:**

- Use “Live Like You Were Dying” from page 1439 of the Green Get Focused Athlete Bible to get people talking in small groups. This will set us up to discuss what we can do this spring to ensure we are about the things that really matter.

### **Workout:**

- What is so significant about SPRING?  
(Think about what season it follows and what happens in nature during this season)
  - Answers should vary, but might include things like ... things come to life, flowers bloom, trees have new leaves, days get longer, temperatures get warmer, spring football, spring baseball / softball begins, outdoor sports, love is in the air ☺, etc.)
- How can SPRING be a great season for spiritual training as well?
  - Ask follow-up Q’s if necessary about newness of life, new beginnings, fundamentals, pausing from the spring busy-ness, growth, light, life, etc.
- READ 1 Timothy 4:8-13
  - Q) Why is spiritual training better than the physical?
  - Q) Why do we struggle, strive, endure, suffer, go through pain in this world according to this scripture?
  - Q) What are some of your biggest trials? How are they helping you become more like Christ?
  - Q) How can being “young” be a positive thing in the advancement of the message of Jesus Christ?
  - Q) What are we to do according to Paul’s letter to Timothy in terms of verse 13?
- Try to memorize: (could say this verse aloud together as a group)  
“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” 1 Timothy 4:8 (New Living Translation)

### **Wrap-Up:**

- Thank everyone for coming! Pray for personal growth this spring as we train to look more like Jesus.