These studies can be used as Follow-Ups in one-on-one and/or small group settings. They assume a secular, mostlyunchurched athlete or coach as their audience, but obviously, there will be variations in both the level of spiritual interest, experience and competitive skill. These studies are designed to help the participant connect emotionally, mentally, and spiritually to biblical concepts at a deeper level, but not act as a systematic theology on any one concept.

OUTLINE OF EVERY STUDY:
The Hurdle Puts an issue on the table
I Hear Ya Identifies Bible characters that faced the same issue
Listen Up Investigates what the Bible teaches about the issue
For the Record Summarizes God’s perspective
Your Move Bridges the gap between Bible teaching and the athlete’s current position
The Training Room Offers Bible passages and ideas for further study

THE HURDLE
Goal: Yes, I’m familiar with this idea and have felt it myself, though I might not ever say it out loud. Forges emotional connection by stating a possible situation through a fictional athletic character
Offers questions for discussion that start opening the issue
Don’t want to get too deep at this point, nor do we want to offer any antidote for the problem
Could be read aloud or silently

I HEAR YA
Goal: Wow! I never realized that Bible characters experienced the same thing. Introduces 3-5 people in the Bible who experienced the same or similar issue
Three purposes: 1) humanizes Bible through characters, 2) raises possibility of Bible’s relevance to real life, 3) offers potential talking points later
Can read all of them or pick and choose the ones you think are most effective; not intended to camp here, just visit

LISTEN UP
Goal: How does the Gospel speak into my life concerning this issue or situation? Provides the biblical solution to the topic at hand; intended as core of study
One primary text with four or five questions for exploration
Not intended to be exhaustive or thorough; should be introductory but pointed
Most passages are short enough to read aloud; make adjustments depending on context

FOR THE RECORD
Goal: How should I change or adjust my thinking in light of what I read about God here? Summarizes God’s perspective on the issue, takes into consideration both the passage studied and other theological teaching on the idea
Might be read out loud or silently, in part or the whole thing; consider pulling out small piece to focus on

YOUR MOVE
Goal: In light of this study, how should I respond? Provocative questions to clarify the issues and motivate the participants to change or get answers
Close gap between current position and where they need to be
Have athlete read aloud or read silently

TRAINING ROOM
Goal: What else can I do to grow in this area? Not intended to be part of study
Provides exercises for further learning and growing in topic area of study
Might act as “homework” and form basis for next discussion
Familiarize yourself with each piece so you can selectively point participant to sections most helpful based on discussion

LESSONS INCLUDED:
PLAYBOOK FOR LIFE
God’s Word (Is the Bible Relevant to my life?)

GET IN THE GAME
Covenant Relationship (Am I on the Team?)

IN-GAME INTERVIEWS
Engaging Others (Am I Willing to Step into Your World?)

IN-SEASON AND OUT
Evangelism (Why Should I Tell Others about God?)

ALL HANDS IN
Fellowship (Do We Really Need Each Other?)

POWER PLAY
Holy Spirit (How Do I Live Differently?)

TROPHY OF GRACE
Identity (Am I Good Enough?)

LEADING BY EXAMPLE
Leadership (What Characterizes a Good Leader?)

GOT GAME FOR GOD
Lordship (Who Runs my Life?)

TAKING A KNEE FOR GOD
Prayer (Can I Trust Him with Myself?)

YOUR REAL OPPONENT
Spiritual Warfare (Who Is Out To Get Me?)

SHOW ME THE MONEY!
Stewardship (What do I do with Money?)

LIVIN’ LARGER
Social Justice (Am I Made for More than Sport?)

TIME OUT
Solitude (Is My Inner Life too Cluttered to Live Well?)

PERSONAL FOULS
Relationships and Sex (What’s Love got to do with It?)

BIG-TIME SPORTS!
Idolatry (What is the Place of Sport in My Life?)

For additional resources, visit www.athletesinaction.org or call 937-352-1000