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#1 STANCE

Is God inside your life or outside?

In football, the consistency of your stance will determine your success on every play. In life, your stance towards God will determine your success every minute of every day.

James 4:8

Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

Reflection Notes:			

#2 ALIGNMENT

Do your values, goals, and actions line up with God's purpose for you?

In life there will be a consequence for your actions both on and off the field. Identifying God's unique purpose for your life will act as a compass guiding your decisions and help you navigate rough terrain.

1 John 2:16

For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

#3 ASSIGNMENT

Do you understand God's expectations for you everyday?

Coaches expect you to know your plays. Not knowing a play in the playbook is inexcusable on the football field. It is critical we understand and practice God's expectations for us everyday.

Matthew 22:37

You shall love the Lord your God with all your heart and with all your soul and with all your mind.

Reflection Notes:	

#4 KEY

Where is your focus?

Your body goes where your head goes. Your head goes where your mouth, ears and EYES go. Regardless of what is going on around us, we must be laser focused on Jesus at all times.

Matthew 14:28-30

"Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me."

Reflection Notes:		

#5 HANDS

Where is your trusted hand placement?

Real believers in Jesus understand they can trust God for eternity and everything in between. His faithfulness and sure grip on His children cannot be broken. Every TEAM would benefit from the example of Jesus.

Psalm 31:5

Into your hand I commit my spirit; You have redeemed me, O Lord, faithful God.

Reflection Notes:		

#6 FEET

What is your foundation built on?

Sure steps are required on the field of play, every step counts, and having both feet firmly planted on solid ground will give you an advantage over your opponent. God's word is a ROCK big enough for everyone to build a foundation on.

Matthew 7:24-27

"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it."

#7 PAD LEVEL

Where does your power come from?

Pride comes before the fall. There are two sources of power in this world. One source is the Devil who appeals to a man's lust and pride to further deceive us. The second source is the Almighty Creator God and He is worthy of our humble worship and service. His rewards are far GREATER than anything we can achieve on our own.

Matthew 23:11-12

The greatest among you shall be your servant. Whoever exalts himself will be humbled, and whoever humbles himself will be exalted

Reflection Notes:			

#8 GET OFF

What are you going to do with the gifts and talents God has given you?

People either use their abilities or they waste them by not using them. Those who use them have a choice to use them for their own selfish gain or to use them in a way that honors God within the Body of Christ. As a team works together so ought the Body of Christ.

1 Corinthians 12:31

But earnestly desire the higher gifts.

Reflection Notes:		

The GREAT 8





#1. Stance

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#2. Alignment

line up with God's purpose for you?
(1 John 2:16) Do your values, goals, and actions

#3. Assignment

expectations for you everyday? Do you understand God's (Matthew 22:34)

#4. Key

Where is your focus? (Matthew 14:22-33)

#5. Hands

Where is your trusted hand placement? (Psalm 31:5)

#6. Feet

What is your foundation built on? (Matthew 7:24-27)

#7. Pad Level

Where does your power come from? (Matthew 23:11-12)

#8. Get Off

What are you going to do with the gifts God has given you? (1 Corinthians 12)





Eight Daily Fundamental Techniques for FAITH & FOOTBALL