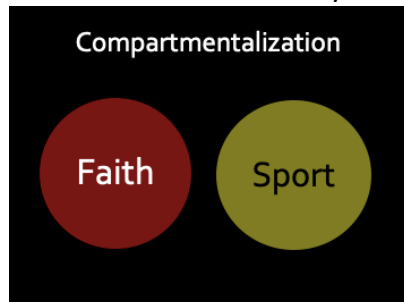


Competing as a Christian Athlete

The following questions and Youtube video clips are designed to encourage deeper reflection. I am happy to interact with any of you by email about this class. Ideally, it would have been taught in person and given us opportunity to dialogue. You can email me at scott@sb2w.org.

1. I began by telling a story of my competitiveness getting the best of me and my sin nature being evident in my loss of emotional control in the midst of competition. When has your sin nature been exposed in the heat of competition?
2. What are some ways you want to grow in integrating faith and sport (seeing your faith manifest itself as you or your athletes compete) as an athlete, coach, or parent?



3. Take a moment to reflect on the adapted C.S. Lewis quote. In what ways has your involvement in sport revealed that your dreams and aspirations are at times too half-hearted? See <https://www.desiringgod.org/articles/we-are-far-too-easily-pleased> for the unadapted quote and an article about desiring God more whole-heartedly.

"If we consider the [blatant] promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our [dreams and aspirations not too high, but too low]. We are half-hearted creatures, fooling about with notions of [trophies, and scholarships, championships and elite teams, winning and sports glory] when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."

-adaptation of C.S. Lewis from The Weight of Glory

4. What are some ways you have learned to love God and love others as you compete?

5. What are some of the challenges to competing Christ-consciously?
6. How has the loss of sports due to the current coronavirus crisis affected you, your peers, your family? When you re-engage sport again how can you do so as a healthier person or in a healthier and more Christ-centered way?
7. Why is Liberty Mutual's "Honoring the Game" such an underwhelming inspiration for being motivated to compete whole-heartedly?
8. Take a moment to watch this *Chariots of Fire* clip of a conversation between Eric Liddell and his sister Jenny. <https://www.youtube.com/watch?v=ile5PD34SS0>
9. Why is love the most powerful motivating force in the human heart? See the following *Chariots of Fire* clip of Eric Liddel racing. This race is true to the real historical events and is an illustration of the fire in Eric's belly to honor God with his very best, not to earn God's approval but because he already knows God's love. <https://www.youtube.com/watch?v=l4e5Xfmc8zQ>
10. Take a look at the Coaching the Christian Athlete's Heart slide below. How is this reflective of your heart before, during, and after competition? Whether you are actually competing, coaching, or spectating all of these heart issues are relevant.



11. Do you have any practices or Scripture passages that help you compete, coach, or spectate in a way that honors God?

What We Believe About Competitive Sports at SB2W

- We believe all of life, every moment, is an opportunity to worship God. The athletic field, therefore, is a place for worship.
- We believe competition is a microcosm of life. It imitates the emotions of life, involves intensely interpersonal interaction, and reflects culture.³
- We believe that competitive sports do not inherently build character, but reflect character.¹
- We believe the intensity of competition can heighten temptation towards sinful thoughts and actions.
- We believe sport and competition can be used as a means to coach the heart of an athlete growing them in godliness and maturity.²
- We believe SB2W's calling is to be concerned primarily with the identity, purpose, character, and spiritual growth of the athlete during competition.

^{1,2,3} We have been greatly influenced by the work of Lowrie McCown, a former SB2W counselor, whose organization 360 degree sports helps train coaches to coach the heart of an athlete. In these three beliefs we are particularly indebted to Lowrie's work.