



# PLAY THE RIGHT WAY

## TIME OUT - WEEK 6



### THEME VERSE

*"He holds victory in store for the upright, he is a shield to those whose walk is blameless, for he guards the course of the just and protects the way of his faithful ones"*

~ Proverbs 2:7-8 ~



### COACH APPLICATION

Coaching isn't easy, and coaching in a Christian context is even harder. So how do you coach with goodness? You have to be good yourself first, it starts with your heart. If your heart is set on winning games, then it will be hard to show goodness, but if your heart is set on teaching the game and helping your kids grow into better people, then goodness will be at the core of your coaching philosophy. However, you can't do it all on your own, but luckily God is there to support you - all you have to do is seek Him out, and ask Him for wisdom, guidance, and strength.



### PLAYER APPLICATION

#### IN SPORTS

Goodness in sports is all about how you play the game. You will often hear about how you should "play the game the right way," but what does that really mean? Play hard? Play by the rules? Play to win? All of the above, but what it is not is cheating, playing dirty, running up the score, trash talking, etc. Goodness must come from the heart, if you find yourself not being able to "play the right way," then you need to start by looking in at yourself and asking if there is a better way. When you reflect back, the memories won't be all about winning, but of how you played the game.



#### IN LIFE

How you carry yourself in life affects everything you do. It affects how you look at the world and how the world looks back at you. If you carry yourself with confidence and integrity, then people will look up to you and see you as a leader. That is how you can inspire others to also be better people. It may not always be the easy to live out this type of goodness, but it is always the right thing to do, and God promises to be there for those who try to live upright lives. He will always be there to help you and to strengthen you - all you have to do is ask.



**As an athlete, I can be a **role model** and **inspire** others.**

**Therefore, I promise to...**

**Live with **integrity** on and off the field of play;  
Use my talents and gifts to **honor** my team, my family and my faith;  
Hold myself **accountable** to a higher standard;  
And work to have a **positive impact** on my community.**

*-the right choice today athlete's pledge*