



# FAITH AND TRUST

## TIME OUT - WEEK 7



### THEME VERSE

*"Now faith is being sure of what we hope for and certain of what we do not see."*

~ Hebrews 11:1 ~



### COACH APPLICATION

As a coach, you should have set some realistic preseason goals for your team based on the potential you have seen in your players. However, the coach cannot ever attain these goals; you must have faith in your players that they can achieve the team's goals. If you, as the leader, always remain confident that the team can reach its goals, then your players will see that and share in your faith. Also, you must always be faithful in your promises to your players - you must be there for them off the court if you want them to be there for you on the court.



### PLAYER APPLICATION IN SPORTS

All teams set goals before a season starts; sometimes they remain unspoken, but they are set nonetheless. As an individual player and as a team, you must remain confident and have faith that you can reach your goals. Always have your eyes fixed on the next goal, and focus on trying to get closer to it each and every day - whether in practice, at school, or at home. Times will get rough, but you must never give up. Quitting is not an option; if you quit, you will be walking out on more than yourself, but your teammates - your family. Always be committed to the team and its goals.



### IN LIFE

Faithfulness is important. To go far in life you must be reliable and dependable. Let your word be your oath - always keep your promises. Always be real, don't hide, and don't be fake. Make sure to be there for family, friends, and teammates when they need you. Be a good listener, provide a shoulder to cry on, and always be ready to give a high five or a fist bump. If others can count on you, then they will be more likely to be there when you need to count on them. If you have faith and are faithful, then you have built a foundation that is ready for any storm.



**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*