



HUMILITY

TIME OUT - WEEK 8



THEME VERSE

"Be completely humble and gentle; be patient, bearing with one another in love."

~ Ephesians 4:2 ~



COACH APPLICATION

How you treat those around you reflects more on you as a person than anything else you do. Players, assistant coaches, volunteers, fans, parents, etc. will all expect you to show them respect, and if you do not respect them, then they will not respect you. Respect must be given before it can be received, and trust must be earned. Coaching is a tough job; it can be hard to keep your head and remember to put your players' needs before your own - especially when the losses begin to pile up. But you are called to a higher calling - you are a Christian coach; you are called to teach your players how to live out their faith on and off the field of play. Let your example be your best tool.



PLAYER APPLICATION

IN SPORTS

There is always someone better than you, so what is the point in showboating? Be humble, respect every opponent. Fight hard every game as if you are always the underdog. Play the game the right way - honest and upright, not cheap and dirty. Work together as a team; remember "Together Everyone Achieves More." A good team will always prevail over a group of good players. Be patient with your teammates, constantly focused on love and unity. Your team is your family, so treat them as family. Gentleness does not equate weakness; gentleness is strength. In order to live out gentleness you must be strong in character.



IN LIFE

People will judge you by the way that you carry yourself. If someone senses arrogance and conceit in you during that all-important first impression, then you will be fighting an uphill battle every time you talk to that person. However, if they someone senses humility, if he/she feels like you value them as a person, then you will have overcome major stumbling block. Everyone you come in contact with is there for a reason, so make sure to show humility at all times.



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