



“Discipline yourself for the purpose of Godliness” - 1 Timothy 4:7 (NASB)

PRE-SEASON TRAINING – WEEK 1

SPIRITUAL FOCUS

As another season rolls around for homeschool soccer, it’s such an encouragement to see young people committed to the program by simply “being present” at pre-season training. And while the heat, humidity, early mornings and muscle-soreness become a reality (at least for now), players will be challenged to be the best they can be by realizing that whatever they go through on or off the field, the vision to see beyond their present circumstances will enable them to keep going – to press on and not quit. In short, PURPOSE changes everything! The PURPOSE of getting in shape through drills, games and fitness exercises; the PURPOSE of sacrifice; the PURPOSE of commitment; the PURPOSE of teamwork; the PURPOSE of punctuality etc.; the PURPOSE of all these disciplines is to prepare players to reach their potential both physically and spiritually.

“Discipline without direction is drudgery”

As we’ll discover, a disciplined Christian life is pursued vigorously and with intentionality – not because it puts us in right standing with God (after all, we are saved by grace, through faith – not by works, Ephesians 2:8-9), but because (for the PURPOSE of)...Godliness! Our goal should be to become more and more like Christ in word, thought and deed. In fact, this is a command by God, not an option or a suggestion! 1 Peter 1:15-16 states, “But just as He who called you is holy, so be holy in all you do; for it is written: ‘Be holy because I am holy.’”

So as we start to unravel the concept of Spiritual Discipline, my prayer is that all of us will be challenged and encouraged to experience the life of Christ in a new and refreshing way – one which offers great joy because we are drawn into closer relationship with Him. But...it will require hard work – discipline – to reach our goal and fulfil our purpose!

LEADERSHIP FOCUS

As always, great emphasis will be placed on developing next generation leaders over the course of the season. In theory at least, this should be a natural by-product of the spiritual “juice” poured into players each session. But to emphasize the point, we’d do well to remember:

- The team always comes first – “It’s not about me”
- The best leaders ask for help because they never believe they know it all
- Sometimes you win. Sometimes you learn
- True leaders hold others accountable
- True leaders ask for forgiveness and extend forgiveness



SOCCER FOCUS

And let’s not forget...we discipline ourselves to learn, improve and compete as soccer players! Here are a few important takeaways that we’ll stress over and over again this season:

- Receive the ball in a “sideways-on” position (see the field)
- Find the gaps when passing (break lines)
- Make the field big when attacking and small when defending (spreading out versus compactness)

Looking forward to seeing you next week!

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Sports Quest:

“Sharing biblical truth to reach, teach & encourage next generation leaders through soccer”

“I can do all things through Christ who strengthens me.” - Philippians 4:13