

Calvary Chapel  of Philadelphia



CHILDREN'S MINISTRY
SOCCER DEVOTIONS

10-17 year olds

Week 2

Guard Your Heart

Guard Your Heart

The objective is the goal or main teaching point of this week's study. If you convey one thing to your players, make it this.

Read this passage aloud to the kids, as it will be the focus of this week's study. Each week's memory verse will be in bold.

Our lessons for our older age groups are designed to be more discussion-based. This section is for the coach to read ahead of time so that he/she understands the goal of the discussion and is able to direct the conversation.

Objective This study will teach the kids to guard their hearts by carefully considering the people, things, and ideas they allow to influence them.

Scripture Passage:

“Above everything else, guard your heart.
Everything you do comes from it.”

Proverbs 4:23 (NIRV)

Coaches Guide

Just as guarding the goal is crucial to the game of soccer, Proverbs 4:23 says that one of the keys to the Christian life is guarding your heart. In the Bible, the heart refers to who you are on the inside, and our verse says that what's in our hearts has a major impact on how we live our lives. Our hearts are influenced by the people we spend time with, the things we believe, and the messages we consume. These things can either draw our hearts closer to the Lord or pull us farther away from Him, and so we need to be careful about what we let in.

We guard our hearts by being diligent to make sure that the people, things, and messages we allow to influence us are godly ones. Think about who you hang out with, how you spend your time, what you look at on social media, what you watch on TV, and what kind of music you listen to. Do you think that these things are positively or negatively affecting your walk with the Lord? We should pursue whatever helps us grow in our faith, and eliminate things that are harmful.

That doesn't mean that we can never be friends with unbelievers, or that we can only watch Christian movies and listen to Christian music. But we do need to be wise about what we allow to influence us. Some things aren't necessarily helpful or harmful, and they are fine in moderation, but we need to make sure they don't become more important to us than Jesus, or distract or prevent us from obeying Him. Nothing that pulls our hearts away from the Lord is worth keeping in our lives.

Team discussion gives questions to ask your team in order to discuss today's topic. Use the information from the coaches guide to steer the conversation toward the biblical truth.

"On the Field" gives some in-game situations where today's lesson can be applied, while "Off the Field" gives examples from everyday life. Encourage them to do the things you listed during the game today.

These are some final notes/goals to accomplish this week. These are not meant to be read, but are instructions for the coach.

Team Discussion

1. What does your "heart" refer to in the Bible? What does it mean to "guard your heart"? Why is it so important to guard your heart?
2. How do we guard our hearts? How do you make decisions about who or what you will allow to influence you?
3. Who do you allow to influence you? What kind of people are you friends with? What kind of media do you consume (books, music, TV, movies, social media, video games, etc.)? How do you spend your time? How do these things affect your walk with the Lord?
4. Do you think it's wrong to have unsaved friends? What about listening to secular music or watching secular TV/movies? Why or why not?

On the Field

- Make good choices in who you spend time with at the soccer field. Look for friends who are godly influences in your life.
- Make sure your heart has the right priorities and that you put Jesus first. It's easy to get into trouble when winning is more important to you than obeying the Lord.
- What kind of influence are you to your teammates? Make sure that you are helpful to others in their walk with the Lord.

Off the Field

- Look for friends who help and encourage you in your faith. It's okay to have friends who are unbelievers, but you should be the one influencing them, not the other way around.
- Choose music, TV, and movies that are positive influences and cut out anything that is sinful or hurts your walk with the Lord.
- How you spend your time shows what's important to you. Do you make time for Jesus, or are you distracted by other things? Don't let other things take away from your time with Him.

The Game Plan

1. Review last week's memory verse, Proverbs 3:5-6, "Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths." Give a ticket to anyone who can recite it.
2. Learn and memorize Proverbs 4:23(NIRV) with your team. Encourage them to practice the verse over the week.
3. Make sure that your message is not that we can only have Christian friends or consume Christian media, but rather on pursuing what's helpful and getting rid of what's harmful to our Christian walk.