

Calvary Chapel  Philadelphia



CHILDREN'S MINISTRY
SOCCER DEVOTIONS

4-9 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.

Here is where we will discuss today's passage with the players. This can be read off the page or summarized and explained in the coach's own words.

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)

In the Word

When we play sports or do other activities, we use protective equipment to keep ourselves from getting hurt. In soccer, you wear shin guards to protect your legs. When you ride a bike, you wear a helmet to protect your head. And in Psalm 4:23, there is another part of the body that the Bible tells us that we need to protect: our hearts.

The heart is an important part of the body. Soldiers and cops know this, which is why they wear armor to protect their hearts. But when the Bible talks about your heart, it doesn't mean the body part in your chest that pumps blood. Your heart is who you are on the inside. The Bible uses the word heart to refer to who and what you love, what you believe, and what matters most to you. Today's verse says that it's important to guard our hearts because what's in our hearts affects how we live our lives.

The people we hang out with, activities we spend time on, and things we watch and listen to can all have a major impact on our hearts. Some people and things bring our hearts closer to Jesus, while others draw our hearts away from Him. Guarding your heart means being careful about what you let inside and making sure that the people and things we allow to influence us are good for us in our walks with the Lord.

So think about your own life. Do your friends encourage you to follow the Lord and do what's right, or do you find it easier to sin when they're around? Are the movies and TV shows you watch and the music you listen to godly and positive, or are they about things that displease

In the Word (Continued)

God? Do you spend time doing things that help you to grow in your walk with the Lord, or are you involved in activities that distract you from following Jesus? It's important to check whether the people and things in our lives are bringing our hearts closer to or further from the Lord.

Now this doesn't mean that we can't be friends with non-Christians or that we can only listen to Christian music and watch Christian movies. We don't have to stop playing sports or hanging out with friends and only spend our time reading the Bible, praying, and going to church. But we do need to be careful about what we let into our hearts. We should make sure we have people and things in our lives that bring us closer to the Lord, and we should get rid of anything that distracts or prevents us from following Jesus.

"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.

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.

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

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.