



STUDY
GUIDE

VIRTUOUS WOMAN INTEGRITY™

THE FELLOWSHIP OF CHRISTIAN ATHLETES®

FCA VIRTUOUS WOMAN

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FCA Virtuous Woman

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Thank you to Larry Coley and the FCA staff team in Memphis, Tenn., who assisted in the development of this study. We offer special thanks to Memphis staff member, Alliesha Easley, for helping develop and finalize the "Training for Godliness" section of the discussion questions. We would also like to extend our gratitude to the FCA boards and Female Ministry Team for their encouragement and prayer.

We would like to dedicate this work to the women who have invested spiritually in us throughout our lives, the Memphis area coaches and the precious girls in Memphis whom we serve.

The purpose of this study is to present key character traits using examples of women in the Bible.

The goal of the FCA Virtuous Woman Curriculum is to present to women in the arena of athletics the privilege and challenge of learning and living out Biblical Womanhood in all areas of life. This goal is accomplished by introducing character traits found in female biblical characters that they can model in their own personal life. This is a question-driven small group Bible study which promotes discussion and guides participants to discover truth for themselves as they process questions and answers from the group. The question set created for each session seeks to reveal God as He truly is, discover how He has revealed Himself in Scripture, correct inaccurate ideas about God, and address worldview issues with which women struggle today.

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INTEGRITY

INTRODUCTION

Purpose: To encourage women to live with integrity
for the glory of God

Character Goal: Integrity – Living a life that reflects godliness in private and public for God's glory

Biblical Character: Jesus

Scripture Readings: Matthew 3:1-6, 13-17; 4:1-11

Discussion Questions:

- To whom did Jesus go to be baptized in the Jordan?
- What miraculous event happened after Jesus came up from the water? What did this voice say?
- What 3 truths did God the Father communicate to Jesus, His Son? Why do you think He did this? What does this teach us about God?
- How do you think it made Jesus feel to hear these things from His Father? Do you think He desired to live a life of integrity as a result of hearing this?
- How would you feel if you heard these same things from God? How would you desire to live and please?
- After being baptized by His cousin, John, and affirmed by His Father, where was Jesus led and why?
- How did Jesus feel after fasting for forty days and forty nights?
- Who came to tempt Jesus at His weakest moment? What does this tell us about Satan?
- What does Satan say? What does this teach us about Satan's schemes?
- How does Jesus respond to Satan's temptation? What does this teach us about the importance of God's Word?
- Think back. What 3 truths did Jesus take with Him into the wilderness? How do you think this helped Him resist Satan's temptations?
- When we are tempted to act in ways contrary to God's will, what things should we remember in those moments?
- How did Jesus display integrity while alone in the wilderness?
- As a female athlete, in what areas can you seek to display integrity? In what areas have you been tempted to not live a life of integrity?
- Is it harder to act with integrity when in private or public? Why?
- Who is with us even when we are physically alone? Why is important for us to believe as it pertains to our integrity?
- What happened as a result of Jesus resisting Satan's temptations with the Truth of God's Word? What does this teach about perseverance and choosing to believe and obey God's Word when we are tempted?
- What does this story teach you about God? Jesus? How can you apply these truths to your life?
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Training for Godliness

Athletes have influence on others whether they intend to or not. How does your life on and off the court or field display integrity? What are some ways you can better reflect godliness with integrity in both private (home) and public (sport) life?

Core Truths:

- ▶ God speaks to His children about who they are and how He feels about them.
- ▶ Believing what God says about us helps us live with integrity and resist temptation.
- ▶ Satan tempts us to not believe who God is and who He says we are.

John the Baptist Prepares the Way: Matthew 3:1-6

¹In those days John the Baptist came, preaching in the wilderness of Judea ²and saying, "Repent, for the kingdom of heaven has come near." ³This is he who was spoken of through the prophet Isaiah:

"A voice of one calling in the wilderness, 'Prepare the way for the Lord, make straight paths for him.'"

⁴John's clothes were made of camel's hair, and he had a leather belt around his waist. His food was locusts and wild honey. ⁵People went out to him from Jerusalem and all Judea and the whole region of the Jordan. ⁶Confessing their sins, they were baptized by him in the Jordan River.

The Baptism of Jesus: Matthew 3:13-17

¹³Then Jesus came from Galilee to the Jordan to be baptized by John. ¹⁴But John tried to deter him, saying, "I need to be baptized by you, and do you come to me?" ¹⁵Jesus replied, "Let it be so now; it is proper for us to do this to fulfill all righteousness." Then John consented. ¹⁶As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. ¹⁷And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."

Jesus Is Tested in the Wilderness: Matthew 4:1-11

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ²After fasting forty days and forty nights, he was hungry. ³The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." ⁴Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" ⁵Then the devil took him to the holy city and had him stand on the highest point of the temple. ⁶"If you are the Son of God," he said, "throw yourself down. For it is written:

"'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'"

⁷Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" ⁸Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ⁹"All this I will give you," he said, "if you will bow down and worship me." ¹⁰Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'"

¹¹Then the devil left him, and angels came and attended him.



VIRTUE

SESSION 1

Purpose: To encourage women to live righteously with
God and with others

Character Goal: Virtue – Displaying moral excellence, goodness, and righteousness that lead to godly living

Biblical Character: Ruth

Scripture Readings: Ruth 1:8, 9, 17, 18, 22; 2:1-12; 3:1-11; 4:13-17

Discussion Questions:

- Who was Ruth?
- What did Naomi encourage her daughters-in-law to do?
- What does Ruth decide?
- Did she know what was ahead? What does this tell us about her character and her faith?
- When you have the option of being comfortable, or leaving what's comfortable and familiar to follow God, what do you tend to choose? What has been the result of these choices?
- After they arrive in Bethlehem, what does Ruth do?
- In whose field does she end up?
- How does Boaz treat Ruth while in the fields?
- What does Boaz offer Ruth? Why? What does this teach us about the fruit of a virtuous character?
- Define reputation. As a female athlete, what is your reputation among your peers, coaches, teammates, teachers, etc.? What would they say about your character? What do you want your reputation to be?
- What does Naomi decide to do for her daughter-in-law?
- How does Boaz respond to Ruth's request? Why do you think he is so excited? What has he seen and heard about her?
- For what does Boaz continue to praise her? Read and discuss Proverbs 31:30.
- Naomi and Ruth were both widows with no one to provide for them. How does God act on their behalf? What does this tell us about Him?
- What does it mean to redeem something, like a coupon, gift card, certificate, etc?
- Who did God send into the world to redeem us?
- What do the women acknowledge about God as it pertains to Naomi? What do they say about Ruth?
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Training for Godliness

As a female athlete, you have the platform to influence those around you. In what ways have you influenced others? How can you use your influence for God's glory?

Core Truths:

- ▶ God provides for us before we know we need it.
- ▶ Women of virtue find favor with others.
- ▶ God blesses a good work ethic and strong character.

Memory Verse: *"Who can find a virtuous woman? For her worth is far above rubies."* Proverbs 31:10

Ruth Clings to Naomi: Ruth 1:8-9, 16-18, 22

⁸Then Naomi said to her two daughters-in-law, "Go back, each of you, to your mother's home. May the Lord show you kindness, as you have shown kindness to your dead husbands and to me. ⁹May the Lord grant that each of you will find rest in the home of another husband." ¹⁶But Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. ¹⁷Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me." ¹⁸When Naomi realized that Ruth was determined to go with her, she stopped urging her. ²²So Naomi returned from Moab accompanied by Ruth the Moabite, her daughter-in-law, arriving in Bethlehem as the barley harvest was beginning.

Ruth Works in Boaz's Field: Ruth 2:1-12

¹Now Naomi had a relative on her husband's side, a man of standing from the clan of Elimelek, whose name was Boaz. ²And Ruth the Moabite said to Naomi, "Let me go to the fields and pick up the leftover grain behind anyone in whose eyes I find favor." Naomi said to her, "Go ahead, my daughter." ³So she went out, entered a field and began to glean behind the harvesters. As it turned out, she was working in a field belonging to Boaz... ⁴Just then Boaz arrived from Bethlehem and greeted the harvesters, "The Lord be with you!" "The Lord bless you!" they answered. ⁵Boaz asked the overseer of his harvesters, "Who does that young woman belong to?" ⁶The overseer replied, "She is the Moabite who came back from Moab with Naomi." ⁷She said, 'Please let me glean and gather among the sheaves behind the harvesters.' She came into the field and has remained here from morning till now, except for a short rest in the shelter." ⁸So Boaz said to Ruth, "My daughter, listen to me. Don't go and glean in another field and don't go away from here. Stay here with the women who work for me. ⁹Watch the field where the men are harvesting, and follow along after the women. I have told the men not to lay a hand on you. And whenever you are thirsty, go and get a drink from the water jars the men have filled." ¹⁰At this, she bowed down with her face to the ground. She asked him, "Why have I found such favor in your eyes that you notice me—a foreigner?" ¹¹Boaz replied, "I've been told all about what you have done for your mother-in-law since the death of your husband—how you left your father and mother and your homeland and came to live with a people you did not know before. ¹²May the Lord repay you for what you have done. May you be richly rewarded by the Lord, the God of Israel, under whose wings you have come to take refuge."

Ruth 3:1-11

One day Ruth's mother-in-law Naomi said to her, "My daughter, I must find a home for you, where you will be well provided for. ²Now Boaz, with whose women you have worked, is a relative of ours. Tonight he will be winnowing barley on the threshing floor. ³Wash, put on perfume, and get dressed in your best clothes. Then go down to the threshing floor, but don't let him know you are there until he has finished eating and drinking. ⁴When he lies down, note the place where he is lying. Then go and uncover his feet and lie down. He will tell you what to do." ⁵"I will do whatever you say," Ruth answered. ⁶So she went down to the threshing floor and did everything her mother-in-law told her to do. ⁷When Boaz had finished eating and drinking and was in good spirits, he went over to lie down at the far end of the grain pile. Ruth approached quietly, uncovered his feet and lay down. ⁸In the middle of the night something startled the man; he turned—and there was a woman lying at his feet! ⁹"Who are you?" he asked. "I am your servant Ruth," she said. "Spread the corner of your garment over me, since you are a guardian-redeemer of our family." ¹⁰"The Lord bless you, my daughter," he replied. "This kindness is greater than that which you showed earlier: You have not run after the younger men, whether rich or poor. ¹¹And now, my daughter, don't be afraid. I will do for you all you ask. All the people of my town know that you are a woman of noble character.

Ruth 4:13-17

¹³So Boaz took Ruth and she became his wife; and when he went in to her, the Lord gave her conception, and she bore a son. ¹⁴Then the women said to Naomi, "Blessed be the Lord, who has not left you this day without a close relative; and may his name be famous in Israel! ¹⁵And may he be to you a restorer of life and a nourisher of your old age; for your daughter-in-law, who loves you, who is better to you than seven sons, has borne him." ¹⁶Then Naomi took the child and laid him on her bosom, and became a nurse to him. ¹⁷Also the neighbor women gave him a name, saying, "There is a son born to Naomi." And they called his name Obed. He is the father of Jesse, the father of David.



WORTH

SESSION 2

Purpose: To help women understand their worth in the sight of God

Character Goal: Worth – the quality that renders someone desirable, valuable, and useful to God

Biblical Character: Eve

Scripture Readings: Genesis 1:26-28, 31; 2:8-9, 15-25; 3:1-15

Discussion Questions:

- Who created man and woman? What did God say about what He had created? What does this teach us about our worth and value in the eyes of God?
- What does it mean to be created in the image and likeness of God?
- What was the man and woman's mission on earth? Who gave them this mission and authority? What does this teach us about God?
- Discuss God's command for them to rule, fill, and subdue. Could either fulfill this mission alone? What does this teach us about the value and role of women on the earth?
- As a female athlete, what is your role on the team? What contributions can you make in order to fulfill your team's mission?
- What command did God give to the man in the garden? What does this teach us about God?
- As a woman and female athlete, what has God given you to "work and take care of"? How can you do this for the glory of God?
- What does God say "is not good"? What does God decide to do for Adam? How is Eve created?
- What do we see the serpent doing in order to bring about the fall of mankind?
- What does this teach us about one of the tactics Satan uses to deceive women? How is this evident in our world today?
- How has Satan used this tactic in your life? How can you know how God truly feels about you?
- What happens as a result of Eve eating the fruit and listening to Satan? What does this tell us about Satan's goal in tempting us to sin?
- Ultimately, God forgives the sin of Adam and Eve and covers their nakedness. What does He tell the serpent would happen in the future? Who is this promised "Seed"?
- What does this story teach us about God? What does this teach us about our worth?
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Training for Godliness

Most athletes measure what they are worth based on statistics, scoreboards, and the applause of the crowd. Their identity is wrapped-up in things that can end in a moment because of injury, coaching changes, or a fickle crowd. As a teammate and player, where do you find your worth or value? Will these things last more than a game or a season?

Core Truths:

- ▶ Women are valuable because we have been created by God, in the image of God, for the glory of God.
- ▶ Women are of great worth to God and necessary in advancing God's Kingdom on earth.
- ▶ Satan deceives women to not believe they are loved and valued by God.

Memory Verse: "Who can find a virtuous woman? For her worth is far above rubies." Proverbs 31:10

God Charges Mankind: Genesis 1:26-28, 31

²⁶Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground." ²⁷So God created mankind in his own image in the image of God he created them; male and female he created them. ²⁸God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." ³¹God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Genesis 2:8-9

⁸Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed. ⁹The Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.

The Creation of Eve: Genesis 2:15-25

¹⁵The Lord God took the man and put him in the Garden of Eden to work it and take care of it. ¹⁶And the Lord God commanded the man, "You are free to eat from any tree in the garden; ¹⁷but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die." ¹⁸The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." ¹⁹Now the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. ²⁰So the man gave names to all the livestock, the birds in the sky and all the wild animals. But for Adam no suitable helper was found. ²¹So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. ²²Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. ²³The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." ²⁴That is why a man leaves his father and mother and is united to his wife, and they become one flesh. ²⁵Adam and his wife were both naked, and they felt no shame.

The Fall: Genesis 3:1-15

¹Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" ²The woman said to the serpent, "We may eat fruit from the trees in the garden, ³but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" ⁴"You will not certainly die," the serpent said to the woman. ⁵"For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." ⁶When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. ⁷Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. ⁸Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. ⁹But the Lord God called to the man, "Where are you?" ¹⁰He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." ¹¹And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" ¹²The man said, "The woman you put here with me—she gave me some fruit from the tree, and I ate it." ¹³Then the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate." ¹⁴So the Lord God said to the serpent, "Because you have done this, 'Cursed are you above all livestock and all wild animals! You will crawl on your belly and you will eat dust all the days of your life. ¹⁵And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel.'"



TRUSTWORTHY

SESSION 3

Purpose: To encourage women to make the most of what has been entrusted to them by God

Character Goal: Trustworthy – to be reliable, responsible and makes the most of everything entrusted to one by God

Biblical Character: Priscilla

Scripture Readings: Acts 18:1-4, 18-28; Romans 16:3-5; 1 Timothy 3:1-13

Discussion Questions:

- What couple did Paul stay with while at Corinth?
- What did Paul have in common with this couple?
- Paul had faith and occupation in common with this couple. Describe the commonalities you have with your teammates. How can these things help you reach your goals and glorify God as a team?
- After sailing for another country to preach the gospel, where did Paul leave them?
- Describe Apollos. What was his dilemma in ministering to others?
- How did Priscilla and Aquila help Apollos? How did their influence impact the people he ministered to?
- The couple's ministry called for them to move many times. What do you think Priscilla sacrificed in order to see God's kingdom advance?
- Even though Priscilla traveled a lot, she always found a way to make the most of every opportunity entrusted to her. What can you learn from her example and how can you apply this to your life? How did she do this?
- As a woman/friend/athlete, how can you make the most of every opportunity entrusted to you?
- Priscilla was a woman who played a vital role in encouraging others in the Lord. Why do you think she was able to have this kind of influence?
- What does Priscilla reveal to us about God's view of women and their role in the body of Christ?
- As Aquila's wife and fellow worker for God's Kingdom, how does Priscilla display trustworthiness?
- Read Romans 16:3-5. For what does Paul commend Priscilla and Aquila? What does this tell us about her character and her role in God's Kingdom?
- Read 1 Timothy 3:1-13. Priscilla and Aquila were both leaders in the church. Describe the characteristics of what a deacon/servant and his wife should possess? Why are these traits important?
- As a female athlete, how can you display these characteristics?
- What does this story teach you about God? Women? How can you apply these truths to your life?
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Training for Godliness

Trust is foundational to every team. It can lead to success, unity and good relationships both on and off the court. As a female athlete, what trustworthy characteristics have you displayed on your team? What characteristics can you improve upon?

Core Truths:

- ▶ God entrust things to us so that we might use those things to encourage others.
- ▶ Women are valuable to God and desires to use them to advance His Kingdom.
- ▶ We glorify God when we make the most of our situation or circumstances (i.e. new neighborhood, school, team, coach, school, etc).

Memory Verse: *The heart of her husband safely trusts her; So he will have no lack of gain.*
Proverbs 31:11

Paul meets Priscilla and Aquila: Acts 18:1-4, 18-22, 24-28

¹After this, Paul left Athens and went to Corinth. ²There he met a Jew named Aquila, a native of Pontus, who had recently come from Italy with his wife Priscilla, because Claudius had ordered all Jews to leave Rome. Paul went to see them, ³and because he was a tentmaker as they were, he stayed and worked with them. ⁴Every Sabbath he reasoned in the synagogue, trying to persuade Jews and Greeks.

¹⁸Paul stayed on in Corinth for some time. Then he left the brothers and sisters and sailed for Syria, accompanied by Priscilla and Aquila. ¹⁹They arrived at Ephesus, where Paul left Priscilla and Aquila. He himself went into the synagogue and reasoned with the Jews. ²⁰When they asked him to spend more time with them, he declined. ²¹But as he left, he promised, "I will come back if it is God's will." Then he set sail from Ephesus. ²²When he landed at Caesarea, he went up to Jerusalem and greeted the church and then went down to Antioch.

²⁴Meanwhile a Jew named Apollos, a native of Alexandria, came to Ephesus. He was a learned man, with a thorough knowledge of the Scriptures. ²⁵He had been instructed in the way of the Lord, and he spoke with great fervor and taught about Jesus accurately, though he knew only the baptism of John. ²⁶He began to speak boldly in the synagogue. When Priscilla and Aquila heard him, they invited him to their home and explained to him the way of God more adequately.

²⁷When Apollos wanted to go to Achaia, the brothers and sisters encouraged him and wrote to the disciples there to welcome him. When he arrived, he was a great help to those who by grace had believed. ²⁸For he vigorously refuted his Jewish opponents in public debate, proving from the Scriptures that Jesus was the Messiah.

Paul Greet the Church and Praises their Work for the Lord: Romans 16:3-5

³Greet Priscilla and Aquila, my fellow workers in Christ Jesus. ⁴They risked their lives for me. Not only I but all the churches of the Gentiles are grateful to them. ⁵Greet also the church that meets at their house.

Qualifications for Church Leaders and their Wives: 1 Timothy 3:1-13

The saying is trustworthy: If anyone aspires to the office of overseer, he desires a noble task. ²Therefore an overseer must be above reproach, the husband of one wife, sober-minded, self-controlled, respectable, hospitable, able to teach, ³not a drunkard, not violent but gentle, not quarrelsome, not a lover of money. ⁸Deacons likewise must be dignified, not double-tongued, not addicted to much wine, not greedy for dishonest gain. ⁹They must hold the mystery of the faith with a clear conscience. ¹⁰And let them also be tested first; then let them serve as deacons if they prove themselves blameless. ¹¹Their wives likewise must be dignified, not slanderers, but sober-minded, faithful in all things.



LOYALTY

SESSION 4

Purpose: To encourage women to live with loyalty and allegiance toward the God who saves them

Character Goal: Loyalty—a strong feeling of support or allegiance and faithfulness to people and ultimately toward God and His ways

Biblical Character: Lot's Wife and Mary Magdalene

Scripture Readings: Genesis 19:1-17, 24-26; Luke 8:1-3; John 19:17-18, 25; 20:11-14, 16-18

Discussion Questions:

Genesis Passages

- What were the angels sent to do to Sodom and Gomorrah? Why? What does this teach us about God?
- Who invited the angels into his house?
- Who all came to Lot's house that night and why? What does this tell us about the morality of the city?
- How did Lot respond as the angels urged him to leave? Why do you think he hesitated?
- Is there a time in your life when you knew you needed to get away from negative influences but hesitated? Why was it difficult?
- What did the angels do for Lot and his family? Why? What does this teach us about God?
- What do the angels tell Lot and his family not to do?
- What happened to Sodom and Gomorrah as soon as they got outside of the city?
- What happened to Lot's wife? Why? What was she loyal to?
- When God in His mercy removes us from a situation that is detrimental to us and we "look back" (i.e. return to that sin, circumstance, etc.) what often happens? How can we avoid falling back into these sinful patterns?

Luke and John Passages

- Who was with Jesus as He went about preaching? What does this tell us about Him and His feelings towards women? Does Jesus want you to be "with Him"?
- What do we know about Mary Magdalene? How does looking to Jesus impact her life?
- Around the time of Jesus's death it was not acceptable to be a follower of His, but who was near the cross when He was crucified? What does this tell us about these women?
- Who was the first person to the tomb after Jesus' death? Who was she looking for? Was she successful in finding Him? What does this tell us about Jesus?
- Mary came to Jesus's tomb in grief and turmoil. How did she leave?
- Read John 10:10. Based on the stories of Mary Magdalene and Lot's wife, who do you think experienced destruction? Why? Who do you think experienced abundant life? Why?
- What do these two stories teach us about God? Women? Being loyal to your team or coach?
- What is one thing I learned from this story that I can apply to my life before the next lesson?

Training for Godliness

Coaches give rules to their players for behavior, teamwork, and strategy. Sometimes players on a team have a divided allegiance between their own agenda and the good of the team. Are you "All In" with the team's goals, or do you try to do your own thing? Think about the things and people you are loyal to. Are they bringing you abundant life or destruction? Explain.

Core Truths:

- ▶ The ways of the world are easy and popular but will lead to our destruction.
- ▶ God rewards those who are loyal to Him with abundant life.
- ▶ A transformed life is marked by patterns of behavior that honor God and His word.

Memory Verse: "She does him good and not evil all the days of her life." Proverbs 31:12

Lot's Wife Loyalty to Sodom: Genesis 19:1-5, 8-17, 24-26

¹The two angels arrived at Sodom in the evening, and Lot was sitting in the gateway of the city. When he saw them, he got up to meet them and bowed down with his face to the ground. ²"My lords," he said, "please turn aside to your servant's house. You can wash your feet and spend the night and then go on your way early in the morning." "No," they answered, "we will spend the night in the square." ³But he insisted so strongly that they did go with him and entered his house. ⁴Before they had gone to bed, all the men from every part of the city of Sodom—both young and old—surrounded the house. ⁵They called to Lot, "Where are the men who came to you tonight? Bring them out to us so that we can have sex with them." Lot replied, ⁸"don't do anything to these men, for they have come under the protection of my roof." ⁹"Get out of our way," they replied. We'll treat you worse than them." They kept bringing pressure on Lot and moved forward to break down the door. ¹⁰But the men inside reached out and pulled Lot back into the house and shut the door. ¹¹Then they struck the men who were at the door of the house, young and old, with blindness so that they could not find the door. ¹²The two men said to Lot, "Do you have anyone else here—sons-in-law, sons or daughters, or anyone else in the city who belongs to you? Get them out of here, ¹³because we are going to destroy this place. The outcry to the Lord against its people is so great that he has sent us to destroy it." ¹⁴So Lot went out and spoke to his sons-in-law, who were pledged to marry his daughters. He said, "Hurry and get out of this place, because the Lord is about to destroy the city!" But his sons-in-law thought he was joking. ¹⁵With the coming of dawn, the angels urged Lot, saying, "Hurry! Take your wife and your two daughters who are here, or you will be swept away when the city is punished." ¹⁶When he hesitated, the men grasped his hand and the hands of his wife and of his two daughters and led them safely out of the city, for the Lord was merciful to them. ¹⁷As soon as they had brought them out, one of them said, "Flee for your lives! Don't look back, and don't stop anywhere in the plain!

²⁴Then the Lord rained down burning sulfur on Sodom and Gomorrah—from the Lord out of the heavens. ²⁵Thus he overthrew those cities and the entire plain, destroying all those living in the cities—and also the vegetation in the land. ²⁶But Lot's wife looked back, and she became a pillar of salt.

Mary Magdalene's Loyalty to Jesus: Luke 8:1-3

¹After this, Jesus traveled about from one town and village to another, proclaiming the good news of the kingdom of God. The Twelve were with him, ²and also some women who had been cured of evil spirits and diseases: Mary (called Magdalene) from whom seven demons had come out; ³Joanna the wife of Chuza, the manager of Herod's household; Susanna; and many others. These women were helping to support them out of their own means.

The Religious Jews Condemned Jesus to Death: John 19:17-18, 25

¹⁷Carrying his own cross, Jesus went out to the place of the skull ¹⁸There they crucified him, and with him two others—one on each side and Jesus in the middle.

²⁵Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance.

The Appearance of the Risen Lord: John 20:11-14, 16-18

¹¹Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb ¹²and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot. ¹³They asked her, "Woman, why are you crying?" "They have taken my Lord away," she said, "and I don't know where they have put him." ¹⁴At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus. ¹⁶Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher"). ¹⁷Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'" ¹⁸Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her. ²⁴Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. ²⁵For whoever wants to save their life will lose it, but whoever loses their life for me will find it. ²⁶What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? ²⁷For the Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what they have done.



INITIATIVE

SESSION 5

Purpose: To encourage women to take an individual action that begins a process of learning to live by faith in God

Character Goal: Initiative – an individual action that begins a process. Our goal is to take action to begin the process of living by faith in God.

Biblical Character: Woman with the Issue of Blood

Scripture Readings: Mark 5:21-43

Discussion Questions:

- What did Jarius believe about Jesus?
- What was the result of the initiative Jarius took to seek healing from Jesus?
- What does this teach us about faith and works?
- As a teammate, friend, or family member, how has your faith in Jesus impacted the way you live?
- What was Jesus's reputation in the area?
- Mark 5 also tells us that the woman with the issue of blood had heard about Jesus. What do you think she heard? How did this knowledge of Him impact her behavior?
- How long did she have her disease? What all did she try to do about it? How do you think she felt about herself and her situation?
- Have you struggled with something for a long time, either athletically or personally, and given up hope for things to change? What all did you do to try and fix or change the situation? What was the result?
- What does the woman decide to do? What does this tell us that she believed about Jesus?
- What does this story encourage or challenge us to do when all else fails in changing our circumstances?
- What did this woman possess in order to push through the crowd that surrounded Jesus? Will these things also be required of us as we seek to see God act in our lives?
- Describe a time when you took the initiative on your team. What was the result?
- What happened after she touched His cloak? What does this tell us about the power of Jesus?
- How many people were pressed up against Jesus? Out of the crowd, who was healed? Why?
- What does this teach us about faith?
- What does the woman do when she realizes that Jesus knows?
- What does Jesus call the woman? What else does He tell her? What does this tell us about Him?
- Describe how these two people took initiative based on what they heard about Jesus. What was the result?
- What do these two stories teach us about who Jesus responds to?
- What is one thing I learned from this story that I can apply to my life before the next lesson?

Training for Godliness

Taking the initiative is an important part of being a great athlete. When you see an area of your game that needs improvement, do you take the necessary steps to improve or do you just blow it off? Do you ask for help, stay after practice, or do more conditioning in order to improve that aspect? What is the result of your action or lack thereof? How can you apply this athletic principal to your relationships or even your spiritual life?

Core Truths:

- ▶ Jesus responds to the faith of the desperate and needy.
- ▶ Our faith in Jesus ignites our actions toward God and others.
- ▶ We experience God's power in our lives when we take initiative and intentionally move towards Him in faith.

Memory Verse: "She seeks wool and flax, And willingly works with her hands." Proverbs 31:13

Jesus Raises a Dead Girl and Heals a Sick Woman: Mark 5:21-43

²¹When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around him while he was by the lake. ²²Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. ²³He pleaded earnestly with him, "My little daughter is dying. Please come and put your hands on her so that she will be healed and live." ²⁴So Jesus went with him.

A large crowd followed and pressed around him. ²⁵And a woman was there who had been subject to bleeding for twelve years. ²⁶She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. ²⁷When she heard about Jesus, she came up behind him in the crowd and touched his cloak, ²⁸because she thought, "If I just touch his clothes, I will be healed." ²⁹Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

³⁰At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?"

³¹"You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?' "

³²But Jesus kept looking around to see who had done it. ³³Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. ³⁴He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."

³⁵While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. "Your daughter is dead," they said. "Why bother the teacher anymore?"

³⁶Overhearing what they said, Jesus told him, "Don't be afraid; just believe."

³⁷He did not let anyone follow him except Peter, James and John the brother of James. ³⁸When they came to the home of the synagogue leader, Jesus saw a commotion, with people crying and wailing loudly. ³⁹He went in and said to them, "Why all this commotion and wailing? The child is not dead but asleep." ⁴⁰But they laughed at him.

After he put them all out, he took the child's father and mother and the disciples who were with him, and went in where the child was. ⁴¹He took her by the hand and said to her, "Talitha koum!" (which means "Little girl, I say to you, get up!"). ⁴²Immediately the girl stood up and began to walk around (she was twelve years old). At this they were completely astonished. ⁴³He gave strict orders not to let anyone know about this, and told them to give her something to eat.



WORK ETHIC

SESSION 6

Purpose: To help women see the value in a strong work ethic

Character Goal: Work Ethic – applying your best effort to the work in front of you knowing that it will strengthen character and bring God glory

Biblical Characters: Nehemiah, Shallum's Daughters, and the Israelites

Scripture Readings: Nehemiah 1:1-5, 11; 2:1-5, 10 (summary), 11, 16-18; 3:1-2; 4:2, 6-11, 14, 16-18, 21, 23; 6:15-16

Discussion Questions:

- What had Nehemiah heard that upset him? What did he do after he heard this?
- What did the king allow Nehemiah to do?
- Upon his arrival in Jerusalem, what did Nehemiah commission the people to do? How did they respond?
- What did Sanballat say about this mission? What does this tell you about those that oppose God and His people?
- Have you ever been ridiculed or made fun of when you set out to do the good works God had for you? How did you respond?
- What do we know about Shallum's daughters? Considering the type of work they did and the circumstances surrounding it, what can we gather about these women?
- As a woman, athlete, daughter, etc., what good works can you contribute to the people around you for the betterment of your team, family, neighborhood, and city?
- How does Nehemiah describe the way the people worked? What was the result of their hard work? What does this teach us about work ethic and working together?
- Who on your team has a good work ethic? In what ways is this evident?
- After working continuously, how were the laborers beginning to feel?
- What were their enemies plotting? Do you think they were discouraged?
- How does Nehemiah encourage the people?
- When you are tired and discouraged, what are ways you can take your mind off your circumstances and back on God who can give you strength?
- How did the Israelites respond to their enemies' threats? Sometimes we can allow opposition to keep us from moving forward with God's purposes. What can we learn from their example?
- Describe how the people continued to build the wall after being encouraged?
- Did the Israelites finish the task? Why?
- What does story teach us about God? Women? How can I apply these truths to my life before the next lesson?

Training for Godliness

In the story of Shallum's daughters, everyone played a role and did their part. No one role was more important than any other. When each individual applied their best effort, they accomplished their mission. This is very similar to players that make up a team. How is hard work and teamwork applied in this story? Is this a reflection of your effort on your team?

Core Truths:

- ▶ Women with a good work ethic play a vital role in advancing God's purposes.
- ▶ We may face opposition when seeking to fulfill God's purposes in our lives.
- ▶ Being reminded of who God is encourages His people to continue in His work.

Memory Verse: "She selects wool and flax and willingly works with her hands." Proverbs 31:13

Nehemiah's Prayer: Nehemiah 1:1-5, 11

¹In the month of Kislev in the twentieth year, while I was in the citadel of Susa, ²Hanani, one of my brothers, came from Judah with some other men, and I asked them about the Jewish remnant that survived the exile, and also about Jerusalem. ³They said to me, "Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire." ⁴When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven. ⁵ Then I said: "...¹¹O Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting him favor in the presence of this man." I was cupbearer to the king.

Artaxerxes Sends Nehemiah to Jerusalem: Nehemiah 2:1-5, 10 (summary)

After hearing about the condition of Jerusalem, Nehemiah goes before the King who grants him favor to return to Jerusalem to rebuild it. Two enemies emerge, Sanballat and Tobiah, in opposition to the rebuilding of Jerusalem due to their hatred for the Israelites.

Nehemiah Inspects Jerusalem's Walls: Nehemiah 2:11, 16-18

¹¹I went to Jerusalem, and after staying there three days, ¹²I set out during the night with a few men examining the walls of Jerusalem, which had been broken down, and its gates, which had been destroyed by fire. ¹⁶The officials did not know where I had gone or what I was doing, because as yet I had said nothing to the Jews or the priests or nobles or officials or any others who would be doing the work. ¹⁷Then I said to them, "You see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace." ¹⁸I also told them about the gracious hand of my God upon me and what the king had said to me. They replied, "Let us start rebuilding." So they began this good work.

Builders of the Wall: Nehemiah 3:1-2

¹Eliashib the high priest and his fellow priests went to work and rebuilt the Sheep Gate. They dedicated it and set its doors in place, building as far as the Tower of the Hundred, which they dedicated, and as far as the Tower of Hananel. ²The men of Jericho built the adjoining section, and Zakkur son of Imri built next to them. ...Shallum son of Hallohesh, ruler of a half-district of Jerusalem, repaired the next section with the help of his daughters.

When Sanballat heard that we were rebuilding the wall, he became angry and was greatly incensed. He ridiculed the Jews,

Nehemiah 4:2, 6-9, 11, 14, 16-18, 21, 23

²and in the presence of his associates and the army of Samaria, he said, "What are those feeble Jews doing? Will they restore their wall? Will they offer sacrifices? Will they finish in a day? Can they bring the stones back to life from those heaps of rubble—burned as they are?" ⁶So we rebuilt the wall till all of it reached half its height, for the people worked with all their heart. ⁷But when Sanballat, Tobiah, and the men of Ashdod heard that the repairs to Jerusalem's walls had gone ahead and that the gaps were being closed, they were very angry. ⁸They all plotted together to come and fight against Jerusalem and stir up trouble against it. ⁹But we prayed to our God and posted a guard day and night to meet this threat. Meanwhile, the people in Judah said, "The strength of the laborers is giving out, and there is so much rubble that we cannot rebuild the wall." ¹¹Also our enemies said, "Before they know it or see us, we will be right there among them and will kill them and put an end to the work." ¹⁴After I looked things over, I stood up and said to the nobles, the officials and the rest of the people, "Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your brothers, your sons and your daughters, your wives and your homes." ¹⁶From that day on, half of my men did the work, while the other half were equipped with spears, shields, bows and armor. The officers posted themselves behind all the people of Judah ¹⁷who were building the wall. Those who carried materials did their work with one hand and held a weapon in the other, ¹⁸and each of the builders wore his sword at his side as he worked. ²¹So we continued the work with half the men holding spears, from the first light of dawn till the stars came out. ²³Neither I nor my brothers nor my men nor the guards with me took off our clothes; each had his weapon, even when he went for water.

Nehemiah 6:15-16

¹⁵So the wall was completed on the twenty-fifth of Elul, in fifty-two days. ¹⁶When all our enemies heard about this, all the surrounding nations were afraid and lost their self-confidence, because they realized that this work had been done with the help of our God.



INDUSTRIOUSNESS

SESSION 7

Purpose: To work energetically, devotedly, and
diligently toward knowing God

Character Goal: Industriousness – working with enthusiasm and diligence to obtain knowledge and wisdom in a particular area of life. Our goal is to be diligent about knowing the Living God as He has revealed Himself in scripture.

Biblical Character: Queen of Sheba

Scripture Readings: 1 Kings 3:4-7, 9-10, 12-13, 29-30, 32-34; 1 Kings 10:1-10, 13; Luke 11:31

Discussion Questions:

- What happens after Solomon goes to the high place to seek the Lord? What does God say to him in the vision? What does this teach us about God?
- What does Solomon acknowledge about himself regarding being the new king over Israel? Because of this, what does he ask that God do for him? What does this tell us about Solomon's view of God?
- As an athlete, student or friend, have you ever been put in a position that left you feeling inadequate or ill equipped? How did you respond in that situation?
- How did God feel about and respond to Solomon's request for wisdom? What does this teach us about where wisdom comes from?
- Who came to hear Solomon's wisdom? What does this teach us about its value?
- What did the Queen hear about Solomon? What did she decide to do about the information she learned? What does this teach us about her character?
- Are there people in your life that possess godly wisdom? How diligent are you to take advantage of this treasure?
- How did Solomon respond to all the Queen's questions? Why?
- What did she observe about Solomon's kingdom? Why do think this information was valuable to her?
- What does the Queen recognize about God and the people who hear and receive the wisdom He gave to Solomon? What does this teach us about receiving wisdom?
- How do you think her kingdom was affected by what she learned from King Solomon?
- What did the Queen sacrifice in order to gain wisdom? What will we have to sacrifice to obtain this treasure?
- What does Jesus acknowledge about this Queen? Who was He referring to as the "one greater than Solomon"?
- What does this story teach you about God? Women?
- What is one thing I learned from this story that I can apply to my life before the next lesson?

Training for Godliness

Industriousness is making the most of every moment we have in practice, school, or even chores at home with a good attitude and enthusiasm. Athletes often forgo diligence in working hard for comfort and ease. What does an athlete miss out on when they take the easy way out and settle for the shortcut (lie about reps, laps, nutrition—or make excuses for not following the coaches' direction)? What does an athlete gain by making the most of the conditioning, training, practices, and coaching advice? How does this apply to other areas of our life?

Core Truths:

- ▶ God rewards those who persevere in diligently seeking Him.
- ▶ God's wisdom is beneficial to the person as well as those around them.
- ▶ God's wisdom is attractive because of the blessing it brings.

Memory Verse: *"She is like the merchant ships. She brings her food from afar." Proverbs 31:14*

Solomon Asks for Wisdom: 1 Kings 3:4-7, 9-10, 12-13, 29-30, 32-34

⁴The king went to Gibeon to offer sacrifices, for that was the most important high place, and Solomon offered a thousand burnt offerings on that altar. ⁵At Gibeon the Lord appeared to Solomon during the night in a dream, and God said, "Ask for whatever you want me to give you." ⁶Solomon answered, "You have shown great kindness to your servant, my father David, because he was faithful to you and righteous and upright in heart. You have continued this great kindness to him and have given him a son to sit on his throne this very day. ⁷"Now, Lord my God, you have made your servant king in place of my father David. But I am only a little child and do not know how to carry out my duties. ⁸So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?" ¹⁰The Lord was pleased that Solomon had asked for this. ¹²I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be. ¹³Moreover, I will give you what you have not asked for—both wealth and honor—so that in your lifetime you will have no equal among kings. ²⁹God gave Solomon wisdom and very great insight, and a breadth of understanding as measureless as the sand on the seashore. ³⁰Solomon's wisdom was greater than the wisdom of all the people of the East, and greater than all the wisdom of Egypt. And his fame spread to all the surrounding nations. ³²He spoke three thousand proverbs and his songs numbered a thousand and five. ³³He spoke about plant life, from the cedar of Lebanon to the hyssop that grows out of walls. He also spoke about animals and birds, reptiles and fish. ³⁴From all nations people came to listen to Solomon's wisdom, sent by all the kings of the world, who had heard of his wisdom.

The Queen of Sheba Visits Solomon: 1 Kings 10:1-10, 13

¹When the queen of Sheba heard about the fame of Solomon and his relationship to the Lord, she came to test Solomon with hard questions. ²Arriving at Jerusalem with a very great caravan—with camels carrying spices, large quantities of gold, and precious stones—she came to Solomon and talked with him about all that she had on her mind. ³Solomon answered all her questions; nothing was too hard for the king to explain to her. ⁴When the queen of Sheba saw all the wisdom of Solomon and the palace he had built, ⁵the food on his table, the seating of his officials, the attending servants in their robes, his cupbearers, and the burnt offerings he made at the temple of the Lord, she was overwhelmed.

⁶She said to the king, "The report I heard in my own country about your achievements and your wisdom is true. ⁷But I did not believe these things until I came and saw with my own eyes. Indeed, not even half was told me; in wisdom and wealth you have far exceeded the report I heard. ⁸How happy your people must be! How happy your officials, who continually stand before you and hear your wisdom! ⁹Praise be to the Lord your God, who has delighted in you and placed you on the throne of Israel. Because of the Lord's eternal love for Israel, he has made you king to maintain justice and righteousness." ¹⁰And she gave the king ¹²talents of gold, large quantities of spices, and precious stones. Never again were so many spices brought in as those the queen of Sheba gave to King Solomon. ¹³King Solomon gave the queen of Sheba all she desired and asked for, besides what he had given her out of his royal bounty. Then she left and returned with her retinue to her own country.

Jesus Acknowledges the Queen's Faith: Luke 11:31

³¹The Queen of the South will rise at the judgment with the people of this generation and condemn them, for she came from the ends of the earth to listen to Solomon's wisdom; and now something greater than Solomon is here.



PREPAREDNESS

SESSION 8

Purpose: To help women see the value in being prepared to recognize God's activity in their life

Character Goal: Preparedness – a state of readiness for something expected and/or unexpected to occur. We can prepare ourselves to recognize God’s activity in our life by reading His Word.

Biblical Character: Mary, Mother of Jesus

Scripture Readings: Luke 1:26-55

Discussion Questions:

- Who does the angel go to?
- What has Mary found with God? Read Proverbs 3:3-4 *NKJ. What does this tell about her? Where is truth found?
- The angel tells Mary of another miracle that has occurred. What is it? What do you think this does for Mary? What does this tell us about God?
- What statement does Mary make at the end of her conversation with the angel? What does this tell about her?
- What does Mary recognize about who she is? About God? Why do you think this is important?
- After Mary receives this amazing news, where does she go? Why do you think she goes to her?
- How does Elizabeth respond to Mary’s visit? What do you think this does for Mary?
- Describe Mary’s song. In Mary’s song, she quotes 26 Old Testament scriptures. What does this tell us about her understanding and value of God’s Word?
- How does this previous knowledge of scripture show Mary’s preparedness to receive God’s call for her life?
- How can knowing God’s Word prepare you for the expected or unexpected things in your own life?
- Mary testifies of at least 10 things God has done for His people. What are some of these things?
- What does Mary say about their ancestors? How do you think she knows these things?
- What do you think caused Mary to grow in her faith? How will we grow and strengthen our faith in God?
- What prepared Mary for the promise and plan God had for her life?
- As a female and athlete how can you prepare for the purposes and plans God has for your life?
- What does this story teach us about God? Women?
- What is one thing I learned from this story that I can apply to my life before the next lesson?

Training for Godliness

Being prepared is fundamental to playing at the top of your game. Whether it is being prepared physically through diet and exercise for a longer game than you anticipated or mentally by knowing the plays, knowing that you are ready for anything gives you confidence in your play. How do you prepare for practice, a big game, or stressful competition? What are some ways you can apply these same principles to other areas of your life to prepare for both the expected and unexpected?

Core Truths:

- ▶ Knowing God’s Word prepares us for the purposes and plans God has for our life.
- ▶ God often provides people to walk alongside us in unknown circumstances.
- ▶ God is over all things and intends His purposes for our good and His glory.

Memory Verse: “She also rises while it is yet night, and provides food for her household, and a portion for her maidservants.” Proverbs 31:15

The Birth of Jesus Foretold: Luke 1:26-38

²⁶In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, ²⁷to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary.

²⁸The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you."

²⁹Mary was greatly troubled at his words and wondered what kind of greeting this might be. ³⁰But the angel said to her, "Do not be afraid, Mary; you have found favor with God. ³¹You will conceive and give birth to a son, and you are to call him Jesus. ³²He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, ³³and he will reign over Jacob's descendants forever; his kingdom will never end." ³⁴"How will this be," Mary asked the angel, "since I am a virgin?"

³⁵The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. ³⁶Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. ³⁷For no word from God will ever fail."

³⁸"I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her.

Mary Visits Elizabeth: Luke 1:39-45

³⁹At that time Mary got ready and hurried to a town in the hill country of Judea, ⁴⁰where she entered Zechariah's home and greeted Elizabeth. ⁴¹When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. ⁴²In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! ⁴³But why am I so favored, that the mother of my Lord should come to me?

⁴⁴As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. ⁴⁵Blessed is she who has believed that the Lord would fulfill his promises to her!"

Mary's Song: Luke 1:46-55

⁴⁶And Mary said:

"My soul glorifies the Lord

⁴⁷and my spirit rejoices in God my Savior,

⁴⁸for he has been mindful

of the humble state of his servant.

From now on all generations will call me blessed,

⁴⁹for the Mighty One has done great things for me—holy is his name.

⁵⁰His mercy extends to those who fear him,

from generation to generation.

⁵¹He has performed mighty deeds with his arm;

he has scattered those who are proud in their inmost thoughts.

⁵²He has brought down rulers from their thrones

but has lifted up the humble.

⁵³He has filled the hungry with good things

but has sent the rich away empty.

⁵⁴He has helped his servant Israel,

remembering to be merciful

⁵⁵to Abraham and his descendants forever,

just as he promised our ancestors."



GENEROSITY

SESSION 9

Purpose: To encourage women to be generous with the provisions that have been given to them.

Character Goal: Generosity – readiness or liberality in giving for the purpose of God’s glory

Biblical Character: Mary, Mother of Jesus

Scripture Readings: Luke 2:1-19, 22, 25-30, 33-35; John 19:25-30; Isaiah 9:6

Discussion Questions:

- Who is Mary pregnant with? From the last lesson’s discussion, what does Mary know about Jesus?
- How do you think Mary feels about this chosen Child of hers? She loves and cherishes Him.
- What precious possessions do you have? Why do they mean so much to you?
- Who was Jesus physically born to? Who does the angel say Jesus was born to? Who is this good news for? Why?
- What three titles does the angel use to refer to Jesus? What do you think each of these titles mean?
- What did the shepherds do after they came and saw Jesus for themselves? What does this teach us about the “Good News” of Christ?
- After Joseph and Mary bring Jesus into the temple, what did Simeon say about the child? About Mary?
- Who was at the cross when Jesus was crucified? Describe how you think she felt.
- How does Jesus ensure she will be taken care of after He dies? What does this tell us about Jesus?
- What did it cost God to send Jesus into the world to save sinners? Mary? Jesus? How does this display generosity?
- Read the last section of verses. Who is the “Us” referring to? How did God provide for our salvation? Have you responded to God’s generous gift of His one and only Son to you?
- From Isaiah 9:6, what names were given that describe the Son? What can these names mean to you personally?
- What does this story teach us about God? Women? Being a good teammate?
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Training for Godliness

Mary had to give up her son to death so that she and those who believe could be saved. As an athlete, what might you have to sacrifice for the good of others? Your team? Your coach?

Core Truths:

- ▶ We can be generous towards others because God has been generous to us.
- ▶ The blessings we receive from God for our generosity will outweigh the personal sacrifices we make.
- ▶ We may have to sacrifice things that are precious to us for the good of others.

Memory Verse: *“She also rises while it is yet night, and provides food for her household, and a portion for her maidservants.” Proverbs 31:15*

The Birth of Jesus: Luke 2:1, 3-19

¹In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. ³And everyone went to their own town to register. ⁴So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. ⁵He went there to register with Mary, who was pledged to be married to him and was expecting a child. ⁶While they were there, the time came for the baby to be born, ⁷and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them. ⁸And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. ⁹An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. ¹⁰But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. ¹¹Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. ¹²This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." ¹³Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, ¹⁴"Glory to God in the highest heaven, and on earth peace to those on whom his favor rests." ¹⁵When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about." ¹⁶So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. ¹⁷When they had seen him, they spread the word concerning what had been told them about this child, ¹⁸and all who heard it were amazed at what the shepherds said to them. ¹⁹But Mary treasured up all these things and pondered them in her heart.

Jesus Presented in the Temple: Luke 2:22, 25-30, 33-35

²²When the time came for the purification rites required by the Law of Moses, Joseph and Mary took him (Jesus) to Jerusalem to present him to the Lord. ²⁵Now there was a man in Jerusalem called Simeon, who was righteous and devout. ²⁶It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah. When the parents brought in the child Jesus to do for him what the custom of the Law required, ²⁸Simeon took him in his arms and praised God, saying: ²⁹"Sovereign Lord, as you have promised, you may now dismiss your servant in peace. ³⁰For my eyes have seen your salvation. ³³The child's father and mother marveled at what was said about him. ³⁴Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, ³⁵so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

Mary Witnessing her Son on the Cross: John 19:25-30

²⁵Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," ²⁷and to the disciple, "Here is your mother." From that time on, this disciple took her into his home. ²⁸Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, "I am thirsty." ³⁰When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

A Child is Born to Us: Isaiah 9:6

For to us a child is born,
to us a son is given,
and the government will be on his shoulders.
And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.



PURPOSE

SESSION 10

Purpose: To help women understand that the purpose in everything they do is to glorify God

Character Goal: Purpose – the reason for which something is done, created, or exists. Our purpose is to glorify God in all things.

Biblical Character: The Samaritan Woman

Scripture Readings: John 4:1-42

Discussion Questions:

- Based on this story, why do you think Jesus “had to” go through Samaria? What does this tell us about Him?
- Describe how Jesus felt as He sat down at the well. He was weary, hungry, and thirsty.
- Who comes to Jesus at this time? Why? Who initiates the conversation between them?
- How does she respond to Jesus’s question? What does this tell us about how she views herself? What does Jesus offer her?
- What happens to the person who drinks the “living water” that Jesus offers?
- After learning about what this living water can do, what does she ask Jesus? “Where do I get this living water?”
- What does Jesus say is the purpose of the living water? What does the woman think the water Jesus is offering will do for her?
- What does Jesus tell her to do? Why do you think He brings this up?
- Does Jesus condemn or judge her because of her current lifestyle? What does this tell us about Him?
- As a female athlete, what things can you look to when trying to find purpose, identity, worth etc.? Do these things work? Did they seem to be working for this woman? Why or why not?
- Who does Jesus say that He is?
- What did the woman leave at the well? Why? What did she go into the city to do? What does this teach us about what life is like after we encounter Jesus?
- After the disciples urge Jesus to eat, what does Jesus say is His purpose? What has filled and refreshed Him?
- What happens as a result of this woman sharing her testimony to the people in the city? What does this tell you about your personal story of God’s work in your life?
- Describe Jesus’s purpose for the Samaritan Woman. Describe the woman’s purpose in life before she met Jesus. Did the woman’s purpose in life change after she met Jesus at the well?
- What is one thing I learned from this story that I can apply to my life before the next lesson?

Training for Godliness

It is easy as an athlete to find our purpose in our statistics, performance, or position. What happens if those things are taken away or don’t satisfy us? When things that are important to us are removed or replaced with better athletes, booing from the crowd, bad games, or a slump, we feel empty. How can we resist the temptation to find purpose in things that don’t last?

Core Truths:

- ▶ God’s purpose for our life is to bring us to salvation.
- ▶ Deep longings in our life will only be met by a relationship with Jesus.
- ▶ When we receive what Jesus offers we experience eternal life and new purpose!

Memory Verse: “She considers a field and buys it; from her profits she plants a vineyard.”
Proverbs 31:16

Jesus Talks With a Samaritan Woman: John 4:1-26

¹Now Jesus learned that the Pharisees had heard that he was gaining and baptizing more disciples than John— ²although in fact it was not Jesus who baptized, but his disciples. ³So he left Judea and went back once more to Galilee.

⁴Now he had to go through Samaria. ⁵So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. ⁷When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ⁸(His disciples had gone into the town to buy food.)

⁹The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans. ¹⁰Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

¹¹"Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?" ¹²Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?" ¹³Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." ¹⁵The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

¹⁶He told her, "Go, call your husband and come back." ¹⁷"I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. ¹⁸The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

²⁵The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us."

²⁶Then Jesus declared, "I, the one speaking to you—I am he."

The Disciples Rejoin Jesus: John 4:27-34

²⁷Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" ²⁸Then, leaving her water jar, the woman went back to the town and said to the people, ²⁹"Come, see a man who told me everything I ever did. Could this be the Messiah?" ³⁰They came out of the town and made their way toward him.

³¹Meanwhile his disciples urged him, "Rabbi, eat something." ³²But he said to them, "I have food to eat that you know nothing about." ³³Then his disciples said to each other, "Could someone have brought him food?"

³⁴"My food," said Jesus, "is to do the will of him who sent me and to finish his work."

Many Samaritans Believe: John 4:39-42

³⁹Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." ⁴⁰So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. ⁴¹And because of his words many more became believers. ⁴²They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world."



INTEGRITY

REVIEW

Purpose: To encourage girls to continue seeking God through His Word and grow in their relationship with Jesus and their knowledge of Him

Session	Memory Verse	Trait	Character	Personal Application	Team Application
	Introduction	Integrity	Jesus		
1	10 Who can find a virtuous woman?	Virtue	Ruth		
2	For her worth is far above rubies.	Worth	Eve/ Woman		
3	11 The heart of her husband safely trusts her; so he will have no lack of gain.	Trustworthy	Priscilla		
4	12 She does him good and not evil all the days of her life.	Loyalty	Lots Wife and Mary Magdelene		
5	13 She seeks wool and flax,	Initiative	Woman with issue		
6	And willingly works with her hands.	Work Ethic	Shallum's Daughters		
7	14 She is like the merchant ships. She brings her food from afar.	Industriousness			
8	15 She also rises while it is yet night,	Preparedness	Mary Jesus's Mother)		
9	And provides food for her household, and a portion for her maidservants	Provision and Generosity	Mary (Jesus's mother)		
10	16 She considers a field and buys it; from her profits she plants a vineyard.	Purpose	Woman at the Well		

VIRTUOUS WOMAN INTEGRITY

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