



HUDDLE UP! April 1, 2020

A Discussion Guide for FCA's Virtual Sports Gathering

WELCOME

This week's session features four professional athletes including **Ben Watson** (Tight End, New England Patriots), **Matthew Slater** (Wide Receiver, New England Patriots), **Matthew Hasselbeck** (Retired NFL Quarterback and ESPN Analyst), and **Gigi Marvin** (Forward, Boston Pride of the National Women's Hockey League).

WARM UP

Take some time to watch the video on YouTube. Then, think and reflect on the messages and conversation. Click [here](#) to access and view the video.



WORKOUT

Here are some key talking points from this week's conversation:

- **Disappointment**—Many athletes whose seasons have been cancelled are feeling disappointment. However, we can make the most of our situation by not focusing so much on our personal struggle, but how we can pray for and support others. Read Psalm 119:105.
- **Identity**—In a performance-driven culture, we can form a bad habit of identifying ourselves by our sport or trade and the accomplishments associated with them. But our identity should be in Him. It doesn't matter how many games we win or titles we have. What matters is what Jesus did on the cross for us. Now is the time to remember what's really important. Read Psalm 51:10 and I Corinthians 12:27.
- **Faith**—During hard times, it can be difficult to keep a strong faith in God. We tend to doubt Him and His promises to us. However, we can restore our faith in God by reading His Word. Read Isaiah 55:8-9 and Proverbs 3:5-6.

WRAP UP

Discuss your answers to the questions below with others through the comments, a virtual message, or a text message.

- How do you identify yourself? Is your identity in your sport or vocation? In what ways can you make your identity in Christ?
- Pick a verse in the Bible that resonates with you most about God's unfailing love and protection over His children.

OVERTIME

Share the video on your social media wall or page and encourage others to watch the video, record their thoughts, and share them with others.