



HUDDLE UP! April 29, 2020 *A Discussion Guide for FCA's Virtual Sports Gathering*

WELCOME

This week's session features four professional athletes including **Mo Isom-Aiken** (Former Goalkeeper, Louisiana State University – Women's Soccer), **Damien Hobgood** (Pro Surfer), **Karis Watson** (Professional Women's Volleyball), and **Helen Maroulis** (Olympic Goal Medalist in Wrestling).

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:

- **God's Plan Over Your Plan:** Accomplishing your goals is never a bad thing. But when we focus on our own plans instead of God's, it can lead us down the wrong path. His plans for us are so much better than what we could ever dream up for ourselves. He created you and sacrificed His only Son, Jesus, so that we can have eternal life with Him. Trust that God's plan is better for you than your own! Read Proverbs 3:5-6.
- **Spiritual Mentality Over Performance Mentality:** What happens when we can no longer show others our skills and abilities in our sport? As competitors, it's hard to not have this performance mentality. With God, we don't have to worry about how well we perform in our sport. God is reminding us that we have spiritual gifts, and He wants us to use those to help others! Read John 11:40 and Psalm 147:10.
- **Deeper Connection Over Surface Level:** We can get caught up in our busy schedules and only give God the minimum amount of our time. When we do that, we often miss His messages and plans for our lives. It's important to put God first in everything. Now is the time to develop those good, life-changing habits of developing a deeper connection with Christ. Read Matthew 6:33.

WRAP UP

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

1. Do you trust God's plan for your life over your own? Explain.
2. Set some goals for yourself this week to develop a deeper connection with God. Share your goals with others for next week.

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.