



CENTRAL SPORTS

Soccer

*Central Sports exists to promote the
discovery of Jesus through sports.*

Team Name: _____

Practice Day/Time: _____

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CENTRAL SPORTS

Central Sports focuses on these three things: fun, growth, and respect.

- **Fun-** We want the kids, parents and you, the coach, to have fun. We want learning about Jesus to be fun. He is the creator of fun, so why wouldn't we have fun learning about Him?
- **Growth** - We want kids to be better players at the end of the season than they were at the beginning of the year. We want the players', coaches' and parents' relationship with Jesus to be deeper than it was when the season started. If they don't know Jesus, we want them to get to know Him.
- **Respect-** We want players and coaches to play to win, but at the same time not win at all costs. We want players and coaches to respect the opponent. We want you to have the same reaction in winning and in losing. Jesus taught us to love others, so we need to love the other team.

Sports Offered

January-February : Basketball, Cheerleading
March-May : Soccer
August- November : Flag Football, Volleyball

Practice/Game Cancellation Policy

Basketball does not normally have weather related cancellations. However, if for some reason a cancellation does occur, emails will be sent out to the league and cancellation notices will be posted to the Central Basketball Facebook page

IMPORTANT DATES

Meet the Team: _____

First Week of practice: _____

First Game: _____

Last Game: _____

Deadline to request award medals: _____

COACHES: REQUIREMENTS

Application & Background Check

All coaches must complete an application and background check. This includes assistant coaches and fill-in coaches. If you know you will miss a game and need a fill-in coach for a game, please make sure they have completed and turned in the appropriate paperwork.

Ministry Safe

As a coach, you MUST complete the Ministry Safe Sexual Assault Awareness Training. This is to protect the players, you as the coach, and Central Sports. There are videos and a test at the conclusion of the training. The entire training should take no longer than 45 minutes. This training certification lasts 2 years. If you have taken the Ministry Safe Training at another church, please send your certification to familyactivities@centralbcs.org. If your training expires during the middle of the season, you will be asked to complete a new training prior to the start of the season. We thank you for taking every step possible to protect the kids that we love.

COACHES: EXPECTATIONS

We want you to grow in the knowledge, skills and passion for stewarding players to Christ through the sport of basketball. When you coach, we want you to instill character in the players. This only comes from a relationship with Jesus and a constant renewing of your mind with the things of Him. (Rom. 12:2)

Coaching can have more purpose than teaching players how to serve or pass. As a coach, you can teach your players about the truths of God: that He loves us and wants to know us, along with the sport. We want to come alongside and equip you to share Jesus with your players.

As a coach, we want you to be a positive role model – encourage and respect your players and the game by communicating clearly and consistently, listening to your players, and knowing the sport.

Keys to Coaching

- Teach the game through drills – The ability to execute proper drills enhances skill level and improves athletic foundations. Your practices should utilize drills that enhance skill development.
- Teach the rules of the sport – For the players to grow in the sport, they must understand and apply the rules of the game. Take time to explain rules and why they are important.
- Instill sportsmanship with a competitive spirit – In sports, winning and losing are part of the game, just as it is for life. Knowing how to handle both in a positive way builds character in young athletes. Teach your players to play hard and play to win, but also teach them to put others before themselves with a positive attitude and sportsmanship.
- Communicate effectively – In order to teach the rules, explain drills, and teach sportsmanship, you have to be an effective communicator. Likewise, good communication and organization are crucial in keeping parents informed throughout the season. This includes keeping them up to date on practice and game times and having a plan in place each and every practice.

Central Sports Coaches' Dress Code

- Central Sports Coach shirt or sleeved t-shirt
 - NO tank tops, muscle shirts, crop tops or spaghetti straps
- Athletic or walking shorts
 - NO yoga pants, compression pants, compression shorts, leggings, jeggings, etc., unless covered by shorts.
- Tennis/athletic shoes
 - Come dressed for practice the way you want the kids dressed for practice; set the standard and example.

COACHES: RESPONSIBILITIES

Attend Coaches' Training

- Attend training
- Pick-up shirt, roster, and handbook

Contact Your Team

- Introduce yourself (and your assistant coaches if applicable)
- Inform parents of:
 - Team name & age division (for the parents with multiple children playing)
 - Practice nights (day of week, time)
 - Meet the Team details
 - First Practice date
 - First Game date
 - Dress code for practice & games
 - Practice atmosphere
 - Game day atmosphere

We encourage you to request a confirmation so you know your parents receive the information.

Attend 'Meet the Team'

Location: Out on the fields if not raining, FLC if inclement weather

Kindergarten & Under Soccer – 6:00-6:20 pm

1-3rd grade Soccer – 6:30-6:50 pm

4-6th grade Soccer – 7:00-7:20 pm

- Introduce yourself
- Tell them when the first practice is (day of week, time)
- Tell them where the first practice is (all practices will be the same)
- Tell them what to bring to practice; learning attitude, water bottle
- Ask for a team parent to handle snack sign-up (if wanted/needed)
- Ask for help coaching if wanted/needed (must fill out paperwork/Ministry Safe training)
- Let them know when/if you will be out
- Hand out team rosters

IF YOU AND YOUR ASSISTANT COACH WILL NOT BE AT 'MEET THE TEAM', PLEASE LET YOUR TEAM KNOW THAT THEY DON'T NEED TO ATTEND. PLEASE LET US KNOW AS WELL!

Conduct Practices

- Be prepared for your practices! Conduct drills that teach skills.
- Be prepared for devotions! The players will get out of it what you put into it.
- Use positive reinforcement only; no punishment! Please no burpees, push-ups, etc.

Coach Games

- Be involved! Engage with players from the bench.
- Be an encourager! Always have uplifting words for your players. Praise them after the game.
- **Do not argue with the refs. Remember that they are volunteers! Please set a good example for your players.**

Award End-of-Year Medals

End-of-the-Year Medals are given after the last game of the season. This highlights your player's strength; it is not a "most improved, MVP, or best player" award. Multiple players can receive the same award. You will email Central Sports with a list of the awards you need. There are 10 award categories:

- Offense, Defense, Passing, Shooting, Hustle,
Sportsmanship, Leadership, Character, Effort, Encourager

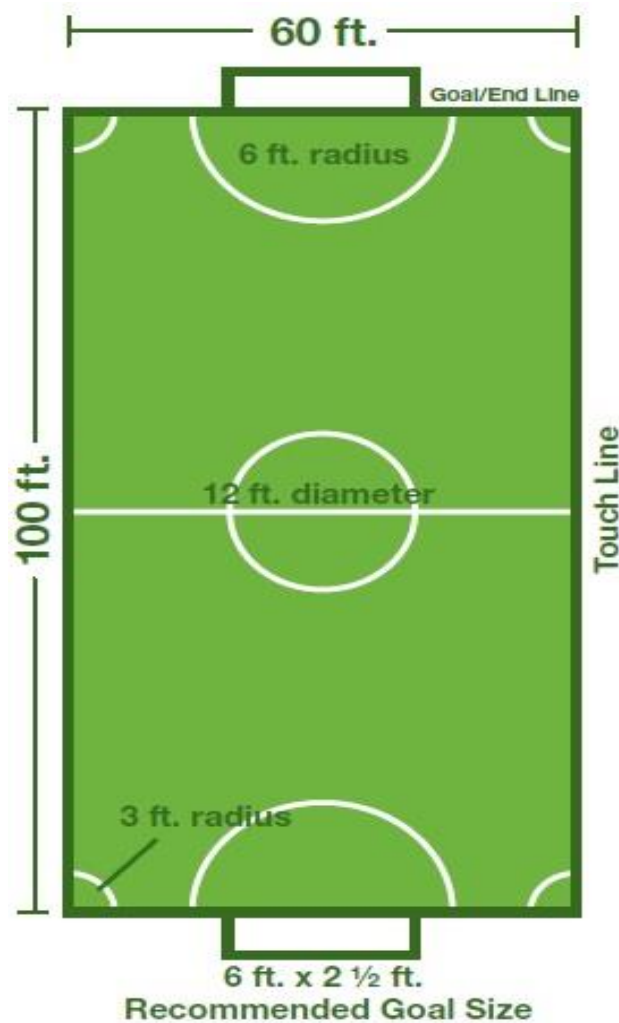
You will receive a reminder from Central Sports to provide your medal count & categories.

Please be aware: if you miss the deadline, your team will receive blank medals.

RULES UNIQUE TO CENTRAL SPORTS SOCCER

- **Game Format**
 - Referees lead both teams in prayer at midfield before the game. Coaches are referees in all divisions except 4th-6th grade.
 - Referees will call and explain all violations.
 - The coaches should determine which team will start the game. The other team will start the second half.
 - Games consist of two 18-minute halves, one minute for substitutions and a brief halftime.
 - The game clock is maintained by the referee and will only stop every 6 minutes for the predetermined substitutions.
 - Teams will switch goals at halftime (except in the Kindergarten division).
 - No division standings are maintained in any division.
 - Coaches are allowed to walk the sidelines to support players. Coaches are on the field with k-3rd players to help coach during games.
 - All coaches will adhere to the substitution rules
 - No yellow cards or red cards are given / used
 - There is no extended time in Central Sports Soccer.
- **Field of Play**
 - Field Markings
 - The field of play should be marked with two touchlines, two goal lines and divided into two equal sections by the midfield line and a center circle.
 - Goal Area
 - Each goal area will be an arc (semi-circle) directly in front of each goal for Kinder – 3rd grade divisions.
 - Penalty Area
 - There will be no penalty area marked off.
 - Flag Posts
 - Placed at each of the four corners of the field. A yellow cone will make the corner kick area
 - Corner Arc
 - Corner arcs will be a quarter circles with a radius of 3'

RULES UNIQUE TO CENTRAL SPORTS SOCCER (CONT'D)



- **Number of Players**

- Team Format
 - 6v6 for kindergarten division
 - 7v7 for 1st – 3rd grade
 - 8v8 for 4-6th grade
- No Goalkeeper
 - Because of the goal arc and the size of the goal there is no need for a goalkeeper. This facet of the format is meant to give all players an active role as field players. Players WILL not be positioned in front of the goal arc to act as a goalkeeper and not be an active part of the game. As a compromise, coaches may position a player around midfield to play as a defender. There is a goalkeeper in the oldest division.

RULES UNIQUE TO CENTRAL SPORTS SOCCER

- **The Ball and Game Duration**

- The Ball

- Kindergarten and under
 - Size 3
- 1st – 3rd grade
 - Size 4
- 4th grade and Up
 - Size 5

- Game Duration

- Periods of play
 - The game will consist of two 18-minute halves with each half being divided into three 6-minute periods
- Game Clock
 - A referee will maintain the game clock.

- A kick-off begins each half and after a goal has been scored. Opposing players must remain outside the center circle or 4 yards away until the ball has been put in play.
- The team in possession of the ball at the end of the first, 2nd, 4th and 5th six-minute period retains possession of the ball. The team with possession of the ball will start the next six minute period with a throw-in at the closest point on the sideline when play was stopped. The team that did not start the game with the kick-off will begin the second half of the game with a kick-off.

- **Shooting Arc**

- There is no ball contact allowed within the shooting arc. If the ball comes to a stop within the arc, a goal kick is awarded to the defensive team regardless of who touched the ball last.
 - If the ball has broken the plane of the shooting arc and a defensive player touches the ball, but the referee determines that the ball would NOT have gone in the goal, a corner kick is awarded to the attacking team.
 - If the attacking player touches the ball inside the arc, a goal kick is awarded to the defensive team.

RULES UNIQUE TO CENTRAL SPORTS SOCCER (CONT'D)

- Fouls will result in either an indirect or a direct kick. Opposing players must be 5 yards away from the ball.
 - Indirect Kick:
 - A player other than the kicker must touch the ball before a goal can be scored.
 - Awarded to the opposing team if one of these fouls is committed:
 - Dangerous Play
 - Obstructing an opponent
 - Delay of Game
 - Direct Kick:
 - The kicker may score directly without another player touching the ball.
 - Awarded to the opposing team if one of these fouls is committed:
 - Handling the ball
 - Kicking an opponent
 - Hitting an opponent
 - Pushing an opponent
 - Tripping an opponent
 - Holding an opponent
 - Any unsportsmanlike conduct
 - Slide tackling or any contact with the ball while the player is on the ground.
- A penalty kick is awarded for deliberate handling/kicking of the ball inside the goal arc that denies the opposing team a goal or obvious goal-scoring opportunity.
- A goal is not scored if a player kicks or throws the ball into his or her own goal. A corner kick is awarded for the opposing team. This removes the possibility of a player scoring for the other team and prevents further embarrassing a player for making this mistake.
- A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal on a kick-off or from a goal kick.
- Offside is not called because of the field size and the number player on the field.
- Slide Tackling is not allowed.
- Players who commit two fouls resulting in direct kicks, excluding handballs, in the same 6-minute segment must sit out the remainder of that segment.

RULES UNIQUE TO CENTRAL SPORTS SOCCER (CONT'D)

- Re-Starts
 - Out-of-bounds
 - The entire ball must go out-of-bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.
 - Corner Kicks
 - When the ball passes over the goal line after being last touched by the defensive team. The ball is placed inside the corner arc on the side of the field where it went out-of-bounds.
 - Goal Kicks
 - When the ball passes over the goal line after being last touched by the attacking team or if the ball comes to a stop within the goal arc. The ball is placed on the goal line, 5 yards from the goal arc on the side of the field where it went out-of-bounds
 - Throw-ins
 - When the ball passes over the sidelines, the team to touch it last loses possession and the opposing team takes a throw-in.

- Substitutions
 - This substitution system is designed to provide every player an equal opportunity for improvement.
 - The substitution system ensures that:
 - Every child will play at least half of the game.
 - No child will sit out more than six minutes at a time.
 - The starting lineup shifts down one player every game allowing every child to be in the starting lineup.
 - Coaches are not open to making unfair substitutions.
 - Coaches are free from monitoring playing time for each player.
 - Playing time for all players is virtually even over the course of the season.

Practice

- Practice nights: Monday, Tuesday, or Thursday
- Practice times: 5:30-6:30 pm or 6:30-7:30 pm
- Soccer fields are shared for practices.
- Devotions are at the midway point of your practice. Keep an eye on the time.
- Positive reinforcement only; no punishments such as burpees, push-ups, etc.

PRACTICE BREAKDOWN

- *Pre-Practice Huddle (3-5 minutes)* – Cover specific rules and the basics of the game. Teach and review proper techniques for each skill needed for practice drills.
- *Warm-up Activity (3-5 minutes)* – Provide players the opportunity to practice individually and slowly warm up their muscles.
- *Practice skills through drills (20 minutes)* – Use drills that reinforce skill development. Focus on only one to two skills per practice.
- *Mid-practice huddle (5-7 minutes)* – Share the practice-specific devotion for each week. An intern will come in and announce devotion time at the mid-point of practice.
- *Scrimmage or games that teach (20 minutes)* – Guide players in using the skills they are learning through scrimmaging.
- *Post-practice huddle (5 minutes)* – Communicate game times, picture times, etc. After practice is a great time to engage in conversation with parents.

Game Day:

Prior to Game

- Set your lineup
 - Equal start time/play time for every player
- Find out which bench is yours
- Warm-up until ref signals 'balls in'

During Game

- Six 6 minute quarters (no clock stoppages) with a break for substitutions
- Teams will switch sides at half time

After the Game

- Line up and shake hands (high-fives)
- Move your team off the field of play to meet
- Pass out team snack
- Positively congratulation/critique your team

EXAMPLES

Example Intro/Meet the Team Email:

Howdy parents!

We are so excited to have your child on the {TEAM NAME} soccer team at Central Sports! Our heart is to teach these kids fundamental soccer skills, guide them in practicing good sportsmanship, and deepen their understanding of God's perfect love for them. We are joyfully praying over your children and this season together!

***Meet the team is {DAY OF WEEK} from {TIME}-{TIME} at either the Family Life Center or the fields, depending on weather. Our first practice is on {DAY OF WEEK}, {DATE}.**

***It is IMPERATIVE that your kids be ON TIME to all practices and games. We only have 1 hour a week to practice so every minute counts!**

***Your children will need a good pair of athletic shoes/cleats for the season, along with shin guards. Athletic shorts must be worn over any tights/leggings. Shirts should cover the midriff.**

***Games will begin Saturday, {DATE}. We will send you the game schedule as soon as it is released.**

{Indicate how you will communicate throughout the season, whether that is groupme, group texts, emails, etc.)

***Please let us know if you have any questions. Go {Team Name}!**

Example Weekly Team Email:

Central Sports Soccer – Galaxy, Week of 5/3

PRACTICE

Thursday, May 6th, 5:30 PM

Please have players ready to go at 5:30.

Make sure they have a water bottle, have used the restroom and are wearing Cleats/tennis shoes/shin guards.

GAME

Saturday May 8th, 10:00 AM

Arrive by 9:45 – **If you will not make the game please let me know ASAP**

Visit the restroom prior to the game. Bring a water bottle!

****SNACKS** - (Parent Name)**

If you have any questions please do not hesitate to contact me.

UPCOMING

PRACTICE

Thursday, May 13th, 5:30

PICTURES

Saturday, May 15th, 11:20

This is an example of a weekly communication sent out on Sunday or Monday.

The UPCOMING events listed out the whole season (practice, games, pictures, snacks, etc).

These examples are provided to assist you with wording. You do not need to copy them word for word.

Make sure to adjust dates, time, and team names!

Make sure that you include the team name & age division in the Subject Line!

WEEKLY DEVOTIONS

- Be prepared each week for devotional. Know the scripture; don't just read it off the paper. Bring your Bible.
- Make the devotional your own; personalize it. Talk about situations your players will understand. Relate it to the game, school, home life, etc.
- Ask for questions! If you don't know the answer, tell them you will get back to them with an answer and do it!
- Remember: YOU may be the only 'Jesus' they see!

Week 1 – Get to know you

Week 1: Getting to Know You

At the halftime of practice – play **The Name Game**.

- 1) Have each player give their name and tell you the animal they would most like to be and why.
- 2) You, the coach, now try to go around and name each of the players and the animal they want to be like – this may be challenging.
- 3) Have each player go around and try to name all the players with the animal.

During a water break, find out from your players:

- Where they go to school
- Whether they have brothers and sisters
- What they like to do in their free time

Tell them a snippet of your story – you will do more of this throughout the season. This would include:

- Where you grew up
- Where you went to school
- Whether you have brothers and sisters
- What you liked to do in your free time when you were their age

Week 2 – Gospel

Genesis 3

John 3:16

1 Corinthians 15: 55-57

John 11: 25-26

How many of you have never ever messed up in your life? You've gotten a 100 on every test/homework, you always clean your room right when your parents ask you too, you've never lied about anything? Yeah, we've all messed up at some point or another.

Today we are going to talk about the first people to EVER mess up, Adam and Eve. Their story can be found in Genesis 3. Does anyone know anything about Adam and Eve? (Wait for responses). They were created by God and put in the garden of Eden and got to walk and talk with God on a regular basis. Everything was perfect for them, all they had to do was not eat from the tree of knowledge of good and evil. That was it. They could eat from any other tree/bush in the garden, but one day the devil spoke to Eve and told her that she would not surely die if she ate from the tree. He told her that she would be like God and convinced her to eat the fruit. So, Eve ate it and then gave some to Adam to eat and they disobeyed God. This was when sin entered the world. Sin is anything that we do that disobeys God and because of sin, God had to cast Adam and Eve out of the garden because he could not be with them anymore. God cannot be in the presence of sin.

Many years went by, and God still looked after his people, but the world was evil because of sin. However, at just the right time, God sent His son, Jesus, to come and live a perfect life that we never could, die on a cross, and rise 3 days later. Does anyone know the verse John 3:16? (wait for response; if no one knows it, please read it to them). When Jesus died and rose again, he took on all of the sins of every person in the world that had ever lived and will ever live. He took on each of our sin and buried it in the grave and then rose again to show that he had conquered our sin and to show that death had no hold on us anymore. Read 1 Corinthians 15:55-57

That's not the end of the story though. Jesus will come back and judge the world based on if we are followers of him or not. Those who are Christians will get to spend forever in Heaven with God. Those who are not will be eternally separated from God, and that is a tragic thing to happen. We want everyone to accept Jesus as their Lord and Savior because Jesus wants what's best for you. Read John 11:25-26

If you have never asked Jesus to be the Lord of your life, I'd love to talk to you more about it, and if you have THAT IS AWESOME!

Let's pray.

Week 3 – “Giants!”

1 Samuel 17

How many of you have ever seen someone that you thought was REALLY tall? That you had to look straight up in order to see them? Yeah, there are some really tall people in the world, and there were some tall people in the Bible too. One of them was Goliath!

Goliath was a Philistine that was 9 feet tall. The Israelites were fighting a war with the Philistines, and Goliath had challenged the Israelites for someone to fight him, but they were all too scared. Would you be scared if a man that was 9 feet tall told you to fight him? I would.

Now David was a young man that was a shepherd for his father while his 3 brothers were fighting the war. He would bring them food from their father and make trips back and forth. David was not a little boy, but was still a young man and he was doubted to be able to fight this giant because he was much smaller than Goliath. Read 1 Samuel 17:32-50

Goliath had to fall because of his disrespect toward God. He mocked the power of God and believed that he and his god were stronger than the one true God. God is all-powerful and is mightier than anything that we face. This year we’re going to talk a lot about some “giants” that we face in our lives. These can be bullies, insecurity, fear, anger, etc.

Our memory verse for this year is going to be John 8:36, “So if the Son sets you free, you will be free indeed.”

Let’s pray.

Week 4 – “Who is David?”

John 8:36

Can anybody tell me what we talked about last week? (Wait for responses, confirm if correct) We talked about David and Goliath! Goliath was disrespecting God and making all of the Israelites feel down on themselves, but David stepped in and chose to fight Goliath because he knew that God was on his side and that he had nothing to fear.

Then we talked a little about some giants that we have in our lives, when things feel so big that we can't possibly stand up to them. We talked about rejection, bullies, anger, fear, and some other ones.

This week we're going to talk about who is who in this story. A lot of times we like to think that we are David in this story, and that even though we're an underdog, we can overcome our problems that we have. Unfortunately, we are missing the point if that's the only thing that we can get from this story. Jesus is David in this story, the devil is Goliath, and we are the cowering Israelites. This makes us feel embarrassed and weak, but Jesus is the one who defeated the devil, not us. Because of this fact, we get to share in the victory over the devil and we do not have to be overwhelmed when we face giants in this life. Jesus has already defeated those things, but that does not mean that they are not still dangerous for us.

We're going to get into specifics in the coming weeks, but we have a savior that has fought and won on our behalf. We need to remember when we're talking about these things that we will face at some point in our lives, that we are already victors over those things because of Jesus. Sometimes it can feel like we're trapped in these areas, but we need to remember our memory verse. John 8:36, “So if the Son (Jesus) sets you free, you are free indeed.”

Let's pray.

Week 5 – “Do not fear”

Psalm 3:6-7

John 8:36

What did we talk about last week? We talked about Jesus, and that Jesus fights for us in all situations. He fights our battles for us even when it seems like we have no hope at all.

Fear is a giant that we will all face at some point in our lives. Whether it was the first day of school, us learning to ride a bike with no training wheels, making new friends, moving somewhere new, a school bully, or lots of things. Even I still have things that I’m afraid of! (Feel free to be honest here about something that you are afraid of) However, the Bible tells us many, many times that we do not need to be afraid. Psalm 3:6-7a says, “I will not be afraid of many thousands of people who have set themselves against me all around. Arise O Lord! Save me, O my God!”

We have no reason to fear because of what we talked about last week! Any time we feel like we are alone and are afraid, God is with us. This does not mean that bad things won’t happen to us in this life, nor does it mean that we are going to do everything perfectly. We will still mess up in this life, and we must ask God for forgiveness when that happens. When bad things do happen in our lives, we are supposed to lean on God even more because He is going to strengthen us, just like Psalm 3:6-7 does. The person writing this calls out to God because they know that God will strengthen them even though the odds are against them. We can knock down the giant of fear with the confidence that God is in control.

Sometimes we can get really worried about a lot of things all at once. It can build up, and it can be hard to focus on anything else, but just remember that we have no reason to fear because God is all-powerful and is in control of all things! He has set us free from having to be afraid. Like our memory verse says, John 8:36 “If the Son has set you free, you are free indeed.”

Let’s pray.

Week 6 – “Who are we?”

Psalm 139:13-14

John 8:36

Can anyone tell me what we talked about last week? (Wait for answers, confirm if correct) We said that we have no reason to be afraid because God is with us! That is still so cool.

If I asked you who you are, what would you say? Probably your name, some people say their job, some people say what they like to do, but we are also something else! We are God’s creation. God created you individually, it says so in Psalm 139:13-14, “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Have you ever made something and been super proud of it? Maybe your parents hung a drawing on the fridge that you made and you were super happy or you made something for them and they liked it a whole lot? That’s how God sees us too. He sees how incredible He’s made each and every one of us!

Sometimes people can tell us what they think we are. They can call us names, or say that we aren’t good enough. We don’t have to believe that though! God created us exactly how we were supposed to be. For those of us who have accepted Christ as our savior, we are even called Children of God! Ephesians 1 calls us blessed and chosen! Those are the words we need to use to describe ourselves, not whatever the world tells us that we are! We can knock down the giant of identity by knowing that we are Children of God.

Let’s all say our Bible verse together! John 8:36, “If the Son has set you free, you are free indeed.”

Let’s pray.

Week 7 – “Accepted!”

Luke 15:3-7

John 8:36

What did we talk about last week? (Wait for answers, confirm if correct). We talked about that we are God’s creation! Right!

This week we’re going to talk about something that will happen to all of us, but is really hard when it happens. When we face rejection. Rejection can be a lot of different things. A group of kids not wanting to play with you, if you don’t get into that club or make the team you wanted to get into, or we don’t get as many likes on social media as we thought we should have (think of age appropriate examples). It never feels good when you are rejected, and it can make you feel like you’re not good enough or that you’re being left out.

The opposite of rejection is acceptance and this can also lead to problems. Some people have to win at everything, or be accepted into everything in order to feel good about themselves. Other people and what they’ve accomplished/done are where they are getting their value from.

There is good news, though. We can seek acceptance from God instead of acceptance from other people. We don’t have to feel like we are being left out, or that we have to act a certain way to fit in, because we are seeking to please God and not the popular kids. We can knock down the giant of rejection by wrapping ourselves in the acceptance of God.

Read Luke 15:3-7. God would go so far for you. He loves you so much that He would search and search for you until He found you. God knows everything about us, and He loves us anyway. Just like our memory verse, John 8:36, says, “If the Son has set you free, you are free indeed.” We can be free from rejection.

Let’s pray.

Week 8 – “Peace”

Romans 12:14, 17

John 8:36

Can anyone tell me our memory verse? Let’s all say it together. John 8:36, “if the Son has set you free, you are free indeed.” What are some things this season we’ve been talked about that we can be free from? (wait for answers, confirm if correct)

This week we’re going to talk about anger. How many of us have ever been angry before? Your sibling hit you, or took something that was yours and you got upset, or your classmate took your crayon without asking first? Yeah. Those things can be really frustrating, and it’s easy to get angry. It’s also easy to stay angry at the person who wronged you, even if it’s a while after it happened.

Sometimes we lash out when we’re angry, and sometimes we act like everything is fine even when it’s not. We have to deal with our anger and talk to ourselves like God talks to us, with love and grace. We have to remind ourselves that we aren’t perfect, and neither is the person that made us angry. Romans 12:14 says, “Ask God to bless everyone who mistreats you.” I know! How can God ask us to bless people that treat us bad? Well Paul explains in verse 17, “Never pay back evil with more evil.” If you lash back out on the person, then you are just as wrong as they were. Jesus wants us to have peace, and to do that we have to let go of control. We can knock down the giant of anger when we realize we are only hurting ourselves by holding onto anger. We can hold onto God’s love and let that wash over us and let go of the things people have done against us.

Let’s pray.

Week 9 – “God is with me”

Psalm 23:4-5

John 8:36

This whole season we have talked about giants in our lives that must fall. Fear, anger, rejection, identity, etc. These are hard things that will come up throughout your entire life, but we can remember in those times that Jesus already has victory over those things, and because of this, we have victory as well. Psalm 23:4-5 says, “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies.” God doesn’t say that He will take the enemies away, but that He will be with us even when we feel overwhelmed by our giants.

Jesus came to earth, lived the perfect life that we could not, died on a cross for everything we have ever done wrong, and rose again 3 days later, conquering our sin forever. He wants us to have a relationship with Him, talking with Him daily, reading our Bible and learning more and more about Him. If you have never accepted Jesus into your heart before and you want Him to be the Lord of your life, please pray with me.

Pray.