



CENTRAL SPORTS

FOOTBALL MANUAL

Name: _____

Team: _____

Practice Day/Time: _____

Last Updated August 2021

Central Sports Flag Football

Central Sports focuses on 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 we should 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 at the end of the year. 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 to 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 our opponents.

COACHES EXPECTATIONS

Coaching can have a larger purpose than simply teaching a kid how to throw a spiral or run a route. As a coach, you can teach your players about the sport that you are coaching along with the truth of God: that He loves us and wants to know us. We want to come alongside and equip you to share Jesus with your players.

We want you to:

- Grow in knowledge, skills and Godliness.
- Instill character in the kids who you are coaching. This only comes from a relationship with Jesus and constantly renewing your mind with the things of Him (Rom. 12:2).
- Encourage and respect your players and the game: be a positive role model, communicate clearly and consistently, know the sport, and listen to your players.

Coaching Keys:

1. **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.
2. **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 their importance.
3. **Instill sportsmanship with a competitive spirit** - In sports, winning and losing are a part of the game, just as they are in 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.
4. **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 practice.

COACHES EXPECTATIONS (CONT'D)

What to Say at Meet the Team

- When: August 26th – Fields
 - Kinder and below division 6:00-6:20 pm
 - 1st – 3rd grade division 6:30-6:50 pm
 - 4th – 6th grade division 7:00-7:20 pm
- All game and picture schedules will be posted on the website.
- Introduce yourself
- Tell them when the first practice is
- Tell them where the first practice is (all practices will be the same)
- Let them know what to bring to practice
 - Shoes, shorts, t-shirt, flags
 - Cleats are recommended, but not required.
- If possible, assign someone to be a team parent to handle snack sign-up
- Ask for help coaching if wanted / needed
- Let them know when you will be out
- Hand out team rosters

Contact us if you and your assistant coach will not be at Meet the Team, and let your team know that they do not need to come.

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 3 years. If you have taken the Ministry Safe Training at another church, please send your certification to tdenton@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 we love.

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
 - If wearing yoga pants, compression pants or compression shorts, you must wear shorts over them.
- Tennis shoes or cleats
 - Come dressed for practice the way you want the kids dressed for practice. Set the standard and example.

SUGGESTED PRACTICE BREAKDOWN

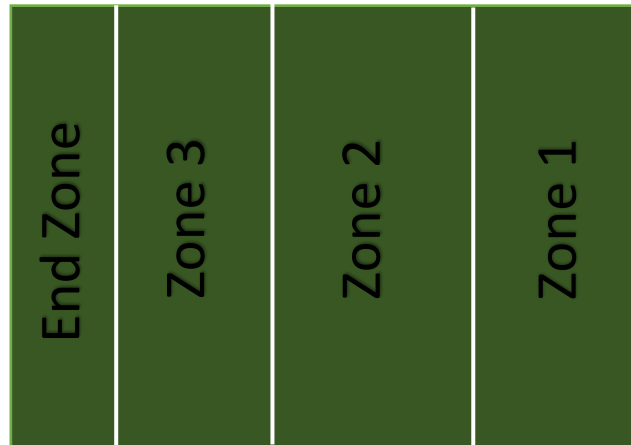
- 1. Pre-Practice Huddle (3-5 minutes)** – Cover specific flag football rules and the basics of flag football. Teach and review proper techniques for each skill needed for practice drills.
- 2. Warm-up Activity (3-5 minutes)** – Provide players the opportunity to practice individually and slowly warm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

PRACTICE/GAME CANCELATION POLICY

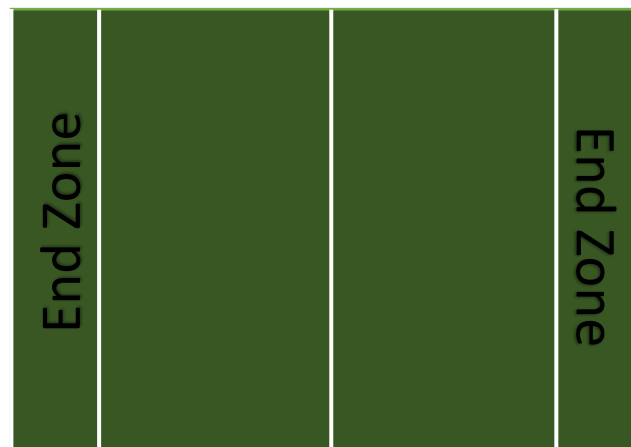
Cancellations for practice will be made as soon as possible. If the fields are flooded, practice will be cancelled. Practice will not be canceled due to the forecast for weather. Emails will be sent out to the league and cancellations will be posted to the Central Flag Football Facebook page by 3:30 pm that day. <https://www.facebook.com/groups/cbcupwardFF/>

RULES UNIQUE TO CENTRAL SPORTS

- **Game Rules**
 - Kindergarten Division will play with flags.
 - 1-3rd Grade and 4-6th Grade Divisions will play 7 on 7, single hand touch football.
- The offensive team begins the game and second half by taking possession of the ball at the starting-yard line.



1-3rd & 4-6th Field



K & Under Field

- **Down Format**
 - In the Kindergarten division, the offensive team has four plays to gain a first down by crossing midfield. Once a team crosses midfield, it has four plays to score a touchdown.
 - If the team fails to cross midfield in four downs or score a touchdown, the other team takes possession on its own 5-yard line.
- In the 1st-3rd and 4th-6th grade divisions, the offensive team has 4 plays to gain a first down in the designated zones or score a touchdown.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Game Clock**
 - (4) 10 minute quarters with a running clock and a 4 minute halftime.
 - Substitutions will be briefly made at the conclusion of each quarter.
 - There are no timeouts during the game.
 - There is a 30-second play clock that starts after the referee spots the ball for play and blows the whistle.
 - The game clock only stops at the conclusion of quarters, halftime and for injuries.
- **Game Format**
 - Devotion will be led over the PA system. The teams need to meet at midfield. Warm up time will be completed before then.
 - Visiting team calls the coin toss. The winning team chooses to play either offense or defense first. The team that plays defense at the start of the first half will play offense at the start of the second half.
 - The team with possession at the end of the 1st and 3rd quarter will maintain possession at the start of the next quarter.
 - Kindergarten division is 6 v. 6 while 1st-3rd and 4th-6th grade divisions are 7 v. 7.
 - 4th-6th grade can have ONE coach in the huddle for the first TWO games. Kindergarten and 1st-3rd grade can have ONE coach in the huddle throughout the season.
- **Scoring**
 - **All Divisions**
 - Touchdown: 6 points
 - Extra point: 1 point (from 5 yd. line) OR 2 points (from 10 yd. line)
 - **Kindergarten**
 - Safety: 2 points
- **Offense**
 - A minimum of three players must be on the line of scrimmage at every snap.
 - The referee will spot the ball on the line of scrimmage.
 - Only one player can be in motion when the ball is snapped.
 - In the 4th – 6th grade division, the ball must be snapped between the legs to begin play.
 - Kindergarten and 1st-3rd grade players may use the side snap.
 - Before handing off or passing, the quarterback must have complete possession of the ball.
 - **Running the Football**
 - The person who receives the snap from the center (under-center or shotgun) is considered the quarterback and cannot run the ball across the line of scrimmage.
 - A pitch from the quarterback can be executed immediately after the snap or on a delay (similar to the option play without the quarterback being able to advance the football).
 - The quarterback is the only player who can make the pitch. The pitch can occur at any time while behind the line of scrimmage.

- Once the pitch is received, the ball carrier can run the ball, hand-off the ball (behind the line of scrimmage) or pass the ball (halfback pass).

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Running the Football (cont'd)**
 - Direct handoffs behind the line of scrimmage are legal. Multiple handoffs may be used. After the ball crosses the line of scrimmage, handoffs and laterals are not permitted.
 - A player receiving a handoff or pitch can pass the ball (halfback pass) from behind the line of scrimmage.
 - A ball carrier may not dive. A dive will result in a penalty.
 - The ball carrier's hips determine the spot of the football when a flag is pulled or a touch is made, not the location of the football.
- **Receiving the Football**
 - All 6 or 7 players are eligible to receive passes. The quarterback becomes eligible after a handoff or pitch.
 - A completion consists of a receiver gaining control of the football while having at least one foot in bounds.
 - If a player catches a pass with his knee(s) on the ground, the play is dead and the ball is spotted at the point of the completion.
 - All forward passes can be completed behind or beyond the line of scrimmage. Only one forward pass can be completed per play. Once the ball leaves the quarterback's hand, the defender can make a play on the ball.
 - The quarterback has 7 seconds to throw a pass. If a pass is not thrown within 7 seconds, it is treated as an incomplete pass (loss of down). A handoff or pitch will end the 7-second pass count.
- **Dead Balls**
 - Play is ruled dead when one of the following occurs:
 - The ball carrier is touched with one hand of a defender. (1-6th)
 - The ball carrier's flag is pulled. (Kindergarten)
 - The ball carrier steps out of bounds.
 - The ball carrier's knee hits the ground.
 - A touchdown or safety (for kindergarten) is scored.
 - A pass falls incomplete.
 - At the point of an interception.
 - When the defense intercepts a pass, the play is whistled dead.
 - The ball hits the ground as a fumble. The ball will be spotted at the point of the fumble.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Defense Basics**
 - Teams may play man-to-man, zone defenses or combination of both.
 - Interceptions may not be returned. Three points will be awarded and the defensive team gains possession at the starting yard line.
- **Rushing the Passer**
 - **Kindergarten Division**
 - A beanbag will be placed 7 yards away from the line of scrimmage. Only 1 player may rush, and only if they are behind the bean bag before the snap.
 - **1-3rd and 4-6th Divisions**
 - There is no rushing. The quarterback has 7 seconds to pass or hand off the ball.
 - Once the ball is handed off or pitched, all defenders may cross the line of scrimmage to pursue the ball carrier.

PENALTIES

- **Defense**
 - Encroachment: The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal Rush
 - **Kindergarten Division**
 - When a defensive player, who is not the rusher, crosses the line of scrimmage while the quarterback still has possession of the ball.
 - **1-3rd and 4-6th Divisions**
 - Enforced when defensive players cross the line of scrimmage while the quarterback still has possession of the ball.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Interference
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
 - Illegal contact
 - Pulling the jersey, holding, blocking, pushing.
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
 - Illegal flag pull (kindergarten division only)
 - Before the receiver catches the football.
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
 - Diving
 - Diving toward the ball carrier to pull a flag

- The penalty is 10 yards from the spot of the foul and an AUTOMATIC FIRST DOWN.

PENALTIES CONT'D

- **Offense**
 - Illegal motion
 - More than one person moving.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal formation
 - Not enough/too many men on the line of scrimmage.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal pass
 - A pass is thrown after the ball carrier has crossed the line of scrimmage
 - The penalty is 5 yards from the line of scrimmage and a LOSS OF DOWN.
 - Delay of game
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Flag guarding (for Kindergarten division only)
 - Intentional or unintentional use of the arm to prevent the flag from being pulled.
 - The penalty is 5 yards from the spot of the foul and a LOSS OF DOWN.
 - Illegal use of the hands
 - Blocking (stiff arming in Kindergarten Division)
 - The penalty is 10 yards from the spot of the foul and a LOSS OF DOWN.
 - Diving
 - Diving toward the end zone or first down.
 - The penalty is 10 yards from the spot of the foul and a LOSS OF DOWN.

SUBSTITUTIONS

- This substitution system is designed to provide every player an equal opportunity for improvement. The substitution system ensures that:
 - No player sits out more than one quarter at a time.
 - Every player plays offense and defense in every game.
 - Coaches are not able to make unfair substitutions or be accused of doing so.
 - Coaches do not have to monitor playing time for each player.
 - Playing time for all players is virtually even over the course of the season.

END OF YEAR MEDALS

- At the end of the season, each player will receive an award for their strength to the team or improvement for the season.
 - This is not to recognize an MVP; it is to highlight each player's skill throughout the season instead of giving an award at the end of each game.
 - Each medal represents a different skill or characteristic. Please choose one of the following skills for each player. The same award can be given to multiple players.
 - Character, Offense, Defense, Passing, Receiving, Hustle, Sportsmanship, Leadership, Effort, and Encourager

Parking Lot

Field 1

Field 2

Pavilion

Field 3

Field 4

Field 6

Field 7

Field 5

Week 1

Purpose – Get to know your players, showing them interest and concern.

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

- 1) Have each player give his/her name and say the athlete 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 athlete he wants to be like – this may be challenging.
- 3) Have each player go around and try to name all the players with the athlete's name.

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

This week we're going to be talking about our memory verse for the season. We are going to be talking about this verse all season long, and so we want to all try and memorize it together. Our verse is Ephesians 2:8-9 which says, "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." (Feel free to come up with motions, say the verse in funny voices (slow, fast, robot, really high voice, really low voice, etc.) and if you need help please ask).

Before we explain what this verse is talking about, we have to give a little backstory. In the VERY BEGINNING OF EVERYTHING, God created everything. The heavens, the earth, all of the planets, everything on the earth, and He saw that it was all good. Then, He decided to create man and woman in His own image and He saw that it was VERY good. God walked and talked with the man and the woman (Adam and Eve), and He gave them one command: do not eat from the tree in the middle of the garden. Seems easy enough right? You stay away from that tree and you get to live with God?! You get to walk and talk with Him every day!

Well one day, Adam and Eve were in the garden and the devil, disguised as a snake, tricked them to eat from the tree that they weren't supposed to eat from. When they did that, they brought sin into the world because they disobeyed God. God had to throw them out of the garden because God could not be around sin. When sin entered the world, it caused the world to be eternally separated from God. Sin is anything that disobeys God.

Many years later, at just the right time, God sent His Son, Jesus, to live a perfect life. How many of you have EVER messed up before? Exactly! We all have messed up which is why we needed Jesus to come! Jesus came, lived a perfect life, died on a cross and then arose 3 days later to beat sin and death's power over us. God loved us so much that He was willing to sacrifice His only Son for us, so that we could have a relationship with Him.

So, our memory verse talks about how we have been saved by grace through faith and that there is nothing that we did to earn it. How many of you have ever done chores and gotten an allowance for it? You earned that allowance, right? That's not how it is with heaven. There is no amount of good things we can do in order to earn it. We have to have faith in who Jesus is and what He did for us. Let's say the memory verse one more time and then we'll pray. (Feel free to use motions and voices.) "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." Ephesians 2:8-9.

Pray

Week 3 – “For by Grace”

Who can tell me what we talked about last week? (Wait for answers.) We talked about the story of the Bible! We talked about Jesus and our memory verse! Does anyone already know the memory verse? (Affirm those who want to try even if they don't get it all on the first try.) Awesome! We're gonna keep trying to learn that all season long! Let's all say it together. Ephesians 2:8-9 “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

We're gonna break down each part of the verse bit by bit as we go through the season. So, what is the first part? “For by grace.” Does anyone know what grace is? Grace is the undeserved favor of God. How many of us have ever gotten something good when you didn't deserve it? What about when the QB throws us a pass right after we drop one? It feels good right? All of us have gotten something good even when we didn't deserve it right? Romans 3:23 tells us that “All have sinned and fallen short of the glory of God”. (Feel free to re-explain what sin is.) As we talked about last week, all of us have messed up at some point in our lives, and God cannot be in the presence of sin, so we were destined to live a life eternally separated from Him.

However, God, in His grace, chose to send His Son, Jesus, to rescue us from our sin. Romans 6:23 says, “The wages of sin is death, but the gift of God is eternal life.” God offers you and I this gift, but we have to be willing to accept it. And if we do accept it, God adopts us into His family. Galatians 3:26 says, “For in Christ Jesus you are all sons (and daughters) of God, through faith.” How awesome is that?! There is nothing that we can do in order to earn it, but God loved us enough to save us and give us a hope and a future. All we have to do is accept it, and choose to make Him the Lord of our lives.

Let's pray.

Week 4 – You Have Been Saved

Who can tell me what we talked about last week? Right! We talked about grace! Does anyone remember our memory verse? Ephesians 2:8-9, “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.” Keep on working to memorize it!

So last week we talked about “For by grace.” What’s the next part? “You have been saved.” How many of you like superheroes? (Feel free to use a wide variety of shows here according to age group. Some may need a Paw Patrol example, while others you can use the Marvel movies, etc.) What is the job of a superhero? (Wait for answers.) To beat the bad guys and save everyone! Exactly! Well Jesus did this exact thing for us. The Bible tells us that he has already defeated the devil, and that we get to share in that victory in the end.

Jesus demonstrates that he cares for us, and his amazing power in a story in Matthew 20:29-34. (Read) Jesus had compassion on the men who were blind, and he gave them sight. Can you imagine if you saw a man who was blind, and some guy came up and touched their eyes and suddenly they could see?! We’d want to know how he did that, and what power he had right?!

We are to rely fully on our superhero Jesus to save us as well. Jesus gave us victory over the devil, and we know that we already have victory. We get to go through life with confidence of where we will spend eternity, with God! Let’s pray and thank God for His victory.

Week 5 – Through Faith

Who can tell me what we talked about last week? We talked about how Jesus is our superhero and that he comes and saves us. Does anyone know our memory verse? Ephesians 2:8-9, “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

Today we’re going to talk about faith! Does anyone know what faith is? Hebrews 11:1 tells us that “Faith is being sure of what we hope for. It is being certain of things we do not see.” So, what do we hope for? This verse is talking about the fact that we have hope in God, and that Jesus really did die on the cross for our sins. Having faith is hard sometimes because we can’t always see God. What are some ways that we see God? (Please feel free to tell a story from your life where you saw God show up.) We can see God in the sunrise, in the trees, and even in the wind.

In Genesis 22, we read about the story of Abraham and Isaac. Abraham was 75 years old when God told him that he will have as many descendants as the sand on the seashore. That is A LOT of descendants! But there was a big problem! Abraham didn’t have any kids! How was God going to give him all these descendants if he didn’t have any kids?! Abraham and Abraham’s wife, Sarah, began to doubt that God would provide. Finally, when Abraham was 99 years old, Isaac was born. Abraham had to wait a really long time for him to be born, and then when Isaac was a little bit older, God told Abraham that he had to sacrifice Isaac in order to serve God. Can you imagine what Abraham was thinking?! He had to wait so long in order to have a son, and now he finally does, and God wants him to sacrifice him?

Abraham obeys God, and tells Isaac, “God himself will provide the burnt offering, my son.” When they reach the top, God provides a ram to be sacrificed instead of Isaac. Abraham was faithful to God, and God was pleased by Abraham’s faithfulness. Sometimes God tells us to do hard things, like sit with people who are alone at lunch, or to tell our friends about Jesus, or to obey our parents. Those aren’t always easy things to do, but they are what we are commanded to do. We have to have faith in God, even when it’s hard and we can’t always see Him.

Let’s say our memory verse one more time, and then we’ll pray. (Again, motions will really help memory here) “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.” Ephesians 2:8-9

Let’s pray.

Week 6 – And This is Not Your Own Doing

Who can tell me what we talked about last week? We talked about Abraham and his faith in God; that we are to believe in God even if we cannot see Him! Does anyone remember our memory verse? Ephesians 2:8-9 “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

So far, we’ve talked about “For by grace you have been saved through faith.” So, this week we’re talking about “And this is not your own doing.” How many of us have ever had to ask for help before? We couldn’t reach something, or we needed help carrying something really heavy. We’ve all needed help in our lives at some point. Have any of you done something alone that would’ve been easier if you had asked for help? Maybe you tried to carry a really heavy box, and when you finished, you realized you could’ve just asked someone to help you carry it, or you didn’t know where you were going and instead of asking where to go, you wandered around until you found it.

It’s easy to want to do things on our own, but one thing we can’t do is get to heaven without Jesus. We all need help in that area, and Jesus is the only one who can help us. Jesus tells us in John 14:6, “I am the way, the truth, and the light. No one comes to the Father except through me.” There is nothing we can do to earn God’s love for us, but He gives it to us for free! We just have to accept it! Praise God that Jesus has already paid the price for us on the cross, and that he loves us enough to want a relationship with us.

Let’s say the memory verse one more time and then we’ll pray. Ephesians 2:8-9 “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

Let’s pray.

Week 7 – It is the Gift of God

Can anyone tell me what we talked about last week? Right! We talked about Jesus being the only way to get to heaven; that there's nothing we can do to earn it! Does anyone know our memory verse? (This is a great week to challenge everyone to say it. They've heard it enough that they should be getting close to fully having it memorized) Ephesians 2:8-9, "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

This week we're going to talk about "It is the gift of God!" How many of you like getting gifts? At Christmas or your birthday, we see the biggest present and we're like "whoooooooooooooooo." But what would happen if we never opened that present? It may have our name on it, but we never opened it and claimed it. Did we accept the gift? No! Of course not! We have to rip open the paper and the box and take what's inside in order to accept it! Romans 6:23 tells us that "the wages of sin is death, but the gift of God is eternal life."

All of us have sinned in our life. We talked about that in week 2, all of us have messed up and disobeyed God at some point in our life. However, God sent His one and only son to die on a cross for our sins so that we may have eternal life with God! But we have to accept it! We can't just let it be an unwrapped present under the tree. We have to accept Jesus, and try to be like him every single day. If any of y'all have never done that before and want to accept Jesus, come talk to me after practice. I'd love to talk more about it with you.

Let's say our memory verse one more time. Ephesians 2:8-9 "For it is by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

Let's pray.

Week 8 – Not a Result of Works

Who can tell me what we talked about last week? We talked about gifts and the most amazing gift that Jesus gave us, which is eternal life through a relationship with Him! Everyone should know our memory verse by now! Ask your parents to quiz you when you go home. Let's say it together. Ephesians 2:8-9, "For it is by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

This week we're going to talk about "not a result of works"! Sometimes in our lives we want to do things all by ourselves so that we can take full credit. We don't want to give credit to God for giving us the ability to do things. We study really hard for a test and get a good grade on it, or we run really fast and score a touchdown, or we work hard in order to be able to catch a pass this season. God has given us the ability to do all of these things, and even gives us the very breath that we breathe.

It is very easy to get caught up and focus solely on ourselves, but we must remember that God is the one who gives us the ability to do these things. Psalm 9:1 tells us that "I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds." All of have things God has done for us, whether we know it or not. He gives us breath and he sent his son, among tons of other things (feel free to share a time that God provided in your life).

With our own power, there is nothing we can do in order to earn the relationship that we have with God. We can't be good enough, go to church enough times, or read our Bible enough times to earn God's love. God gives His love freely, and we should thank Him for all that He does for us.

Let's say our memory verse one more time, and then will pray. Ephesians 2:8-9, "For it is by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

Let's pray.

Week 9 – So that no one may boast

Who can tell me what we talked about last week? We talked about giving thanks to God in all circumstances. He gives us the ability to do everything! Does everyone know our memory verse? Today we're talking about the very last part of it, so everyone should have it memorized by now! Ephesians 2:8-9, "For it is by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

Today we're going to finish up the verse! We've talked about "For it is by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works..." so today what are we talking about? Right! "So that no one may boast!" How many of us have seen athletes on TV after they score a touchdown, or a basket, pound their chest, or talk about how great they are? They want to take total credit for what they have done, and we as humans like being able to take credit for things that we feel like we worked hard in. It feels good when we work hard and then that hard work pays off. All of y'all have worked hard this season, and are seeing it pay off by getting better!

Like we talked a little about last week, there is nothing that we can do in order to earn the relationship that Jesus offers us. That is exactly why God designed Jesus to be the perfect sacrifice for us; he knew we couldn't do it on our own. If we had been able to do it on our own, we would've taken credit and we wouldn't serve God as Lord like we should.

What are some places in our lives that we don't give God the credit He deserves? (Again, please feel free to use examples from your own life in order to help them understand) Revelation 4:11 says, "Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."

Let's say our memory verse together one more time and then let's pray. Ephesians 2:8-9, "For it is by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

Let's pray.

Week 10 – Gospel

This whole season we have talked about Ephesians 2:8-9. Does everybody know it? “For it is by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

Today, I want to talk exactly about what this entire verse is saying. We’ve broken it down bit by bit over the season, but now I want to talk about the whole thing. At the very beginning of time, God created the heavens, the earth, the sun, the moon, and the entire universe. God also created men and women in His own image, and they were in the garden with God completely perfect. They had one rule that they could not break and that was “Don’t eat from the tree of knowledge of good and evil.” Unfortunately, they were deceived by Satan, who was disguised as a serpent, and they disobeyed what God had told them and brought sin into the world. God had to cast them out of the garden because He cannot be in the presence of sin, so humans and God were separated.

God saw this separation, and saw that there was nothing that humans could do in order to bridge that gap. So, at just the right time, He sent His son, Jesus, to live a perfect life that we never could, die on a cross for everything we’ve ever done wrong, and rise 3 days later, defeating sin and death’s power over our lives.

John 3:16 tells us, “For God so loved that world that He gave His one and only son, that whosoever believes in Him shall not perish, but have eternal life.” God loved us so much that, despite the fact that He knows everything we’ve ever done wrong, He loves us anyway. He desires to have a relationship with us, and all we have to do is ask Him. It requires you to serve Him as the Lord of your life, and to believe that He is worthy of being trusted. Through His grace, He gave us this gift, and there is nothing we can do to repay it.

Let’s say our memory verse one more time, and then let’s pray. Ephesians 2:8-9 “For it is by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

Let’s pray ***With everybody’s heads bowed, and eyes closed. If any of you have never made the decision to follow Jesus before, and wants to today, just raise your hand so that I can talk to you later after practice***

(Please talk with the child and the parent, and get a feeling of where they are with the Gospel. Can they express their need for a savior because they’ve sinned? Do they understand Jesus is the only way to heaven, that they can’t work for it? If you feel like they are ready to accept Jesus, walk through that with them, but also please let us know so that we can follow up with them and let their church know.)