



CENTRAL SPORTS

FOOTBALL MANUAL

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

Name: _____

Team: _____

Practice Day/Time: _____

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 relationship of the players, coaches, and parents 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 25th – 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/>

IMPORTANT DATES

Meet the Team: _____

First Week of practice: _____

First Game: _____

Last Game: _____

Deadline to request award medals: _____

EXAMPLES

Example Intro/Meet the Team Email:

Howdy parents!

We are so excited to have your child on the **{TEAM NAME}** football team at Central Sports! Our heart is to teach these kids fundamental football 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}** at the Central Church fields.

This is a come-and-go event. We look forward to meeting you and your precious kids that night!

*Our practice time will be on **{DAY OF WEEK}** from **{TIME}** on **{Court}** on the Central Church fields. 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 for the season. Athletic shorts must be worn over any tights/legging. Shirts should cover the midriff.

*Games will begin Saturday, **{Date}**. We will send you the game schedule as soon as it 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 Football - Giants, Week of September 26

PRACTICE

Monday, September 26, 6:30 pm

Please have players ready to go at 6:30 pm.

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

GAME

Saturday, October, 9:00 am

Arrive by 8:45 - 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

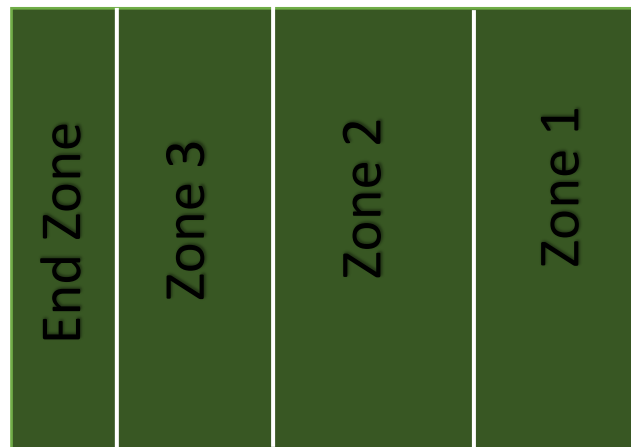
Monday, October 3, 5:30 pm

PICTURES

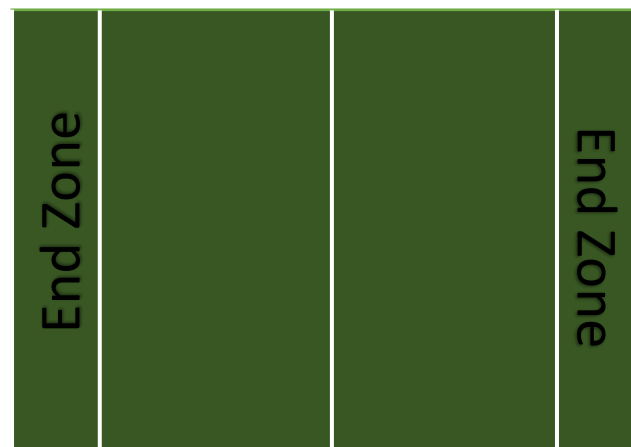
Saturday, October 8, 12:40 pm

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.
- **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.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **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/lateral 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/lateral. The pitch/lateral can occur at any time while behind the line of scrimmage.

- Once the pitch/lateral 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/lateral.
 - 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/lateral 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.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Dead Balls (cont'd)**
 - The ball hits the ground as a fumble. The ball will be spotted at the point of the fumble.
- **Defense Basics**
 - Teams may play man-to-man, zone defenses or combination of both.
 - Interceptions may not be returned.
 - **Rushing the Passer**
 - **Kindergarten Division**
 - 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.
 - **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**
 - 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.
 - **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.

PENALTIES (CONT'D)

- 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.
- **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 5

Field 6

Field 7

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 tell you 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

Philippians 4:8

Romans 3:23

Romans 6:23

John 3:16

Today we are going to introduce the memory verse that we are going to be going through all season long. It's kinda long, but I believe that y'all can do it. It is Philippians 4:8 and it says, "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

That's a lot of things, right?! Sometimes it feels like God is asking too much of us. That there's no way that you can do all of the things that the Bible tells us to, and if we try to do it on our own, you'd be right. When we fail to do what God tells us to do, that's called sinning. When we lie to our parents, or are mean to our siblings, or take things that aren't ours. All of those things are sin. How many of you have sinned before in your life? (Let them raise their hands) Right! We've ALL sinned. The Bible tells us in Romans 3:23 that "ALL have sinned and fall short of the glory of God." And because of that sin we have been eternally separated from God. God is completely perfect, and He cannot be in the presence of sin, so what we earn from sin is that separation. Romans 6:23 tells us, "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

Jesus came to fix that separation. He lived a PERFECT life. Jesus NEVER sinned. He never once did anything that disobeyed God, but he was hung on a cross and killed for our sins. Jesus paid the price for everything that we had ever done wrong, and he rose 3 days later to defeat sin and death's power over us! We can now have a relationship with God because of Jesus! John 3:16 says, "For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish, but have eternal life." God loved us so much, that He sent His own Son to die on a cross for us.

God wants to have a relationship with you where you talk to Him, you learn about Him, and you include Him in every single part of your life. He knows you, and He loves you. If you have a relationship with God already, that is awesome! We're going to focus on how to grow in that this season. If you don't have a relationship with God yet, and you want one, come and talk to me after practice, I want to talk more about that with you. If you're not sure about a relationship with God yet, that's okay. I'm happy to answer any questions that you have.

Pray

Week 3 – “Whatever is true”

Philippians 4:8

Psalm 139:14

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) Yeah. It's kinda long, but we're going to work on it all season long! I believe in y'all, that y'all will have it down by the end of the season. I'll say it first and then y'all say it after me. Philippians 4:8, “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

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? “Finally, brothers, whatever is true.” What are some things that are true? (Wait for answers, affirm if correct) The sky is blue, gravity is holding us to the earth, God is real, I have brown hair, etc. All of those things are true! However, sometimes, it's easy to get caught up in the fact that things are true, but they're not any of the other things that Paul tells us about in Philippians. Sometimes, we learn things about somebody else that are true, and we want to go and tell others about it and it makes them look bad. We talk behind their back, and we use the excuse of “it was true!” to make ourselves feel better. However, these are not the true things that Paul is talking about here.

Paul is talking about the true things of God. (Hold up your Bible) This is true. Every single word in the Bible is true because it is the word of God. We are told in this verse to think about the true things, not only about God, but also what the Bible tells us about ourselves, rather than what the world tells us. Psalm 139:14 tells us, “I praise you, for I am fearfully and wonderfully made. Wonderful are you works; my soul knows it very well.” God made us exactly the way that we were supposed to be, so there is no need to focus on what the world tells us we are. We are God's creation, and those of us who have a relationship with Jesus, we are God's children. God has adopted us into His family, and He wants everyone to be a part of His family, if you accept Him like we talked about last week! You still have that opportunity, and I'd still love to talk more about it if you have any questions.

Let's pray.

Week 4 – “Whatever is honorable”

Philippians 4:8

Luke 10:30-37

Who remembers what we talked about last week? (Wait for responses). We talked about the first part of our memory verse: whatever is true. Who can say our memory verse? Let’s say it as a team!

Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things”.

We’re going to talk about the next part of the verse: honorable. Does anyone know what honorable means? (Wait for responses) Honorable means having integrity or doing what’s right. Can anyone tell me about a time you did what was right even when you didn’t want to? (wait for answers) Sometimes we don’t always want to do the right thing but God asks us to still do the right and honorable thing.

Jesus talked about this with a crowd. A man was asking Jesus tricky questions about who he needs to treat like a neighbor, or to whom he needs to show love. Jesus answers with the story in Luke 10. Jesus tells a story of a Jewish man traveling who was attacked and left on the side of the road. First, a priest walked down the road, saw this man was hurt, and walked to the other side of the road. Next, a Levite, a man that works at the temple, saw him and walked to the other side of the road. Last is a Samaritan man. Now Samaritans and Jewish people didn’t get along well. Do you think he would help the injured Jewish man? (wait for responses) He saw the Jewish man on the side of the road, cared for his injuries, and took him to an inn to recover. The Samaritan man even paid for the Jewish man to be cared for at the inn until he got better.

Who do you think did the honorable thing in this story? (Wait for responses and affirm the correct one) The Samaritan man did! Sometimes the honorable thing is not the easy thing to do. The Samaritan went out of his way to take care of the man that had been injured. This is what Jesus was showing the man who asked him this tricky question. We need to do the honorable thing and love our neighbor, even when it’s hard. How can we do the honorable thing this week?

Let’s pray

Week 5 – “Whatever is just”

Philippians 4:8

Romans 6:23

Who can tell me what we talked about last week? We talked about how we are to think about honorable things! Who can say our Bible verse? Philippians 4:8, “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

So, last week we talked about whatever is honorable, this week we’re talking about whatever is just. Does anyone know what just means? (Wait for answers) Just is the root word that we get justice from. Has anyone heard of justice before? What comes to mind when you hear the word justice? (Wait for answers) Right! We think of a court or police officers or people who uphold the law. Justice means “morally right behavior or treatment.” Justice is getting what people deserve. How many of you have ever gotten in trouble for something that you weren’t supposed to do? (Wait for answers) Yeah. There are consequences for our actions. When we choose to disobey what our parents say, we are punished because of that.

God also has rules that He tells us to obey. These are called the 10 commandments. Does anyone know any of them? (Wait for answers) Yeah. Do not have any other gods, do not have idols, do not use God’s name in vain, keep the sabbath day holy, honor your father and mother, do not murder, do not commit adultery, do not steal, do not lie and do not covet.

That sounds like a lot, right?! It’s impossible for us to keep ALL of those all the time, and that’s exactly why God had to send Jesus to save us. When we disobey God it’s called sin, and Romans 6:23 tells us that “The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” The wages, what we deserve for disobeying God, is death. This death isn’t just like you drop dead because you disobey your parents, but it means that we are separated from God. God is just, and He has to punish sin because it is evil and wrong. However, God sent His Son Jesus to live the perfect life, die on a cross for our sins and rise 3 days later to save us from our sins. God is just, but God is also loving and merciful.

We are to think about the things that are just. The things that are morally correct behavior or treatment of others. That’s how we want to treat others and that’s how we want others to treat us. As we go through this week, how can we be just to other people?

Let’s pray.

Week 6 – “Whatever is pure”

Philippians 4:8

Psalms 119:9-11

What did we talk about last week? (Wait for responses) Last week we went over what just means! Can anyone say our memory verse? Let’s all say it together! Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things”.

Does anyone know what pure means? (Wait for responses) Pure means without fault or doesn’t have something else mixed in it. It’s considered perfect!

It might seem hard to keep our minds on pure or perfect things. Are your thoughts always perfect? (Wait for responses) No! Sometimes we get mad or think of doing things we shouldn’t do. Sometimes we act on those things. David asked about being pure in Psalms 119:9-11. It says “How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you.”

David shows us that we can ask God to help us keep His commandments and seek Him with our whole heart. How can we seek God with our hearts? (Wait for responses) We can pray, we can ask Him what He wants us to do, and we can keep His commands. Where are God’s commandments? (Wait for responses) In the Bible! Does anyone know any of the commandments that God tells us in the Bible? (Wait for answers) Obeying our parents, loving others, loving God, and not lying are just a few. Let’s seek after God this week and look to Him to keep us pure!

Let’s pray

Week 7 – “Whatever is lovely”

Philippians 4:8

Psalm 147:1

Can anyone tell me what we talked about last week? Right! We talked about whatever is pure! Does everyone have our memory verse memorized yet? Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

This week we’re going to talk about whatever is lovely. This word is tough to define, but the basic definition is “showing love by moral or ideal worth.” What are some things in your life that you would say are lovely? Your mom? Your bed? The smell of cookies when they’re in the oven? Yeah! All of those things are lovely! How often do we thank God for those things? God is so awesome because He gives us things that we don’t deserve all the time.

The Bible tells us in Psalm 147:1, “Hallelujah! How good it is to sing to our God, for praise is pleasant and lovely.” Our praise to God is lovely because that is what we were created to do is to bring glory to God! How many of you can breathe right now? (Make sure everyone raises their hands) Right! We can all breathe because God has given us breath in our lungs. How many of you can run around and play football/volleyball? Exactly! Every one of you! Those are things that we are to praise God for, and we are to be thankful to Him. We can sing to Him, dance for Him, and even play sports well for Him. We can glorify God in whatever we do!

Let’s pray.

Week 8 – “Whatever is commendable”

Philippians 4:8

Exodus 15:11

Psalms 99:3

Who remembers what we talked about last week? (Wait for responses) We talked about lovely! Who wants to say our memory verse? Let’s all say it together! Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things”.

This week we’re talking about whatever is commendable. I know it’s not a word we use all the time, but what do you think commendable means? (Wait for responses) It means deserving praise. Another word we might use for something that we should praise is awesome! We might say awesome when we’re excited or are complimenting someone. Like during our game, we might tell our teammate they made an awesome play or they’re an awesome player. But did you know we can use awesome to describe God?

God is awesome! In Exodus 15:11, the people of Israel were praising God by singing, “Who is like you, O LORD, among the gods? Who is like you, majestic in holiness, awesome in glorious deeds, doing wonders?” Moses wrote this right after God had parted the Red Sea, so that the Israelites could pass through and David writes about God in Psalm 99:3 saying, “Let them praise your great and awesome name! Holy is he!” God is awesome in what He does and who He is!

If we need to think of commendable or awesome things, we can think about who God is, and what He’s done in our lives. What are some awesome things about God you can think of this week? (Wait for responses and please share a time in your life that you saw God show up in an awesome way)

Let’s pray

Week 9 – “If there is anything excellence/worthy of praise”

Philippians 4:8

Matthew 14:13-21

Who can tell me what we talked about last week? We talked about thinking about commendable things! Does everyone know our memory verse? Y’all have done an awesome job learning it all season long. Let’s say it together. Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

This week we’re going to talk about the last two things that our memory verse talks about. If anything is excellent or worthy of praise. Who has ever gotten an A on a homework assignment before, or won a race, or cleaned your room exactly when your parents told you to? Did you get a “Good job!” from anybody? If no one told you good job, I want to encourage you because those are awesome things! That doesn’t mean we should ONLY try hard on our homework, so people tell us we did a good job, but those are things that are excellent and worthy of praise.

The Bible is FULL of stories when God does things that are excellent and worthy of praise. The one that I want to focus on is when Jesus fed 5000 people with 5 loaves of bread and 2 fish! Some of you might’ve heard this before, but we’re going to look at this in a new way. I want everyone to look around at everyone on the fields/in the gym. How many people do you see? (Don’t let them count, it’d take too long) 100? 200? It’s not even 1 thousand. Jesus fed FIVE thousand people with 5 loaves of bread and 2 fish. Some of y’all could eat that just by yourself!

Matthew 14:20 tells us that “And they all ate and were satisfied. And they took up twelve baskets full of broken pieces left over.” They even had leftovers! How many of you would clap and say “Good job!” if someone came with one apple and then gave enough apples for everyone the team, and everyone ate so much that they were full! That would be awesome! God is our ultimate provider, and He is excellent and worthy of praise! We should think about the times in our lives that God has done excellent things that are worthy of praise.

Let’s pray.

Week 10 – Gospel

Philippians 4:8

Romans 6:23

Romans 5:8

John 3:16

What did we talk about last week? (wait for responses) We talked about excellence and worthy of praise! Who remembers our memory verse? Let's all say it together one last time! Philippians 4:8 "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things".

At the very beginning, God made the world and it was perfect! It was like we talked about in our verse: True, honorable, just, pure, lovely, commendable, excellence, and worthy of praise. God said everything He made was good! People had a perfect relationship with God during this time. There was only one rule in the world: Don't eat the fruit from this one tree. Unfortunately, they broke that rule when they were deceived by Satan. This brought sin, or disobedience, into the world. And God, who is so holy, couldn't be in the presence of our sin. Romans 6:23 tells us "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

While we deserve death for our sin, God still wanted to be with us! But He knew we couldn't do it on our own. We would never read our Bibles enough, follow enough rules, pray enough, or go to church enough to get back to Him. So He sent His son, Jesus Christ, to Earth to live a perfect life we couldn't live, died on the cross for our sins to pay the death that we deserved, and rise three days later to defeat sin and death's power over us. Jesus lived a life like our verse: He was true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise! Romans 5:8 tells us "but God shows His love for us in that while we were still sinners, Christ died for us." Jesus paid the price we could never pay for our sins!

John 3:16 sums it up for us by saying, "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 is offering us a relationship with Him forever and we just need to accept it and follow after Him and serve Him with our whole lives.

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.