

# THE HURDLE

## LEADER'S GUIDE [HOW DO I TEACH THE FUNDAMENTALS?]

These studies can be used as Follow-Ups in one-on-one and/or small group settings. They assume a secular, mostly unchurched athlete or coach as their audience, but obviously, there will be variations in both the level of spiritual interest, experience and competitive skill. These studies are designed to help the participant connect emotionally, mentally, and spiritually to biblical concepts at a deeper level, but not act as a systematic theology on any one concept.

### OUTLINE OF EVERY STUDY:

The Hurdle	Puts an issue on the table
I Hear Ya	Identifies Bible characters that faced the same issue
Listen Up	Investigates what the Bible teaches about the issue
For the Record	Summarizes God's perspective
Your Move	Bridges the gap between Bible teaching and the athlete's current position
The Training Room	Offers Bible passages and ideas for further study

### THE HURDLE

Goal: *Yes, I'm familiar with this idea and have felt it myself, though I might not ever say it out loud.*

Forges emotional connection by stating a possible situation through a fictional athletic character

Offers questions for discussion that start opening the issue

Don't want to get too deep at this point, nor do we want to offer any antidote for the problem

Could be read aloud or silently

### I HEAR YA

Goal: *Wow! I never realized that Bible characters experienced the same thing.*

Introduces 3-5 people in the Bible who experienced the same or similar issue

Three purposes: 1) humanizes Bible through characters, 2) raises possibility of Bible's relevance to real life, 3) offers potential talking points later

Can read all of them or pick and choose the ones you think are most effective; not intended to camp here, just visit

### LISTEN UP

Goal: *How does the Gospel speak into my life concerning this issue or situation?*

Provides the biblical solution to the topic at hand; intended as core of study

One primary text with four or five questions for exploration

Not intended to be exhaustive or thorough; should be introductory but pointed

Most passages are short enough to read aloud; make adjustments depending on context

### FOR THE RECORD

Goal: *How should I change or adjust my thinking in light of what I read about God here?*

Summarizes God's perspective on the issue, takes into consideration both the passage studied and other theological teaching on the idea

Might be read out loud or silently, in part or the whole thing; consider pulling out small piece to focus on

### YOUR MOVE

Goal: *In light of this study, how should I respond?*

Provocative questions to clarify the issues and motivate the participants to change or get answers

Close gap between current position and where they need to be

Have athlete read aloud or read silently

### TRAINING ROOM

Goal: *What else can I do to grow in this area?*

Not intended to be part of study

Provides exercises for further learning and growing in topic area of study

Might act as "homework" and form basis for next discussion

Familiarize yourself with each piece so you can selectively point participant to sections most helpful based on discussion

### LESSONS INCLUDED:

#### PLAYBOOK FOR LIFE

God's Word (Is the Bible Relevant to my life?)

#### GET IN THE GAME

Covenant Relationship (Am I on the Team?)

#### IN-GAME INTERVIEWS

Engaging Others (Am I Willing to Step into Your World?)

#### IN-SEASON AND OUT

Evangelism (Why Should I Tell Others about God?)

#### ALL HANDS IN

Fellowship (Do We Really Need Each Other?)

#### POWER PLAY

Holy Spirit (How Do I Live Differently?)

#### TROPHY OF GRACE

Identity (Am I Good Enough?)

#### LEADING BY EXAMPLE

Leadership (What Characterizes a Good Leader?)

#### GOT GAME FOR GOD

Lordship (Who Runs my Life?)

#### TAKING A KNEE FOR GOD

Prayer (Can I Trust Him with Myself?)

#### YOUR REAL OPPONENT

Spiritual Warfare (Who Is Out To Get Me?)

#### SHOW ME THE MONEY!

Stewardship (What do I do with Money?)

#### LIVIN' LARGER

Social Justice (Am I Made for More than Sport?)

#### TIME OUT

Solitude (Is My Inner Life too Cluttered to Live Well?)

#### PERSONAL FOULS

Relationships and Sex (What's Love got to do with It?)

#### BIG-TIME SPORTS!

Idolatry (What is the Place of Sport in My Life?)

For additional resources, visit [www.athletesinaction.org](http://www.athletesinaction.org) or call 937-352-1000