

SportLife Overview

SportLife is a training and discipleship series for sport ministers and high level athletes. The series is designed to give practical help and spiritual depth to you and your athletic community on a wide range of issues.

Theological Perspectives – training for the Mentor/Leader

SportLife is divided into eight broad categories such as “Play, Sport, and Competition”, “Emotions” and “Trials and Transitions”. A “Theological Perspective” has been written by biblical scholars for each category. The purpose is to help the sport minister or mentor/leader develop deeper biblical insight into the common areas that athletes and the world of sport are facing.

Within the eight categories, twenty-five topics or issues are explored. For example, “Winning”, “Fear of Failure”, and “Dealing with Injury”. They are summarized by a Critical Issue

Critical Issues – connecting with the sport world through felt needs

The goal is that these pieces would raise awareness of the issue through a self-discovery process, and leave the recipient with a desire to learn more. It is also a tool, which allows the sport ministry practitioner to build a connection by addressing common felt needs. Each issue begins with an engaging thought or quote and some reflective questions. The need is then identified or defined and some practical tips are given. It concludes with some further questions or connection points to sport or other areas of life and some further resources. The desire is to touch or draw out a deeper need which could be explored from a biblical perspective.

Each of the twenty-five Critical Issue topics also have a corresponding Bible study. They can be suggested or introduced to anyone who may be curious about a Biblical approach to sport or for discipling the Christian athlete.

Bible Studies – biblical wisdom applied to issues in Sport

The Bible Studies introduce the athlete or coach to a biblical perspective on the same specific topics dealt with in the Critical Issue. They are very simple and based on one or two Bible passages. Each one contains some thoughtful questions, a sport and/or life application and closes with a short prayer.

SportLife can be used for personal study, one on one discipleship, small groups, weekly meetings, webinars or as a basis for classroom lectures or team presentations.

Presenting SportLife Material

If you are presenting these materials or walking an athlete/coach through them, it is important to not present yourself as more credentialed or qualified than you are. We are not trying to replace sport psychologists, nutritionists, or financial planners. The desire is that these materials allow you to serve the world of sport or lead to open doors for more connection. We want to assist athletes with practical problems they are facing and help them grow as they wrestle with the areas they are passionate about.

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