

**Principle #1
Teacher's Notes**

Audience of One

GOD alone is worthy of your worship

Who Or What Do I Worship?

Teacher note: Read this page so that you understand what the concept of “Audience of One” means. For many sports medicine professionals this phrase becomes the mantra that encapsulates all five of The Principles for them. Ask your students to read this document on their own (in the student’s notes on page 2) or if you have time, you can read it aloud to them as an introduction to what the Principles are all about.

Audience of One AO1

Are you ready to live and compete with a new perspective and a new audience?

We all live out our life in front of an audience. Whether it’s neighbors, roommates, family, Facebook or thousands of fans. People watch us and evaluate us everyday. It’s easy for us to get caught up in trying to please these audiences. But you need to realize an amazing truth...that there has been Someone else watching you for a long time. The Almighty God, over all creation, made you and has seen everything you have ever done (Psalm 139). **He really is your Audience of One as he watches everything you do.**

God as your Audience of One doesn’t mean that you are serving for God, in the sense that you must impress Him, as if His acceptance of you is based on your performance. You may think that the more you serve, the more God is pleased with you, like He is the heavenly coworker watching your every move and when you fail at your profession, He drops his head and shakes it in disappointment.

You don’t need to perform in order to try and receive love and acceptance. Check this out...if you are surrendering your life to Jesus Christ, then God is fully satisfied with you. God’s love for you is complete. He loves you unconditionally and lives in you eternally, because of what Jesus has done on your behalf through His life, death and resurrection. (Ephesians 2:8,9; Romans 8:1-4; 1 Corinthians 6:19) Your sin is forgiven and you are a new person, who is being renewed every single day (2 Corinthians 5:17; 4:16). You also have a new identity as a child of God. **When you choose to listen to God’s voice above all others, and live in the identity that He gives you, now you become an audience of one to Him.**

Every day you have the opportunity to respond to God with thankfulness for His love, through your attitude, effort and interactions, on the field of competition...as well as off the field (Psalm 100:4; Colossians 3:23; Luke 10:27). You don’t need to be motivated by fear...fear of what your coaches will think, your co-workers will think, or your family will think (1 John 4:18). You are now free to be motivated by God’s love for you...because no matter what happens in your sport, you are fully loved by Him (Psalm 103:17; 1 John 4:19). **This should free you to compete to your full potential.** (Galatians 5:1)

Jesus’ power and love can overflow through your life in all that you do (2 Timothy 1:7; Galatians 5:22). This love doesn’t make you serve less, it is a love that *roars deep inside* you, waiting to be unleashed...it drives you intrinsically to live and compete with passion, power and purpose (Colossians 1:29; Ephesians 2:4-7).

God is our ever-present Audience of One, who lives in us and shines through us for His glory.

Principle #1: Audience of One

Teacher's Notes

Teacher note: In some places in these notes we give you big ideas to communicate, in other places we give you more details about what to say. The bottom line is that you are the communicator, so say it as best as you see fit. Teach well from your heart and not just from this script. The times listed are just to give you an idea of your pace.

Brief Overview of Principles: *What are the Principles? The Gospel applied to sports medicine professionals, the gospel experienced through sports medicine professionals, and the gospel spoken in the language of sports medicine professionals.* (see Overview page)

You are going to answer for yourself these 5 questions as we go through this series:

Principle 1...Who or what do I worship?

Principle 2...What motivates me?

Principle 3...How do I grow?

Principle 4...How do I deal with suffering?

Principle 5...How do I live for God's kingdom instead of my kingdom?

Introduction: introduce yourself and your involvement in the sports medicine world, if you are new to the audience.

Being able to serve and train athletes is a gift from God and a privilege. Involvement in sports and training athletes provides another way to experience joy, grow through struggle and interact with other created beings. Recreation is about re-creating--to be renewed or rejuvenated. To experience the joy of God through physical exertion, emotional engagement, and tapping into the human spirit. It's being part of a team, facing the potential to grow through both victory and defeat. (Maybe share a personal story of how "good" serving athletes has been in your own life.) But...

Show video clip or tell a story illustrating the ugly side of training/serving athletes.

(See video clip options on Ultimatetrainingcamp.com under the *AIA Principles Teaching Resources* tab)

If we're honest, for many of us it's not "just a profession" anymore. It has become LIFE for many people. As a global culture, we have bought into the lie that sports/service IS the meaning of life. As a \$420 billion dollar global industry, the culture of sports wants to dictate how we plan our weekly schedules, what we wear, how we act, what we spend our money on, how we think about ourselves and our worth, what we value, etc.

Indeed, our culture has raised sport to a god-like level and we love to worship it. Because keeping athletes strong and healthy is our profession, how we do our job can become something we love to worship as well.

Optional quote: "Whatever your heart clings to and confides in, that is really your God." (Martin Luther)

One of our goals this week: identify false idols in our lives that compete with our allegiance to God and learn to worship God alone--even in the context of sport!!

What is an "idol"? *Anything that begins to function as a substitute for God in your life. It may be anything that consumes your heart, thoughts, and time.*

How do we define "worship"? *Ascribing ultimate worth or value to someone or something. Bowing down to someone or something with our heart, mind, and soul*

Transition: *Throughout human history, idols arise in cultures that challenge people's allegiance to God. The goal is to turn away from those idols and bow down to God alone. Let's journey together back to the 9th century BC and visit a group of people who are being called out concerning their own idolatry...*

1 Kings 18:20-40 *The story of Elijah & the prophets of Baal*

There has been a drought in the land of Israel for 3 years. So the people of God have begun to worship the rain god named Baal alongside YHWH--the one true living God. God tells his prophet Elijah--the one guy representing him to the people--to have all the prophets and representatives of Baal assemble on Mount Carmel for a spiritual showdown. As it was for the people who originally lived it, this story is a confrontation between God and whatever

else is competing for the number one spot in your own life. Is it your profession, relationships, career, money, sex, food, image, gadgets, knowledge, or anything other than God Himself? Let's see what happens at Mt. Carmel...

Have the audience read 1 Kings 18:20-39 on their own in *Pregame* or have them read for 10 minutes before the talk. Option: Play an audio Bible version like *The Bible Experience* (a dramatic reading) if they can't read it in advance.

I. PROBLEM! Divided Worship: Choosing between the living God or counterfeit gods (v.21-24)

Elijah challenges the people to do away with their idols and make a choice to follow the One True God. The people are hopping back and forth between following God and following Baal.

When God doesn't provide the rain for them immediately, then they jump back to trusting Baal to provide.

They ignored Deut 6:5 "Love God with all your heart, soul, strength" all the time, not just when it's easy!

Result: half-hearted commitment, lukewarm, lacking convictions, worship was divided and misdirected.

We do the same today: We trust God to provide our needs one minute, then we trust our profession or something else the next. We are divided in our worship. We bow to our idol until it lets us down and then we turn back to God.

Why do we divide our worship? We want to get the most out of life, so we diversify our worship portfolio.

Teacher note: Illustrate by using lunch plate or financial portfolio or anything that will position God as one option among many, as just another spoke in the wheel of your life. At the end of the talk, we will use this same illustration to show what it looks like for Jesus to be Lord over the entire picture of your life.

Option: Lunch Plate 1 (see PowerPoint picture): A sports medicine professional who worships many "gods":

1. Each area of life is conveniently compartmentalized. We have the illusion of control... determining the importance of each area, the amount of time spent on it, etc. But in reality the idols on our plates control us.

2. We might "fit" God on to our plate...but treat him like He exists for me, my goals, my purposes, my success, my victories. He becomes a good luck charm. God is my genie in a bottle. For some of us, God may not even be on the tray yet.

We pursue idols that we think can satisfy us because of our own longings.

In a strange way, we worship ourselves in the process, bowing down to the idols of our own soul!

Let's look back at verse 21, where Elijah challenges the people's divided worship and they respond with silence.

Ask: Why are the people silent? (Fear, they like their idols, they can't see God, their idols are more tangible)

Teachers note: This "silence" is significant. The people were silent in the face of making a choice between their made up gods and the true God for the same reasons we are sobered by that choice today. "Can I really trust God to care for me in the most crucial areas of my life? How can I turn away from gods I can see to a God I cannot see? Does faith really have to be this scary?" The world says "Show me and then I'll trust...God says trust me and I'll show you."

For many people today, serving athletes functions like an idol in their lives...

Option: Tell a story or show a video illustrating how serving athletes has become an idol in someone's life.

"The greatest danger...is not that we become atheist, but that we ask God to co-exist with idols in our hearts." Tim Keller

God deserves wholehearted worship directed toward Him alone, not a co-existent sharing of His glory with other idols that we create and lean on. But he isn't going to force you to worship Him--He gives you a choice. The danger is trying to get away with both—giving God a slice of our lives instead of the whole thing. He will settle for nothing less than our whole-hearted devotion!

Transition: *If you are going to worship idols, you need to know some things about them. Listen to what happens next at Mt. Carmel...*

II. WARNING! DECEPTIVE Idols: Counterfeits don't ultimately deliver what they promise (v.25-29)

3 things that are true of anything that has become a substitute for God in your life...

A. Idols are silent, but still speak (v.26, 29)

*Five times they called on Baal and no one answered their call for help.
Idols may exist in our hearts and minds but in reality they are nothing.
Ultimately they can't fully give us what we long for.*

B. Idols are powerless, but still strong (v.27)

*Prophets call to Baal to display his power with fire to consume the sacrifice on the altar.
But there is no power displayed because Baal is powerless to provide what they really need.
Your profession/\$/Marriage/Fame cannot provide lasting peace, security, fulfillment or significance.
But even powerless idols can have strength in our lives; they can pull, trick, seduce, and tempt us.*

Optional Quote: "Why do I have 3 Super Bowl rings and still think there's something greater out there for me? I think, 'God, it's got to be more than this.'" (Tom Brady, New England Patriots quarterback)

C. Idols are deadly, but still promise life (v.28)

*Baal is supposedly a rain god who promises to deliver life--but no rain=no grain=no life
They were ranting, raving, yelling, and cutting themselves to get Baal's attention.
These freakish practices were customary for those who worshipped Baal.
Their behaviors reflect the extreme lengths people who are following an idol will resort to.*

Ask: *Is it possible for an athlete, a coach or a fan to get so hooked, so addicted, so caught up in the power of their game that they resort to irrational, irregular behavior?*

Ask: *What are some examples of the extreme lengths a person might go to who is worshipping serving athletes as an idol? One-dimensional life, cheat, eating disorder, etc.*

*When you begin to worship sport and the athletes who play them, it can turn deadly.
Why is your profession an attractive idol to worship?
Because it promises significance, hope, and value, in exchange for our time, attention, allegiance.
If you are trusting your profession to quench your thirst for meaning and purpose, your profession will ask for everything in return!!*

How does serving athletes become an idol?

Extreme pressure + Powerful influence + Passion to win at all costs + Intoxicating emotions

*Extreme pressure: from family, media, alumni, administration, coaches, fans, and others.
Powerful influence: the desire for and reality of popularity, fame, prestige, money, awards, power via how your team performs and how healthy they stay.
Intoxicating emotions: Nothing compares to the rush of seeing an athlete succeed after an injury, victory, a cheering crowd, a sense of success.*

Transition: *If serving athletes is your idol, it will bring out the WORST in you. How can we experience God's best in life and our profession? Is there anything we can do to change this reality?
What can we learn from what happens next at Mt. Carmel?*

III. RESPONSE! DAILY Surrender: Believe that God is supreme and worthy of my continual submission (18:30-40)

What does this look like practically?

**A. Heart Renovation: Value what God values (v.36-37)
New Prayer: From "It's all about me" to "It's all about You"**

*Elijah models prayer that is focused on God and others instead of just his own needs.
Elijah asks God to show His power-- to turn the hearts of the people away from the idols and back to Him.*

*To turn from idols back to God requires a renovation of the heart, what the Bible calls repentance
We must acknowledge to God that we are sorry for placing _____ above Him.
Renounce that idol and surrender your heart to God as supreme in your life*

**B. Life Expression: Live out what God values (v.39)
New Response: Let God rule my every thought and action**

*God displays His power, the fire laps the water and then the people fall down on their faces in worship.
Did they let God rule their every thought and action? Probably not. We are only seeing a moment in their life.
But the goal is not just to respond in special moments; we want to learn to respond moment by moment
Elijah was responding to what he knew of God as He had revealed himself.
The people responded to Elijah's words about God and how God presented himself through the fire.
But we have more than fire from heaven; God has revealed Himself through Jesus
We need to respond to Him!
Review: Problem, Warning, Response...and now a Revelation.*

Teacher note: We are reading through v40 to bring proper closure to the passage and fully aware that God having the prophets of Baal slain at the hands of Elijah is problematic to our thinking. There is no need to develop this idea, but you should at least be prepared to answer questions that may arise post-talk. We don't need to defend the God of the Bible. If nothing else, we might point out the danger of standing opposed to a holy God.

IV. REVELATION! DECLARED Savior: Following Jesus changes everything

Teacher note: Meditate on these passages as you prepare to teach this section: Hebrews 1:1-3, Jeremiah 2:13, Isaiah 55:1-3, Revelation 22:17, John 4:13,14. Big idea: Jesus is the only real source of a fulfilling LIFE. Everything else is an imposter that will always leave us wanting more.

John 14:6 *Jesus says that he is the way, truth, life and no one has access to the Father except through Him. He is the Life-giver, the soul-filler. We go to relationships, sports, etc to try to find life but life is only found in Jesus. "I am the YES to all of your idols' NOs. I AM the answer." He is the anti-idol. Once you surrender to Him, the possibility exists for Him to fill your soul and put your profession in its proper place. So drink deeply of Jesus! Part of our problem is that we are filled up way more with our profession than with Jesus.*

Teacher note: Quickly explain how Jesus has opened the way for us to the Father by giving His life and paying for our sin through his death and resurrection.

John 10:10 *Jesus said about Himself that he came to give us complete ABUNDANT LIFE, not divided life. The devil wants to steal, kill and destroy us with idols and deception. Jesus destroys the idols through His death and resurrection, and gives the true life that idols promise but never really fulfill...*

*He can give us the desire to value what God values and live out what God values.
Jesus does the renovation, you do the surrendering.
Will you let Jesus change you from the inside out and change the way you approach your profession?*

5 min

4 min

Conclusion

Teacher note: As a concluding illustration use the lunch tray or a financial portfolio or anything that will illustrate that Jesus will not just be one among many, another addition to fill out your life. He wants to be Lord of your life!

Lunch Plate 2: A Christ-Follower who is passionate about serving athletes

1. All areas of my life (including my profession and service) now exist as a subset of my new life in Christ.

2. God is not merely part of your life...He IS your life. He is the Lord of every area of your life.

Which plate are you really eating off of today?

The world worships/idolizes athletes and sports. So you and I have a tough choice to make:

Will you be a sports medicine professional who worships many little gods OR

Will you give your allegiance to Jesus Christ as the only one worthy of worship?

This question is the most important question you will ever answer in your lifetime.

Who are you going to worship with your life and your profession/service?

Transition to "Live It" page...

What's the difference between your profession being an idol or an opportunity for worship?

Close by praying for them to worship God with their whole life...then go to lab

Teacher note: There are other important teaching points in the lab material for each Principle. So if you are not teaching a lab after each "classroom Principle", then you may need to be creative in how to incorporate some of the practical take-aways from the lab notes, i.e. tell them about the wall/window analogy and have them think about it during their next practice or workout session.

Live it Chart

Occupation = Idol	Occupation = Opportunity for Worship
<i>Use God as a rabbit's foot/good luck charm for your personal gain, win, or power</i>	<i>God chooses you to reflect His excellent character through your effort, attitude, intensity and sportsmanship</i>
<i>Serve to prove and justify your value and worth</i>	<i>God has determined your value and worth before you even begin to serve</i>
<i>Disrespect for professional ethics (often ignoring them or breaking them) and only abide by them when it is to your advantage or you might get caught if you publicly violated the ethics</i>	<i>Ethically serve all the time because they express what is fair, just and orderly (God's character) in order to serve professionally</i>
<i>Being the best is everything and the only thing</i>	<i>Working to succeed consists of a serious challenge while enjoying the pursuit</i>
<i>Happy when your opponent competes poorly or is hurt because your only concern is your welfare (winning)</i>	<i>Believe and want the best both for your team and your opponent because everyone is striving together toward excellence</i>
<i>Unrealistic expectations for yourself/team and fail to acknowledge your/athlete's limitations</i>	<i>Accept your God-given abilities and your/athlete's limitations</i>
<i>Give 100% only when colleagues, coach, family, friends, media, others are watching</i>	<i>Give 100% both publicly and privately because God is your audience</i>
<i>Do whatever it takes to win because the end justifies the means</i>	<i>What matters most is how you serve the athletes</i>
<i>View your colleague/opponent as the enemy and competition like war</i>	<i>View your opponent as co-laborer/co-competitor who deserves respect</i>
<i>Jealous of other's success because it means they are out-performing me</i>	<i>Thankful for others' success because it pushes me to perform better</i>
<i>See serving athletes as a right and something you must have in order to make it in life</i>	<i>See serving athletes as a privilege and gift</i>
<i>Unteachable spirit and disrespectful toward colleague/authority</i>	<i>Teachable spirit and respectful toward colleague/authority</i>
<i>Your job is your deliverer from your past, your poor circumstances or your family situation</i>	<i>God delivers and redeems you</i>



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Principle # 1: Audience of One

What is the question we are asking for this principle?

- *Who or what do I worship?*

What is the main point(s) of this Principle?

- It is a Lordship talk – Athletic Training and Strength & Conditioning are good things but they can be misdirected as idols.
- Learning to serve for the ultimate audience.
- God owns you and your job/career/profession.

Discussion Questions

1. What is one thing you learned, one thing that stuck out to you, or one thing that confused you about the Principle we just learned about?
2. Is there a part of your job/career that you are making your idol?
 - a.
 - b.
3. How do you keep your focus on an Audience of One? How could this transform the way you view your career and personal life?
 - a. How can you make more time for God in this busy career?
4. What is your greatest achievement in your career? (Share a “war story”)
 - a. How did that make you feel?

“Learn to serve for the ultimate audience.”

Principle Breakdown Grid #1-Audience of One

What is the question we are asking for this principle?

Who or what do I worship?

What is the main point(s) of this Principle?

It is a "Lordship" talk – sports medicine is a good thing but it can also become a god thing/idol. God alone is worthy of your worship.

Sports medicine can be an opportunity for worship.

Sports medicine can also become an idol and cause great harm in your life.

If your audience only gets one thing out of this principle what should that be? All of life is worship, and God alone is worthy of all your worship.

Why is this the Biblical text for this principle? How does it illustrate the point?

This text in 1 Kings provides us with a great model of how idols compete for allegiance in our lives. We also see what the results are if we choose to follow this idol.

Very practical and easy for the students to see the comparison between Baal and their Sport.

What should be your first words to your audience as you introduce this Principle?

Introduce yourself and your reason for speaking on this topic. Acknowledge them as sports medicine professionals. Begin to give them an awareness of the power of sport by describing or illustrating how service has a good side to it and how it can also be elevated to an "idol" status...use quotes, stories, visuals objects, video clips, etc.

If you will be teaching all 5 Principles to this group then you may want to cast some vision for what they will be hearing (you can use the overview sheet).

If you are able to before you start, give them time for the pregame warm up to read the text (don't assume every one has a Bible). If not, then be prepared to read it or summarize it for them.

What are we asking the professionals to consider changing about the way they do service?

To work ~~for~~ with Him alone, and not to work for supervisors, coaches, media, fame.

To not use God as a rabbits foot / good luck charm when working/serving.

To view their service as an opportunity for worship, instead of a place for performing.

To turn away from the idol of service back to God, or surrender to God for the 1st time.

What is the most challenging thing about teaching this Principle?

Helping them understand what idols are and how sports can easily become one.

Using practical professional examples and presenting the Biblical text in a way that your audience can grasp it.

Effectively communicating that for most of them service is and has been their idol, without communicating that service is all bad in itself.

How do you go about picking examples to use for this Principle?

Find current/relevant stories that they would be familiar with.

Use clips, quotes that they as athletes will be able to identify with.

Highlight the powerful influence of service.

Be careful not to use too many good examples.

Who is your audience and how can you connect the material with them?

Research and learn about the group of people you will be teaching.

Age range, gender, area of service, spiritual openness, recent history, etc.

Closing:

Finish with a powerful story, movie clip, clear application point, etc.

Transition to the Live It Chart and give them several minutes to digest the chart and identify where they are living within the chart.