

**Principle #3**  
**Teacher's Notes**

**Holy Sweat/Wholly Surrender**

*God provides resources for soul training to help you grow*

How Do I Grow?

## Principle #3: Holy Sweat/Wholly Surrender

### Teacher's Notes

**Ask: How do I grow?**

**Read: 1 Timothy 4:8**

**Theme: God provides resources for soul training to help you grow**

**Live It: Train yourself spiritually by allowing the Spirit of God and the Word of God to transform your life and sport**

Teacher's note: This talk covers some of the most important building blocks of the Christian life. Each of the points here could easily be three or four or ten talks on their own! The main point we want to communicate in this talk is that to grow *we must surrender to God's Spirit and surrender to God's Word*. To do that, we obviously need to know something of who the Spirit is and something of what the Word is, but our focus is how to walk in the Spirit and how to learn God's Word. This will make more sense as you go through this outline, but note that this talk could spiral out of control if you try to develop every point. You can't! So plan accordingly as you move through this teacher's outline. The times listed are just to give you an idea of your pace. And realize that most of this talk doesn't immediately lend itself to sports medicine application or illustrations until you get to the chart at the end. This talk will provide a foundation and language for talking about the application to sports medicine.

Review of Principles 1 & 2: *The questions we asked in the first two Principles were "Who or what do I worship?" and "What motivates me?" We looked at sports medicine from God's perspective: to choose to worship God above all else; and finding a new source of motivation rooted in God's love for us*

*The question we are asking in this principle is "How do I grow?"...How do I grow in my profession and my faith? The title of this talk is Holy Sweat/Wholly Surrender because we need both of these in order to grow...disciplining myself to workout spiritually is the "Holy Sweat" part and fully surrendering my life to God is the "Wholly Surrender" part.*

### 1 Timothy 4:8

Teachers note: Read 1 Timothy 4:8,9 and then briefly illustrate with a professional story of your own or ask the audience what they do to "train" professionally. (All of the verses referenced in this talk are listed on a single sheet in the very back of the students notes, in case you are in a situation where you can't put the verses up on the screen for them. Just tell your audience to look in the back section of their notes for the verses.)

*After they answer...You may not realize it but in many of those areas of "training" that you just described, you are submitting to a higher power/authority when you listen to your boss, work with your strength coach, go to class and submit to a professor, etc. You will need to do the same fundamental thing in order to grow spiritually.*

*As sports medicine professionals, we already understand the need to "train" professionally to become better at what we do and to submit ourselves to an authority to get there. 1 Timothy suggests that there is definitely value in pushing ourselves to grow physically, but even more value in learning how to pursue godliness, in "working out" our spiritual lives. 1 Timothy says that growing spiritually has value both in this life and in the life to come, and therefore we should concern ourselves more with growing in the spiritual area than in any other. But then the question becomes...*

### How do we train spiritually and grow our soul?

*For many of us, this is an entirely new question introducing an entirely new category of thought. But as we'll see, there are many parallels between growing professionally and growing spiritually as men and women. However, we don't grow spiritually by trying harder to be a good person or by mentally straining to think differently. Actually, we cannot grow spiritually apart from the Spirit of God working through His Word (the Bible) to transform us from the inside out. So for the rest of our time, we're going to learn about the Spirit of God and the Bible and how they work together to change us.*

Transition: *So to start, who is the Spirit of God?*

Teacher's note: This is a basic overview of who the Holy Spirit is related to the Godhead. We know this needs far more explanation than you will have time for in this talk. Don't succumb to the temptation of trying to get it all done here! We are giving the audience enough information to hopefully create good questions for further discussion later and enough to understand the main point here--the importance of surrendering to the Holy Spirit moment by moment as they live their lives.

### **Who is the Spirit of God:**

- 1) He, the Holy Spirit or the Spirit of God, is God.
- 2) He is the third member of the trinity (Father, Son, Spirit).
- 3) He is fully God and co-equal with the Father and the Son.
- 4) His primary role now is to be the active presence of God in the world.

When Jesus walked the earth, he himself manifested the presence of God. But after Jesus ascended into heaven, the Holy Spirit is now the active presence of God among us.

Transition: *That is just a small description of who the Holy Spirit is. So then how do we let the Spirit of God work in us? How does the Spirit of God intersect our daily lives? This involves submission. Just like you submit to your professors, boss or co-worker with the things they put you through in order to make you a better student or professional, we also need to submit spiritually in order to grow. Let's look at two areas of submission, or surrender, that are critical if we're going to grow...*

Teacher's note: After the introduction, this talk consists of two major sections that are equally important. Each section could easily be treated as full talks by themselves. So don't put the pressure on yourself to fully expound on each bullet point. We are introducing new categories of thinking for our audience and you won't be able to say everything you want to say to them about each point. Say what absolutely needs to be said, and then move on to the next point. It's very important not only to divide the time somewhat evenly, but also to decide which sub-point will get the most attention under each main point. We would suggest for both "I" and "II" to focus on sub-point "B" as the most critical take-away. It is important not to get stuck in the details of the sub-points. Again, any of them are worthy subjects, but we want them to get these two big ideas: being filled with the Spirit moment-by-moment and disciplining ourselves to get God's Word inside of us.

(Main points should be about 15-17 minutes each in total)

### **I) Surrender to the Holy Spirit of God (His Power)**

*Just before Jesus dies, rises again, and leaves His disciples, He explains to his friends that while He is going away, He is not leaving them alone. In fact, He says it's actually better for them that He is going away. They wondered, 'How could this be true?' He explains it to them in John 14:15-26. Let's read portions of it together...*

Teacher note: Read John 14:15-19 and v25,26.

*He talks to them about how the Spirit of God--the same Spirit we described earlier--will come to them after He leaves. Why is this significant? What will He do in/for us?*

#### **A. What He does (John 14:15-26)**

##### **He lives in us v17**

*This may be the most radical thought of all; that God comes to LIVE in us, to indwell us. Not something you necessarily feel, but somehow God comes to dwell in your body as near to you as your own mind/spirit.*

##### **He counsels/helps us v16**

*He becomes a counselor, a helper who works alongside your mind and spirit to lead you and guide you.*

##### **He teaches us v26**

*As the Spirit of truth, his job is to teach you what the truth is in a world of sin and confusion.*

3 min

4 min

## He reminds us v26

*He brings back to mind God's truth (which we'll talk more about in the next point) and the things Jesus taught and wants for our lives.*

So then, will all these things just happen? What does the Bible say we need to do to experience the Spirit who lives in us?

## B. How we workout (Galatians 5:16-24)

*The Bible talks as though only two categories for moment by moment living exist: you are either being led by your own desires (the flesh) or you are being led by and controlled by God's Spirit. Galatians 5:16,17 says that these two ideas are at war with each other--you can't be controlled by God's Spirit and controlled by your sinful desires at the same time. So what does it look like to "walk in the flesh"? What does it mean to "walk by God's Spirit"? Let's look at Galatians 5:19-21...(Teacher: Read this passage to them or show them on Powerpoint slide)*

### Walking in the "flesh" v19-21

*Because of the Fall of humanity that takes place in Genesis 3, the "flesh" is now our default setting...Paul says that the works of the flesh are "evident" and easy to see. (Read v19-21) Even though this list may sound extreme, this is where we are headed if we continue to walk in the flesh. We need to be extremely intentional to walk in the Spirit. What does it look like to walk in the Spirit...*

### Walking by the Spirit v22, 23

*This means surrendering ultimate control of your heart and life to the Spirit of God on a continual basis. When we do this, what will we see over time? (Read v22, 23) We'll see the "fruit" or evidence displayed in our life as love, joy, peace, patience, kindness, goodness, faithfulness and self-control. This doesn't mean that life is easy or that every aspect of our lives changes immediately or that we'll live perfectly in these categories. Most of these changes will happen without us necessarily feeling like we are changing...it will happen "by faith", meaning that God will be at work changing us without us even realizing it at times. We may even feel like we are moving backwards in the moment, but we must trust that He is faithful to change us as we surrender to Him more and more. Don't just rely on feelings to be your gauge for whether or not the Spirit is at work in your life. As we learn to let God be in control, we will experience the life of Christ living through us as we walk through the joys and challenges of life and sport. It means our life will begin to change from the inside out--we will start to think and act differently.*

Give them an example of what this looks like practically from your life or professionally.

Transition: *How do we live this out?*

## C. How we live it out

### Sweat and surrender at the same time! (Colossians 1:29)

*The hard work for you is to surrender!! Our pride and desire to control our own lives, to satisfy our sinful desires is strong. But we don't have to try harder or create our own source of power...the Spirit will give us the power to do what we wouldn't otherwise do! He empowers us to change, to become something we could never become on our own. This is a strange mystery...we sweat and surrender at the same time! But will you surrender? That is the question.*

Transition: *So if we're going to grow spiritually we have to surrender to the Spirit in our lives and let Him have His way in us. But another huge piece toward our growth involves something else God left for us: His Word.*

5-6 min

3 min

## What is the Word of God (Bible)?

It is God's Word to us  
It shows us who God is  
It shows us who we are  
It shows us how to live

*It is a singular text comprised of 66 different books, written by 40 authors over a 1500 year span, on 3 continents, in 3 languages, comprised of different genres like poetry, historical, narrative, wisdom, prophecy. In the midst of all this...it is the unfolding story of how God is reconciling human beings to Himself.*

*Your professors or colleagues may tell you that this book is just a collection of stories and fairy tales but we believe it is the Word of God that is powerful and gives us truth and direction for life. As followers of Christ we not only believe that the Bible is the ultimate authority for our lives, but it is also God's primary way of revealing Himself to us, along with His Holy Spirit. It is the powerful and clear source of truth and direction for life, showing us who God is and who we are. To get to know God, we must get to know his Word.*

Optional Video: John Piper talking about the importance of the Bible.

<https://www.youtube.com/watch?v=gq2RqC29ncc>

**Optional Quote about how the Bible has changed history...** "The influence of the Bible is worldwide," wrote Arthur Pink, the Christian evangelist. "Its mighty power has affected every department of human activity. The contents of the Scriptures have supplied themes for the greatest poets, artists and musicians which the world has yet produced, and has been the mightiest factor of all in shaping the moral progress of the human race."

## II) Surrender to the Word of God (His Plan)

*Read 2 Timothy 3:16. First, the passage says that the Bible was "breathed out" by God, a way of saying that those who wrote these words were actually writing God's words to us through their writing.*

Teachers note: Everything in point "A" below could become a talk in itself! Only spend 30-60 seconds on each point...which means that you might just read what is written here and nothing more.

### A. What it does (2 Timothy 3:16)

*But it also says that it accomplishes four things in our lives.*

#### **The Bible shows us what's right (teaching)**

*It teaches us what the truth is and how to wade through confusion*

#### **The Bible shows us what's wrong (rebuking)**

*The word "rebuke/reproof" simply means to reprimand. The Bible shows us what falsehood looks like and introduces categories like sin. It reproves us for being outside the lines God sets up for human flourishing.*

#### **The Bible shows us how to get right (correcting)**

*It corrects us and puts us on the right path. It helps fix what is broken in us and in the world.*

#### **The Bible shows us how to stay right (training)**

*It spells out how to live righteously in a broken world in spite of our own struggles with sin.*

Transition: Summarize this...*We are saying that the Bible is an authority that should be the primary influence over our lives, and the way it will be the primary influence is based on the amount of time we spend in it...*

## B. How we workout

**Study it:** *Before you can be a professional you have to study it, work in it, get experience. You mentally think about what you have to do, then you reread, re-practice, repeat the whole process until it becomes second nature. The Bible works the same way in our life.*

*There are days you don't want to work out or train your athletes but you do it because you understand that short term discipline produces long-term results. Approach your Bible "workout" in the same way. Not a matter of whether you want to or feel like it, but incorporate it into your life today for the way it will transform you tomorrow! (And in this case, you are not learning "plays," but meeting with a person--Jesus Christ!) You have to set your mind to it, have a plan, or else it probably won't happen.*

Teachers note: What does this look like in your own life? Give them an example or two of how to apply this idea.

**Store it:** *The Bible tells us to "meditate" on God's Word. What does it mean to meditate? Another word we could use to describe the act of "meditating" that we're more familiar with is "marinate." When you marinate meat, you let it soak in a sauce so that the flavor of the sauce starts to become one with the meat. The longer you let the meat soak in the marinade, the more it soaks into the meat and changes it's flavor. We have to marinate--spend time soaking--in God's Word, let it soak into our mind/soul, let it become one with our own minds and hearts. We study His Word so that it becomes a part of us—it transforms our mind and ultimately our lives as we let it work on us.*

*We need to store God's Word inside our mind and heart so that as we move through life we can apply it to situations we face. (Teachers note: Give example of what this might look like: read a verse in the morning, put it on index card to revisit throughout the day, maybe put it on dashboard of car or set phone to have it pop up as reminder several times a day, etc.) Psalm 119:11 says "I have hidden your Word in my heart that I might not sin against you...". We hold God's truth in our hands so that we can get it in our heads so we can store it in our hearts. We memorize it so we can live it and it can live in us!*

Teachers note: Everything in point "C" below could become a talk in itself! Don't spend a ton of time on any one point (60 seconds each). Maybe give an example from your own life for one or two of these points. The main point should have happened in the previous section regarding the Bible. These are just as important for a person to grow, but they definitely won't happen if we aren't in the Word. You can pick one or two of the five to emphasize, but don't get stuck here!

## C. How we live it out

As you spend time in God's Word letting it sink down into your soul, He will lead you to live out your faith by practicing these disciplines...

**Pray:** *Prayer is simply talking with God; directing your mind toward God by faith and believing that He hears you. We don't pray so that he'll know what we need—He already does. But somehow in the midst of bringing our cares, desires, concerns to Him we know Him better and we change. (Philippians 4:6,7)*

**Community:** *We might like to think that we can grow spiritually on our own: Just me and my Bible, just me and God. But that's not how He's set it up. We need other people to grow. We need others' brokenness, others' grace, others' understanding of God as He's revealed Himself to them. In fact, we spend good time alone with God ultimately so we'll be able to spend good time relating with others in community.*

**Serve:** *When we serve other people, God sees that as though we are serving Him, and somehow in the midst of serving we become more like Him. (Matthew 25:31-46)*

**Evangelism:** *When we tell others about Jesus it not only confirms and strengthens our own faith, but somehow He meets us in the middle of it. He gives us words to speak; he uses us to change the eternal direction of other people's lives. Somehow in the midst of that we come to know him better—not just know about Him, but actually know Him!*

**Solitude:** *We walk with God in the midst of the busyness of life, but sometimes we need to intentionally pull away from the noise so we can hear His voice without distraction. There's something about the way God has fashioned our soul—and this doesn't have anything to do with being an introvert or extrovert—that*

*needs quiet time. Maybe not complete silence, but time away from the frenzy to pray, read His Word, listen for Him communicating to your own spirit.*

4 min

Land the talk with a reminder about how to grow by surrendering to the Spirit of God and the Word of God...

Transition to the chart on next page. Give them 3-4 minutes to look at the chart and tell them to pick out three that stick out to them. Tell them that this chart is a great resource to look at throughout the year to remind them what it can look like to compete in their sport as they surrender to the Spirit of God.

Teacher's Note: If you are unable to do the lab for this Principle, then you may want to take a few minutes after looking at the "Live It" chart to explain what a focal point is and how to use them. There is a one-sheet explanation at the back of the student notes packet.

<i>SERVICE IN THE FLESH...</i>	<i>SERVICE IN THE SPIRIT...</i>
<i>In the flesh, I believe it's true that if you're not cheating, you're not trying.</i>	<i>In the Spirit, I believe doing the right thing and honoring God is more important than acquiring success, status, or attention by any means necessary.</i>
<i>In the flesh, I need to subtly demean or undermine my colleagues in order to position myself better.</i>	<i>In the Spirit, I am secure enough in myself and in God's sovereignty over my situation that I can serve my athletes and colleagues well and help them succeed while still trying to be the best I can be.</i>
<i>In the flesh, I use my desire to succeed as a motivation to push my athletes, especially against my rivals.</i>	<i>In the Spirit, I serve to the fullest of my abilities in God's strength and am motivated to bring my best. I see this as a means of valuing my colleagues, especially my rivals – as we push each other towards excellence.</i>
<i>In the flesh, I talk too much to try justifying my actions or to prove myself to others.</i>	<i>In the Spirit, I am careful with what I say and try to use words to build others up. If praise comes to me, I will let it be from the mouths of others and not from my own.</i>
<i>In the flesh, I am incredibly impatient with both myself and others, frustrated that things aren't perfect.</i>	<i>In the Spirit, I understand that I am in process – just like everyone else – and change takes time.</i>
<i>In the flesh, no matter the circumstances, I am unable to maintain peace because I cannot control what happens.</i>	<i>In the Spirit, no matter the circumstances, I experience peace because I can rest knowing God is in control of what happens.</i>
<i>In the flesh, I lose the battle with self-control: of my mind, of my mouth, of my body.</i>	<i>In the Spirit, I have access to victory – moment by moment – over my mind, my mouth, my body.</i>
<i>In the flesh, service is all about me and getting what I deserve.</i>	<i>In the Spirit, service ultimately provides an opportunity to influence others and serve, God in every moment of my day.</i>
<i>In the flesh, I find myself inwardly pouting when I don't get chosen to work with the best teams or when others get what I want.</i>	<i>In the Spirit, I can rejoice even in moments when things don't go my way.</i>
<i>In the flesh, I cut corners when no one is looking, whether in my attentiveness to my athletes or in my integrity with my colleagues.</i>	<i>In the Spirit, I believe my character is developed when no one is looking – I am who I am when no one else is around.</i>
<i>In the flesh, I think more highly of myself than I ought, and tend to look down on others who aren't on the team.</i>	<i>In the Spirit, I thank God for the opportunity that I've been given, realizing that it could easily be taken away, and feel a genuine sense of humility when I'm with others who don't have the same opportunity.</i>
<i>In the flesh, I pretend to be something that I am not when I'm with others, highlighting my strengths and hiding my weaknesses.</i>	<i>In the Spirit, I never act like anything other than what I am – a combination of both good things and bad, saved by God's grace toward me.</i>



### Principle #3: Holy Sweat/Wholly Surrender

What is the question we are asking for this principle?

- *How do I grow?*

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

- *God provides resources for spiritual training so that you can become more like Jesus*
- *Maturity is a process of growing in grace that requires spiritual disciplines*
- *Focal Points remind us of spiritual disciplines within competition/job.*
- *Growing spiritually*

#### Discussion Questions

1. What temptations do you face in your life/career? Which ones do you tend to give in to?
2. What keeps you from surrendering to God in every area of your life?
3. What spiritual disciplines do you need to incorporate into your life-training program?
  - a. Are you training and building up your relationship with Christ like you are preparing for your job?
4. What is the next step you need to take in order to grow in your walk with Jesus?
  - a. How do you make time to “marinate” with God?
5. What would it look like in your practice for you to “walk by the Spirit” instead of “walking in the flesh”?
5. What is your plan to live out this Holy Sweat and Surrender at the same time? Is there any Godly person who can speak into your life? Any Godly mentors?

*“Maturity is a process of growing in grace that requires spiritual disciplines.”*

## **Principle Breakdown Grid #3- Holy Sweat/Wholly Surrender**

### **What is the question we are asking for this principle?**

How do I grow?

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

- God provides resources for soul training to help you grow
- Train yourself spiritually by allowing the Spirit of God and the Word of God to transform your life and service
- Practicing the "presence of God" (realizing that his Spirit is present with you all the time)
- Focal Points remind us of spiritual disciplines within competition (teach this during lab)

### **If the audience only gets one thing out of this principle what should that be?**

- Understand that the Holy Spirit is our greatest spiritual resource for living the Christian life and being a Christian athlete.
- We need to practice our faith/live out our faith (in the power of the Spirit) in order to continue to mature spiritually. Study God's Word, prayer, solitude, evangelism, serving others, etc. We have to work out our faith muscles in the same way we do our physical muscles.
- Spiritual breathing (confess your sin, invite the Holy Spirit to rule your heart again)

### **Why are these Biblical texts for this principle? How does it illustrate the point?**

- 1 Timothy 4:8 gives perspective on physical training vs. spiritual training.
- John 14:15-26 tells us some of the roles of the Holy Spirit
- Galatians 5:16-24 shows the difference in walking in the flesh vs. walking in the Spirit
- Colossians 1:29 Paul mentions our work and the Spirit working in us at the same time
- 2 Timothy 3:16 shows us what the Bible can do in our lives as we study it

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

- Quick review of the first 2 principles
- Story/Illustration to allow them to see the parallels between working out/rehabbing athletes and spiritually working out personally.

### **What are we asking the sports medicine professionals to consider changing about the way they do service?**

- Not just living the game of life by trying to tough it out, but to be intentional about our spiritual growth just like we are about our athlete's/patient's progress.
- Get a spiritual training plan and start practicing it daily.

### **What is the most challenging thing about teaching this Principle?**

- Teaching about the Holy Spirit, the Bible and some practical applications without overwhelming them with too much information. Remember that you are simply introducing them to many new concepts and they will need to study them further on their own.

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

- Something that helps them see the value in spiritual training/surrendering.
- Use props (dumbbells, sword, Bible), videos, pictures that explain spiritual disciplines.

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

- This talk is geared for the believer, so you may need to clarify for non-believers the growth that they could experience in a relationship with God.
- Know how they workout/train/rehab in their sports (know their language).
- Give personal examples for the Focal point (During Lab time)