Justice Study: “Causal or Casual?”

Warm Up: Current research shows that about 95% of the coaches in America only coach in what FCA calls the 1st Dimension, or the physical component of sport. Although the X’s & O’s, speed, agility, strength, cardiovascular, and other “measurables” are critical components of achieving success on the field/court, these are not the only factors in determining success.

1. What percentage of your time coaching is spent on the 1st Dimension “measurables?”
2. What do you do to coach the 2nd Dimension, commonly known as the social/emotional/psychological component of sport?
3. Do you do anything to help develop your athletes in the 3rd Dimension which is spiritually forming?

Workout: Other research has recently been documented that the single-most influential, authoritative figure in the lives of American teenagers is “the coach.” With a casual approach to the 2nd and 3rd dimensions of sport, studies show that the 1st dimension aspects become less reliable. But, as athletes are developed holistically in all 3 dimensions, research shows that they are more attentive, harder working, more adaptable, more creative, will recover faster from injuries, and are able to better learn life’s lessons that broadens the definition of “success.” For this to happen, coaches must become causal in their approach to coaching.

1. How would you define “causal coaching?” What is your primary cause as a coach? Do you have that written down?

Read Luke 4:16-20

1. How does this passage demonstrate that one of Jesus’ primary causes was justice? How do you define justice?

Read Matthew 28:16-20

1. According to this passage, what does Jesus instruct us to do as our primary cause?
2. How can we be deliberate about “discipling” or teaching our athletes to demonstrate justice to the hurting among us?

Wrap Up: To maximize the impact that our coaching has on our players, we must be deliberate about creating an environment on our teams for athletes to grow psychologically and spiritually, in addition to physically. Although you may be limited in what you can share with your team from a faith perspective, you do have the opportunity to create opportunities for your athletes to participate in works of justice as part of their spiritual formation. Can you think of any right now? Who can you partner with?

Coaching Point: Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me. - Jesus

Closing Prayer: Father God, help us to be coaches with a cause instead of casual coaches. Help us to see the power, position, and platform that we have in the lives of our players and help us to teach them to care for others as You care for each of us. Amen.

The following components of the EXCELeration Team Curriculum on the topic “Justice” can be found at www.excelerateyourgame.com:

Training Table #1: Examines the Christian belief that Jesus will return to set the world right, and how those anticipating His return should be working towards that end now.

Training Table #2: Discusses the idea that you “play like you practice” and how championships are won in the preparation. In the same way, we should be “practicing resurrection” now knowing that the championship over death has already been won.

Training Table #3: Explores the idea that actions speak louder than words, and highlights how Jesus didn’t just talk about “justice,” but gave His life for the cause of setting the world right and restoring broken people.

Team Study: Helps athletes see that every human that they come into contact with should be viewed as a child of God and worthy to confer human dignity upon.

Pre-Game Chapel – Empathetic Strength (15:08): This chapel challenges athletes and coaches to use their position of influence to seek justice for others who are less fortunate as an expression of God’s love.