

# < EXCHANGE >

by REACH FORTH

## Summer 2018 Adult League Captain Notes

*"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."  
Galatians 5: 22-25*

Our job is to create an atmosphere that is welcoming for everyone, a community that says "You are not alone we are in this together" continue to point your team to Jesus. You are loved.  
- Scott Burton, Reach Forth Chaplain

### WEEK 1: WELCOME

#### CAPTAIN @ THE FIELD

READ:

Welcome to a new season here at Reach Forth! We hope you are excited for an exciting season together. Each week we are going to show some clips that talk about Jesus. If you don't believe in God, all we ask during this time is that you would listen and watch. We hope these videos will stir up some conversations and will give you an opportunity to ask questions and to help find some answers. If you have any questions you can always ask your team captain. Thanks for joining us this season and remember to have fun! Let's pray.

### WEEK 2: THE FRUIT OF THE SPIRIT IS LOVE

#### CAPTAIN @ THE FIELD

READ:

- Did you watch the video this week?
- What was one thing about this video that stuck out to you the most?
- If you didn't watch the video we learned about what love is supposed to look like. Sometimes we find ourselves demonstrating love in good ways but also in the wrong things.
- What does the Love of God mean to you does it change how you see God? Does it change how you see others?
- How can we demonstrate God's love towards others? Let's pray.

## WEEK 3: THE FRUIT OF THE SPIRIT IS PEACE

### CAPTAIN @ THE FIELD

#### READ:

- Fights can happen anywhere at any time. Sometimes we'll have a fight with our parents, or our brother or sister, our friends, our teachers in almost every relationship whether in a game or in real life, fights will happen. If we are going to play with character, if we are going to be known as people who demonstrate good character as students, as teammates, and as friends, we must be people of peace.
- The truth is that you and I from day one have been in conflict with God. We call this sin. And God's desire is that you and I would come to know him and live in peace with God. You know something else, Jesus, God in flesh, is even called the prince of Peace. Meaning that Jesus came to bring peace. Jesus even says in the Gospel of Matthew 5:9 "blessed are the peacemakers, for they shall be called sons of God" Jesus wants us to be peacemakers."
- Here is our challenge to you this week, Jesus wants us our lives to demonstrate that we uphold peace. Remember when we put our faith and trust in Jesus, He changes everything and in Jesus we experience peace with God. So think about what that means and if it actually means something to you go and promote peace with your friends, co-workers, family and your teammates and yes....even the other team. Let's pray.

## WEEK 4: THE FRUIT OF THE SPIRIT IS PATIENCE

### CAPTAIN @ THE FIELD

#### READ:

- From this weeks video we learned that patience is not as easy as some make it to be. It can be one of the most challenging things we will face head on.
- In the Book of Proverbs 14:29 we read "*Whoever is patient has great understanding.*" Later on in 16:32 the writer says, "*Better a patient person than a warrior.*"
- You know Jesus teaches us a lot about what it means to be patient.
- Think about this for a moment, throughout the gospels, we learn about the life of Jesus, we learn that Jesus exemplified or modelled to his disciples and followers godly character, character that would have involved patience. Jesus as He ministered and taught crowds upon crowds of people, always patiently cared for and loved people. Jesus because he was filled with the Holy Spirit displayed in all that he did godly patience. Now think about this for a moment, when Jesus was betrayed by Judas one of His twelve disciples. He was then arrested, went to trial, was beaten, and murdered on a cross and still showed **patience**.
- The Bible says this, Paul writes in 1 Timothy 1:16; "But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense **patience** as an example for those who would believe in him and receive eternal life."
- Here's our challenge to you this week is that you would respond to Jesus' mercy and you would realize God's patience towards you. Let's pray.

## WEEK 5: THE FRUIT OF THE SPIRIT IS KINDNESS

### CAPTAIN @ THE FIELD

#### READ:

- You know, kindness is really what happens when we choose to love our neighbour, or our classmate, or our sister or brother or our parents. Kindness is going out of our way to be nice to others. Kindness is us choosing to love someone when maybe it's not easy to love them. When we choose to play with character, we must choose to be kind to our fans, our coaches, our teammates and our opponents.
- Did you know that the Bible teaches us about kindness? It actually shows us what authentic kindness looks like. The Bible tells us that Jesus, God in flesh, went out of his way, left his home in heaven, became a man and paid the ultimate sacrifice, by laying down his life for all of us!
- In the Book of Titus 3:5 we read these words "he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit.
- Here is our challenge to you this week, Jesus went out of his way, showed us kindness, by laying his life down for us! Jesus shows us what it means to be kind to others! How are you showing that same type of kindness to others? Let's pray.

## WEEK 6: THE FRUIT OF THE SPIRIT IS GOODNESS

### CAPTAIN @ THE FIELD

#### READ:

- In this weeks video was on the topic of GOODNESS and where we found ourselves learning about *Goodness* In the beginning of the Bible, we learn that God created everything to be good. We also learn that God even created humanity and after He created humanity said that they were very good. Throughout the Bible we begin to see and learn that God is a good God. Here's something for you to think about, Jesus, who is God, is the greatest example of goodness. You might be thinking... "How was Jesus good?" Jesus in everything that he did; did what was good
- You might be thinking to yourself, "How can I display goodness? Better yet how do I display Christ-like goodness?" How do you think you can display Christ-like goodness?
- Jesus models the way we are called to live. Here's the kicker you can't do good unless you're doing good the way Jesus did good the way Jesus did good was to obey the Will of His Father and obey what His Father had commanded Him to do. We do *good* to others to show them that God loves them and we do good because God loves us and we do good because we love God.
- 1 Corinthians "No one should seek their own good, but the good of others"
- Here's our challenge to you this week, remember, that Jesus was the greatest example of what it means to be good to others and remember that God is a good God, if we are followers of Jesus Christ then we must obey our Leader (Jesus) and do as He did. Let's pray.

## WEEK 7: THE FRUIT OF THE SPIRIT IS FAITHFULNESS

### CAPTAIN @ THE FIELD

#### READ:

- From the video we heard that sometimes we are going to fail at being faithful.
- Give me an example of something you are faithful to? (Captains this is where you can interact with your teammates and share too)
- You know Jesus is faithful to you and he is faithful to me. Even when we are unfaithful to Him, when we hurt him, when we sin against him, Jesus always remains faithful. If you want to know what it means to be faithful, look at Jesus. Jesus is the greatest example of faithfulness.
- Here is your challenge this week read 1 John 1:9 "If we confess our sins, he is faithful and just to forgive us." And highlight or underline the word faithful, Jesus is faithful to us even when we sin against God. God is faithful and He displayed it perfectly when He hung on that cross and died and rose from the grave. He is always faithful and true. Let's pray.

## WEEK 8: THE FRUIT OF THE SPIRIT IS GENTLENESS

### CAPTAIN @ THE FIELD

#### READ:

- When you think of being gentle or someone who displays gentleness what's the first thing that comes to your mind?
- In the Bible we learn that Jesus was gentle, check out this example:
  - One of my favourite stories in the Bible is where Jesus comes in contact with a Samaritan woman who was going to a well to collect water. In John 5 We learn that she made sure no one was around because she didn't want anyone to see her. She didn't want anyone to see her because of her sin. Jesus, however, encounters this woman and Jesus calls her out for her sin but the way Jesus does it is gentle if anyone else knew what she was doing she would be killed. But Jesus approaches this woman and demonstrates an act of love and forgiveness and also gentleness.
  - Now when you read this story (encourage your team to read John 5 or look it up online if they don't own a Bible) you'll notice that this woman had been committing a continuous sin, she must of have felt such guilt, shame, disgust with herself and yet instead of condemning this woman for what she has done...Jesus calls out her sin, pointing out her heart issue (why she commits these sins) and tells her to sin no more but He does this in a gentle way. Jesus even said, "I am gentle and humble in heart, you will find rest for your souls."
- Here's your challenge this week, remember this, it is in a relationship with Jesus that you and I find true rest for our souls. It is in knowing Jesus that we experience the compassion and mercy of Jesus. Jesus, the God of this universe, the God that created

all things, the God that the world rejected, looked down on His creation and had compassion. Jesus died for our sins, and in doing so displayed to the world his compassion for all humanity. Not only that but He is also pursuing after us. Let's pray.

## WEEK 9: THE FRUIT OF THE SPIRIT IS SELF-CONTROL

### CAPTAIN @ THE FIELD

#### READ:

- In this weeks video, Scott shared with us another story from his past, one that many of us might either find ourselves in or have been close to being in. Here's a snippet from his story; I already had two penalties and I was skating to the corner and I hit the other player I received a penalty for roughing and I lost it on the ref. I could hear my dad who was the coach at the time yelling my name and telling me to just take the penalty. I didn't listen to him and I swore at the ref. I received a 3 game suspension for what I did and I let myself down and I let my team down. I didn't show good character.
- Have you ever found yourself in Scott's position before? Where you found yourself losing control, maybe it wasn't during a hockey game, maybe it was at work, talking with your spouse, your kids, mom or dad...we've all been here before where we find ourselves responding in frustration or worse, anger.
- In the book of Proverbs, we read this Proverbs 15:1 says, "A gentle answer turns away wrath, but a harsh word stirs up anger."
- Here's your challenge this week, remember the greatest example of someone who displayed self-control was Jesus. Jesus even on the day he was killed was beaten by his enemies and mocked by his enemies, and never did Jesus lose control of his words or actions. In fact, Jesus as he hung on the cross, instead of cursing his enemy looked at his enemy and says in Luke 23:34, "Father forgive them for they know not what they do." Remember how He responded to us in this situation how He responds to us even today and let that motivate you and remind you to display self-control. Let's pray.

## WEEK 10: THE FEAR OF THE LORD

### CAPTAIN @ THE FIELD

#### READ:

- In this weeks video, we heard about Scott's personal reflection on the fear of the Lord. What we learned from his story was that during a bike accident and spending time in the emergency room he was gripped by the reality that he could have died that day and he would have been in the presence of God. This brought fear into his life because he knew that he would be standing before God. This type of fear is both trembling but also comforting. You might be asking yourself, "How can it be both?" Well, from what the Bible teaches us it tells us that we are sinners, who deserve God's judgement and wrath for our sins because they are against God. But due to Jesus death and resurrection those who believe in Him will not perish but have everlasting life. When someone is standing before a judge and guilty of the crimes they have committed they are afraid

because they know that will receive punishment. So imagine what it would look like for a person who has committed sins and is guilty on all charges and is standing before a Holy God. Yet before the gavel is slammed down they hear, "not guilty" why do they hear that? Because Jesus died for that person and they have been washed clean of their sins. Standing before a Holy God is terrifying and rightfully so, yet it is also comforting because that Holy God sent His perfect Son to take your place in order for you to not be guilty but be claimed righteous before Him. That's why Scott said it is both terrifying and comforting.

- Here's what we challenge you with this week, take 5 minutes and think to yourself what would it be like if I was in the presence of God right now? What would it be like? What would it look like?
- "And His mercy is upon generation after generation toward those who fear Him." Luke 1:50. Let's pray.

## WEEK 11: FOLLOWING JESUS CAPTAIN @ THE FIELD

### READ:

- Scott shared a story from his childhood where he helped his dad mow their lawn. Even though Scott only had his fisher price lawn mower (he was 5) he managed to follow every step his dad made, he even lined his wheels up with his dad's mower and proceeded to follow every turn and move his dad made. When the job was completed his dad looked at him and said, "Good job son. I am so proud of you." Following Jesus means we do what Jesus has already done, obeying Gods commandments, living for the glory of God, sharing the gospel with others and pointing them to God. However, there is a cost to following Jesus, "If anyone comes to me and does not hate his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple. <sup>27</sup>Whoever does not bear his own cross and come after me cannot be my disciple. Luke 14:26-27
- Jesus tells us if we want to follow Him we must deny ourselves and pick up our crosses and follow Him doing exactly as He did and die to ourselves meaning we are called to live as Christ lived and not how we want to live.
- Our challenge to you this week is this, look at how Christ lived, look at how the disciples lived their lives after Jesus' death and then look at your own life and see if you really do as Christ did. Are you a fan of Jesus or a disciple of Jesus? Let's pray.

## WEEK 12: THE HOLY SPIRIT

### CAPTAIN @ THE FIELD

#### READ:

- The Holy Spirit is not Casper the friendly ghost and He is certainly not the genie from Aladdin, so who is the Holy Spirit? In this week's video, we learned that the Holy Spirit is a person, He is God and He dwells within us (Those who are following Jesus Christ)
- How can we be sure that the Holy Spirit dwells within us? Jesus says these words to His disciples in John 14:16-17 "And I will ask the Father, and He will give you another helper to be with you forever. Even the Spirit of truth, whom the world cannot receive because it neither sees Him nor knows Him. You know Him, for He dwells with you and will be in you.
- The purpose of the Holy Spirit for dwelling in us is to help illuminate God's glory to us, to point us back to Christ to help us live for His glory.
- Our challenge to you this week is to think and ask yourself, "If the Holy Spirit has been given to me as a gift and He dwells within me am I living differently or not". If so, then pray that the Holy Spirit would help you see Jesus and the beauty of God's word and that it would help you see God's character in a brighter way. Let's pray.

## WEEK 13: IDENTITY IN CHRIST

### CAPTAIN @ THE FIELD

#### READ:

- One of the most challenging things we see in our culture today is this constant need for identity. It can be so challenging for a lot of people, we all place our identity in something, either it's our jobs, families, relationships and even our sins. This week's video focused on our identity in Jesus Christ. For some of you this might be a no-brainer that your identity is in Jesus Christ but for some of you, you might just be one of those people that have their identity in the things just listed. We are all seeking for identity and this is a problem.
- Why do you think this is a problem?
- It is a problem because placing our hope and trust in the things we find our identity in other than God is a sin and that is why it is a problem.
- Genesis 1:26 - Then God said, "**Let us make man in our image**, in **our** likeness, and **let** them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground.
- Here is your challenge this week, think about your identity in Christ ask yourself what does it mean that I was made in the image of God and then look at the things that you might list as your "Places of Identity" and see if those things compare to what God has already said about you and what He has said about Himself. Let's pray.