

< EXCHANGE >

by REACH FORTH

Adult League Captain Notes

"For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin- because anyone who has died has been set free from sin." (Romans 6:6-7 NIV)

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

JANUARY 26: JOY CAPTAIN @ THE ARENA

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 true joy is supposed to look like. Sometimes we find ourselves finding our joy in good things but also in the wrong things. We also learned the difference between joy and happiness
- Paul tells us that if we walk in the ways of God then we will experience **joy** and other feelings as well: love, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Paul is not implying that happiness is all bad.
- **Joy**, on the other hand can be greater when our joy is found in Jesus.
- Hebrews 12:2 "Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."
- Close off your time with some prayer and ask the guys in the room if there is anything that we can be praying into and inviting Jesus into.

FEBRUARY 9: PUTTING ON A NEW SELF CAPTAIN @ THE ARENA

READ:

- Did you watch the video this week?
- What was one thing about this video that stuck out to you the most?

- This week we learned about what it means to put on a new self. It's similar to putting on a new shirt except the only difference is when you put on a new shirt it doesn't change who you are on the inside. Putting on a new self in Christ does.
- the Bible talks about putting away your old self, meaning letting that old you go and to put on the righteousness of Christ because as the Bible says so clearly those who have put their faith and trust in Jesus Christ and have surrendered their lives to Jesus as Lord are a new creation, the old has passed away; behold the new has come.
- *"For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin- because anyone who has died has been set free from sin." (Romans 6:6-7 NIV)*
- The amazing truth from the Bible tells each of us that we who were once dead were slaves to sin that we were under the punishment for our sins and each of us was dead because of our sins.
- Because of Jesus and what he accomplished on the cross, he defeated death by stepping in our place He took on the wrath from God and he did that in order for us to be reunited with God.
- Challenge your team to think about what it means to put on the new self. Have they done it yet? Are they doing it? Do they really even care about doing it? Then spend some time lifting your team up in prayer that you and the rest of the team would look more like Jesus and live as new creations.

FEBRUARY 16: GLORY TO GOD

CAPTAIN @ THE ARENA

READ:

- What does it mean for us to give God the glory?
- Most players like to give God the glory during their interviews, they usually sound a little something like this, "I just want to start off by saying all glory to God" "All glory to God" or "I just want to thank God for this moment"
- Do you ever sit back and think to yourself "Do they know what they are even saying?"
- What about us? Do we know what we're saying when we say "All glory to God"
- Gods ultimate goal is his glory and In fact, the Bible has so many verses that talk about this and the one that stands out the most to me is from the Book of Psalms where David writes, "The heavens declare the glory of God, the skies proclaim the work of his hands." (Psalms 19:1-2 NIV)
- How can we possibly give glory to God through our lives?
- Giving glory to God certainly doesn't mean that we can somehow add to his glory by what we do or say. God is not lacking glory; in fact, God is not lacking anything. So how can you and I give God glory? As people giving glory to God

means thinking and acting in a way that pleases God and draws attention to who he is. As an athlete or in your day to day lives or simply as a Christian you bring glory to God when you think and act in a way that pleases God and draws attention to who he is.

- Challenge for you this week is to look at your own lives reflect if you must and see the ways that you've been living your life, are you reflecting Jesus to those around you? Or are you blending into the rest of the crowd? Think about it and spend some time in prayer that you and each of your teammates would bring glory to God because God has given us himself through the person and work of Jesus Christ.

FEBRUARY 23: CLOSE TO THE BROKEN-HEARTED

CAPTAIN @ THE ARENA

READ:

- Take some time this week and watch the video it is a personal story that Chaplain Scott wants each of us to listen to because it reminds us that even in the worst tragedies of our lives, God has not left our side and God is close to the .
- Scott shared that what inspired him to talk about this particular topic was after the recent passing of his father, age 67 passed away to cancer. Scott mentioned the pain and all the feelings and emotions that come along with seeing a loved one passing away and soon they are gone.
- It's so painful to see people that we know suffering. I think we can all agree on that.
- As Scott mentions in the video that God is sovereign and that He is in the messiness of our lives, He is so close to us.
- Psalm 34:17-18 we read, " The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- God has given us the greatest hope, that death has no victory and it has no sting if we place our faith and trust in Christ if we surrender to Jesus we have nothing to fear because we have been saved and we are free.
- My challenge to all of you this week is if you are going through a tough situation first give Scott a call because he would love to pray with you and just talk if you need someone to talk to, secondly though if you are going through have been through situations like Scott, invite God into that messiness, ask him to help you, to teach why this is happening, to heal our hearts, to keep us strong and above all

else to help us lean into the truth of the gospel. DEATH HAS BEEN DEFEATED.
Christ is risen.

MARCH 2: REFOCUS

CAPTAIN @ THE ARENA

READ:

- This week the video was focusing on the word Refocus. Scott the Chaplain for Reach Forth shared about the constant struggle that he was dealing with in regards to performance and always feeling like he had to be 100% making no mistakes and always being perfect. That pressure can weigh a lot on someone and it almost makes you go crazy cause you will never be 100% you will never be perfect.
- When we find ourselves in Scott's position we start to feel burnt out because we are running on fumes and this can be mentally and physically exhausting. Instead of living a life that has been redeemed and saved by Jesus our focus that was once on him begins to shift and we start to take our sight off of God and instead our focus redirects to other things.
- This is where Scott wants to challenge us if this is where we are seeing ourselves. This is where we need to pause and refocus our attention back to God. We imagine that God is only concerned about our platform either in sports or in our careers gives to us to share Gods love with other people.
- **1** Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, **2** looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. (Hebrews 12:1-2 ESV)
- Challenge for all of you this week is to take time out of your day or evening and make time to spend it with God and refocus your attention on him. Pray for the team that their hearts and minds would focus on Jesus. Ask for the Holy Spirit to help you, after all, he is the helper and he wants to help us.