

Sporty Devotions

4 Sport Themed devotions for you to use in your company or at your residential.

Sporty Devotions 1

Theme: Picked for the team

Sport: Basketball

Bible Focus: 1 Samuel 16:4-13

Focus: Just as God choose David God chooses you.

Illustration: If you have the facilities pack a game of basketball or divide the group into small teams. Choose a Captain for each team. Give each team a ball and a bucket. The teams need to get the ball from the start to the bucket with every team member only having 1 touch of the ball. The Captain must tell the members of their team where to move to, to get the ball in the bucket.

Act out: Dress up 2 leaders or older girls as Samuel and Jesse.

Enter Samuel and Jesse

Samuel: God has sent me to choose one of your sons to be the next King.

Jesse: That's Fantastic! I know just the son you need, he is the oldest. (Jesse chooses one of the girls)

Samuel: Oh wow! How good looking! I am sure God wants you but I will ask just in case. (Close your eyes and put your hands together and be quiet for a little while then open your eyes and look sad.) God says no you need to go and sit down.

Jesse: Don't worry! I have another son in fact I have 6 more! (Choose 6 other girls and line them up)

Samuel: Let me have a look at them. (Go down the line and comment on each of the girls, they look strong, clever, sporty, wise etc) I will pray and God will tell me which one of you will be the next King. (Close your eyes and put your hands together and be quiet for a little while then open your eyes and look sad.) God says it isn't any of you! You need to go and sit down. Maybe I have got it wrong. Jesse, are you sure this is all your sons?

Jesse: Well...erm... I do have 1 more son but God can't want David. He is the youngest and only a little child

Samuel: Let me see him. (Jesse chooses another girl to stand in front of Samuel) Well, he doesn't look too bad a little on the young and small side but I will pray. (Close your eyes and put your hands together and be quiet for a little while then open your eyes and look happy) God said yes! He wants you to be the next King!

Thought: When people are chosen for sports teams they are usually chosen because they are fit and good at the sport. To be the Captain of the team you are usually the best player in the team. God doesn't work like that. He wants everyone in his team and He gives people special jobs like being a Captain not because of them being the biggest or the strongest, the fastest or the most beautiful but He sees what is in our hearts and chooses people for that.

Prayer: Dear God, Thank you that you made me just the way I am and choose me to be part of your team. Sorry when I am mean to others because they are part of your team to. Please show me the role you want me to play in your team.

Amen



Sporty Devotions 2

Theme: Rely on God

Sport: Hammer

Bible Focus: 1 Samuel 17:20 – 50

Focus: Just as David relied on God when he faced Goliath when things get tough we can rely on God.

Illustration: Ask your children or young people throw beanbags or wellies hammer style. Please remember health and safety and make sure the rest of the group are at a safe distance.

Read/Watch: Either watch Dave and the Giant Pickle or read a David and Goliath Story these are both available at most good Christian bookshops or at www.wesleyowen.com

Thought: Goliath was so big he scared all of the adults but David wasn't scared even though he was only a little boy. Instead of seeing the bigness of Goliath he remembered the bigness of God. Sometimes we get giant problems in our lives, families changing, friends not being nice, people being sick, but remember God is always big enough to handle these so tell him about them so he can help you just like he helped Goliath.

Prayer: Dear God, Thank you that you are big enough to help us with any problem we might face. Sorry about the times when I gossip about other peoples problems rather than praying that you will help them. At the moment I am really worried about please help me with it. Amen

Sporty Devotions 3

Theme: Being a good friend

Sport: Archery

Bible Focus: 1 Samuel 20: 1 – 42

Focus: God gave David a good friend to help him escape Saul's anger. He calls you to be a good friend to.

Illustration: Make and throw paper airplanes

Act out: You will need people to play Jonathan, David, a servant, and a narrator

Narrator: Jonathan was sitting down one day minding his own business (Jonathan enters and sits down) when all of a sudden David rushes in (David enters looking hot a bothered) 'Your dad is trying to kill me!' David exclaimed. 'No he's not,' replied Jonathan, 'Dad and I are like that (Jonathan crosses 2 fingers) if he were planning something this big he'd tell me but you are clearly worried so let's make a plan to find out.' (Jonathan and David huddle together and whisper) Just as David was about to walk away Jonathan shouted stop! (Jonathan shouts stop) 'I need a way to tell you the results.' (Jonathan looks thoughtful.) The day after tomorrow hide in the big field. I will come and practise my archery. I will fire 3 arrows at a target when my servant goes to pick them up, if I say, 'the arrows are near pick them up.' Then it is all safe and my Dad isn't going to kill you. However, if I say, 'The arrows are beyond you,' then David you are right and King Saul, my dad, wants to kill you. (Jonathan and David leave)

(Jonathan and his servant enter David should be hiding somewhere on the edges of the group) So Jonathan completed his side of the plan and 2 days later he went out to the big field to practise his archery. (Jonathan acts out firing arrows) He fired 3 arrows at the target and then sent his servant to get the arrows. (The servant goes to find the arrows) Just then Jonathan shouts to his servant, 'The arrows are beyond you.' The servant was confused by this (servant look confused) but David knew it meant that King Saul wanted to kill him.

Thought: Jonathan was a good friend to David. He helped him, he kept his promises, he listened to him, and he did his best for his friend. In the same way we should try to be a good friend. David made a good choice when he made friends with Jonathan. We need to think about the friends we make. Do they want the best for us or when we are with them do we get in trouble?

Prayer: Dear God, Thank you for my friends. Sorry for the times when I am selfish and not a good friend. Please help me to make good choices about who to have as friends. Amen.

Sporty Devotion 4

Theme: Respect your leaders

Sport: Wrestling

Bible Focus: 1 Samuel 24:3-10

Focus: Saul was being really bad to David yet he still respected him as a leader because he saw God put him there. We should respect the people and so respect God by keeping the rules.

Illustration: Set up a playing area using a mat or rope on the ground. Choose 2 people to fight each other. Stand them back to back. They must try and push their opponent out of the playing area on using their bottoms.

Reading mistakes: Read the following story to the group.

King Saul was planning to kill David so David went on the run. Many times Saul almost caught up with David but God always gave David a way out. One day David was hiding out in a cave when Saul and his army came marching by. Saul needed the toilet so he stopped and nipped in the cave to go.

David ran to the back of the cave and hid in the shadows. Then he quietly crept forwards took out his knife and cut the corner of Saul's coat off. When Saul had finished he went back out to his army and they all starting marching again. Then David came out of the cave and shouted Saul! Saul turned round and saw David holding some of his coat! David said, I could have killed you in there but I didn't because I know that God has made you King and I will respect you.

Read the story a second time but get some of it wrong. For example, King Saul was planning to marry David instead of planning to kill David. Ask the group to point out the mistakes.

Thought: When people are fighting because they are angry people get very hurt but for sports like wrestling there are rules to keep people safe. Even you don't like the people you are playing against you need to keep to rules this shows that you respect the players and the people who made the rules. David could have killed Saul when he was on the loo but he knew that God had made Saul king and He would not want David to kill him. David chose to show respect to Saul and therefore show respect to God. If we chose to keep to the rules we show respect to those around us and to God to.

Prayer: Dear God, Thank you for stories in the Bible that teach us how to live. Sorry for the times when I break the rules. Please help me to make good choices and to keep the rules so that I can show respect to others and You. Amen

Sporty Devotions 5

Theme: Being a good sport

Sport: Prize giving (no really a sport I know!)

Bible Focus: 2 Samuel 2:1-7

Illustration: Have a silly awards ceremony where everyone gets an award for things like loudest laugh, most chatty etc.

Recap: When David was a boy Samuel came to him and said you will be king. Then David killed the Goliath. Goliath came from Philistine and strangely enough our story ends in a similar way. You see the Philistines starting fighting again and they ended up killing King Saul and his son Jonathan. When David heard about this he was very sad and cried a lot. He prayed and asked God what he should do and God told him to go back home. So that's what he did. When he got there the people said 'We want you to be King' so he said Ok and prayed that God would take care of all of them.

Thought: David was told when he was a little boy that he was going to be king but he didn't become king until he was a man. David could have got mad at God but he didn't because he trusted God knew what he was doing. David had to run away from King Saul because he was trying to kill him so when he heard he was dead he could have had a party but he didn't because he cared about him. When David got to be king he could have said I am powerful now, I don't need God but he kept talking to God and about God because he knew he would always need his help to be a good King. We might not be planning to become a king or queen but God has a plan for us and so we should also trust that God knows what he is doing, care for those around us and keep talking to God always.

Prayer: Dear God, Thank you that you have a plan that you have designed just for me. Sorry for those times when I forget to talk to you about what I am doing. Please help me to be like David and care for those around me. Amen