

100%



Overview:

Jesus gave 100% for us, and young athletes can follow in his footsteps... both on and off the field.

Lessons:

1. God Gave 100% Sacrifice for You and Me
2. Surrender Your 100% to Jesus
3. Surround Yourself With 100% Committed People
4. Why You Should Give 100% of Yourself to Others



GOD GAVE 100% FOR US

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TALKING POINTS

God gave his 100%, so what does that mean for us?

- A common example of _____ in sports is the sacrifice bunt in baseball. One batter barely hits the ball so their teammate can advance to the next base. The bunter basically gives up his chance for the big hit for the sake of the _____.
- Jesus is the ultimate example of sacrifice because he gave his _____ for us. He died to pay for OUR _____, not his. **John 3:16**
- We can't do anything to _____ ourselves. All we can do is accept the free gift of _____ Jesus offers us and then live our lives to honor him. **Ephesians 2:8-9**

DISCUSSION

1. *Share a time you sacrificed for someone (in a sport, for a friend or sibling). Share about how someone has sacrificed for you.*
2. *What are some other ways athletes sacrifice for a teammate or team?*
3. *Read John 3:16. Why did Jesus need to die for us? Define sin in your own words. Why is our sin a problem to God?*
4. *Read Ephesians 2:8-9. Why does it matter that we can't earn our way to heaven or gain God's favor by good works? How should we view the good things we do for others?*

SURRENDER YOUR 100%

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TALKING POINTS

God gave his all for us, but how do we give our all to him?

- God created each and every one of us and he loves us and wants _____ with us. **John 3:16**
- We all have a _____. Sin is going our own way instead of God's way. Our sin _____ our relationship with God. **Romans 5:6-11**
- Jesus came to die for OUR sins, not his. He came to break the _____ of sin in our lives so that our relationship with God could be _____. **Romans 6:6-11, 1 Peter 2:24**
- Our response to this free gift of forgiveness is _____. It's surrendering all of us by giving our _____ to Jesus. **1 John 1:8-9, Galatians 2:20**

DISCUSSION

1. *Share a time you had to surrender (a close game where you lost, losing your flag in a game of Capture the Flag, a game of chess). How did it feel to acknowledge defeat?*
2. *How would you describe God to a friend. How does it feel to know that God wants a relationship with you?*
3. *Read Romans 5:6-11 and 1 Peter 2:24. Why is it significant that Christ died for us while we were still sinners? How has Jesus healed us?*
4. *Read Romans 6:6-11. In what areas of your life do you still need to surrender to God? What does the passage say about the power of sin versus the power of God?*
5. *Read 1 John 1:8-9. What does it mean to confess? Why is confession an important step? What does God promise to do when we trust in him?*

CHOOSE 100% PEOPLE

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TALKING POINTS

The people we surround ourselves with have the power to make or break us so choose wisely.

- Surrounding yourself with good people will push you to be _____ whether it's in sports or in life. **Proverbs 27:17**
- God created you to be in _____ with others and that means you should choose friends who will _____ you in your faith. **Philippians 2:2**
- Be a good _____ for your friends and teammates and be a model for others to follow. **1 Timothy 4:12**

DISCUSSION

1. Describe your group of friends. What are some of the strengths and weaknesses of your group?
2. How have you seen friends change because of peer pressure? How have you responded to peer pressure in the past?
3. Read Proverbs 27:17. In your own words, what does it mean to sharpen someone? How has someone influenced your life in a positive way?
4. Read Philippians 2:2. What do you think Paul means by being of one mind and purpose? Why should your interactions with Christians friends be different than with friends who don't know God yet?
5. Read 1 Timothy 4:12. What are you currently modeling for your friends? How can you grow in your ability to be a good example for others?

GIVE 100% TO OTHERS

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TALKING POINTS

Jesus did something shocking (and disgusting) to demonstrate his servant's heart.

- In Jesus' day, feet were _____ because people only wore sandals and the roads were made of dirt. When Jesus chose to _____ the disciples feet, it was pretty shocking. **John 13:3-5, 13-15**
- Followers of Jesus should be _____, too. Don't let your _____ get in the way of serving others in whatever way they need. **Mark 10:45**
- When you choose to serve your friends, you'll _____ those friendships and you'll create _____ to point them to Jesus.

DISCUSSION

1. *What's the grossest chore you've ever had to do? How was your attitude through that experience?*
2. *Read John 13:3-5. Of all the ways Jesus could've served, why do you think he chose foot washing? What do you think the disciples were thinking as they watched Jesus wash their gross feet?*
3. *Read John 13:13-15. Describe what you think a heart of a servant looks like. What other traits did Jesus display throughout this story. What challenges you most from what Jesus did?*
4. *Read Mark 10:45. How can you serve more at home? How can you serve your friends/teammates?*

