Glorifying God through Your Sport

Purpose of meeting
To discuss how Christian athletes can bring honor and glory to God through playing sports.

What you will need
Bibles, copies of this meeting

Warm-up
What are some activities that people do to worship God?

Do people usually think playing or practicing a sport can bring honor to God or be worship experience? Why or why not?

Workout
Open in prayer.

1st Half

Justification of Sports Biblically

As we discuss “honoring God through sport,” it is important to discuss what God thinks about sport in order to understand how to best honor Him through it.

Have you ever thought about what God’s opinion of sports is? Why or why not?

What do you think His opinion is?

Read the following points made by Stuart Weir in his book: What the Book Says about Sport

- The apostle Paul writes several metaphors of sport in the New Testament. If sport were evil why didn’t the Holy Spirit lead the writers of scriptures to leave out sports and sports metaphors? And if sport were evil the Bible would probably have warnings of its danger.

- Our abilities to play sport are part of God’s creation and we are to enjoy it. God gives us gifts- both natural and physical abilities just like singing. These can be an expression of God so can using your physical body in sport.

- Worship-We can worship God through sport (Romans 12:1)
• A sport helps us demonstrate love to our neighbor- We have an opportunity to demonstrate this love through competition.

• Sports test our faith (Matthew 5:16). Sports have situations that we can demonstrate our faithfulness or sinfulness.

• Sport can be used as a witness for him (Colossians 3:23)-“Christians have found opportunities to share the gospel in gyms, on golf courses, tennis courts and sports fields over the world.”

• Sport should be used to glorify God (1 Corinthians 10:31)

Does this change your earlier opinions about God’s view of sports? What points had you not considered and why?

What good have you seen come out of sports?

**2nd Half**

What does the word *honor* mean?

What does the word *worship* mean?

How do you know what honors God and what does not?

Can you worship or display honor to God through sport?

**Read Romans 6:13, 12:1 and 1 Corinthians 6:19-20**

What does the author Paul say that worship is?

How can sport be applied to the verses?

How can we honor God through our body?

In order to worship God fully, we must be conscious of Him. When playing our sport can we be conscious of God?

**Cool-down**

A lot of people, think involvement in sport and faith in Christ do not have any relation to each other. People who hold this view will even criticize involvement in sport. Based on this meetings discussion, what might we say to those who hold this view?

Ask God to strengthen you as you compete to honor Him in all you do.

**Close in Prayer**