

# Saint Talks

## Group Discussion

Season 1  
Session 1

### Starting Line: Committing to Faith and Sport

#### Objective:

To explore the intersection of faith and athletics, understanding how athletes can integrate their spiritual beliefs into their sports journey, and setting personal goals for spiritual and athletic growth.

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| <b>Opening Prayer:</b>      | Dear Lord, as we gather here today, we thank You for the opportunity to come together as athletes and believers. Help us to open our hearts and minds to Your Word and guide us in our journey of faith and sport. Amen.   |
| <b>Biblical Reflection:</b> | Read 1 Corinthians 9:24-27. Reflect on the analogy of the Christian life as a race. Discuss the similarities between athletic training and spiritual discipline.   |
| <b>Discussion:</b>          | <ul style="list-style-type: none"> <li>• How do you see your faith intersecting with your athletic pursuits?</li> <li>• What challenges do athletes face in maintaining their faith while competing, particularly with keeping Jesus at the center?</li> <li>• In what ways do you see sports being a gift from God?</li> </ul>                |
| <b>Application:</b>         | <ul style="list-style-type: none"> <li>• Set a specific goal for your athletic and spiritual development this season.</li> <li>• Commit to integrating prayer and scripture reading into your training routine.</li> <li>• Identify a mentor or accountability partner who can support you in both your faith and athletic journey.</li> </ul> |
| <b>Closing Prayer:</b>      | <p>Heavenly Father, as we close this session, we ask for Your strength and guidance in our endeavors as athletes and followers of Christ. May we run the race with perseverance, keeping our eyes fixed on You.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>   |