



The heart and soul in sports™

HOW DO I GROW AS A CHRISTIAN?

This information is designed to help you grow in your faith in Christ. Be hungry for Jesus and seek Him with all your heart. “Like newborn infants, desire the unadulterated spiritual milk, so that you may grow by in [your] salvation, since you have tested that the Lord is good.” (1 Peter 2:2-3)

How Do I Cross-Train?

“If anyone wants to come with Me, he must deny himself, take up his cross daily, and follow Me.” (Luke 9:23) Living out your daily faith is sometimes hard. Here are 10 practical disciplines to apply to your life daily! Each one rhymes with the number, so say the number out loud with discipline.

1. **RUN.** Run from sexual immorality – be pure. (1 Corinthians 6:18-20)
2. **SHOE.** Jesus washed His disciples’ feet – serve others as Jesus did. (John 13:14-15)
3. **FREE.** There is freedom in Christ – experience His grace. (2 Corinthians 3:17)
4. **DOOR.** Open the door to your heart – be filled with the Holy Spirit. (Ephesians 5:18)
5. **DIVE.** Dive into the Word daily – ask Him to reveal truth to you. (Psalm 119:9-11)
6. **STICKS.** Encourage others with your words – be a builder, not a destroyer. (Ephesians 4:29)
7. **HEAVEN.** Have an eternal perspective – get focused. (2 Corinthians 4:17-18)
8. **HATE.** Hate sin – love God. (1 John 2:15-17)
9. **WINE.** Keep your body clean – abstain from drugs and alcohol. (Ephesians 5:18)
10. **FRIEND.** Choose your friends wisely – they will make or break you. (Ecclesiastes 4:9-10)

I Have Some Questions!

- **How do I know for sure I have been saved?** Look to God’s Word. Jesus said, “Listen! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and have dinner with him, and he with Me.” (Revelation 3:20) Regardless of how you feel, God is always faithful. God’s Word, the Bible, is our authority, not our feelings. If you were sincere when you put your faith in Jesus, then you saved! (1 John 5:13-15)
- **Why am I still tempted to sin?** As Christians, we still battle sinful desires. The good news is that the Bible says, “...the One who is in you is greater than the one who is in the world.” (1 John 4:4) We have the Spirit of God within us to give us the power to resist sin. But when we do sin, God is faithful to forgive us of our sins. (1 John 1:9)
- **Will Jesus ever leave me?** God said, “I will never leave you or forsake you.” (Hebrews 13:5) Once you ask Jesus into your life, He will always be there to help you in any situation. There will be high points and low points, but don’t get discouraged. “He who started a good work in you will carry it on to completion...” (Philippians 1:6)

How Do I Get Plugged In?

- Get involved in a local church with a solid youth program.

- Spend your time with other Christians. You may need to hang with different friends.
- Get involved with the FCA Huddle at your school and other student Bible studies.

30-Day Bible Reading Plan

Once you receive Christ, you begin the great adventure of walking with Him! Spend time getting to know Him, just like you would a new friend. We challenge you to take some time each day to read His Word and to pray. Here is a 30-day Bible reading plan to get you started:

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| 1. John 3:16-21 | 16. John 14:1-6 |
| 2. Isaiah 40:28-31 | 17. Hebrews 12:1-3 |
| 3. Romans 12:1-2 | 18. Jeremiah 1:4-8 |
| 4. Joshua 1:8-9 | 19. Philippians 3:7-11 |
| 5. Psalm 119:9-11 | 20. John 15:5-14 |
| 6. Matthew 7:24-27 | 21. Proverbs 3:5-7 |
| 7. John 10:10-15 | 22. Matthew 6:31-33 |
| 8. 2 Chronicles 7:14-15 | 23. 2 Peter 1:4-8 |
| 9. Ephesians 5:1-5 | 24. 1 Thessalonians 4:1-8 |
| 10. Psalm 63:6-8 | 25. Psalm 34:4-8 |
| 11. Colossians 1:9-13 | 26. Romans 12:9-14 |
| 12. Psalm 37:3-5 | 27. 1 John 2:11-17 |
| 13. 2 Corinthians 5:14-17 | 28. Jeremiah 29:11-13 |
| 14. James 1:2-8 | 29. 2 Corinthians 12:8-10 |
| 15. Isaiah 64:4-5 | 30. John 13:34-35 |

God's Word is Relevant!

The Bible was written thousands of years ago, but in it we can find guidance for all kinds of problems we face today. What the Bible says about...

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| • ABORTION |Jeremiah 1:5 |
| • CRITICISM |Matthew 7:1-5; Ephesians 4:29 |
| • FORGIVENESS |Matthew 18:21-35 |
| • HEAVEN |Matthew 6:20; Luke 10:20;
John 14:2-3 |
| • HELL |Matthew 13:41-42; 25:41;
Revelation 20:10 |
| • HOMOSEXUALITY |Romans 1:24-27 |
| • HYPOCRISY |Matthew 15:7-9 |
| • LOVE |1 Corinthians 13 |
| • MAKING MONEY |Proverbs 30:7-9; Matthew
6:25-33 |
| • PARENTS |Ephesians 6:1-2 |
| • PHYSICAL FITNESS |1 Corinthians 6:19-20 |
| • SEX OUTSIDE of MARRIAGE |Matthew 5:27-32; 1 Corinthians
6:15-20 |
| • SEX WITHIN MARRIAGE |1 Corinthians 7:3-5; Hebrews
13:4 |
| • SWEARING |Matthew 5:34-37; Ephesians
4:29; James 5:12 |
| • WORRY |Matthew 6:25-34 |