

Salty

Week 6

READY:

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men. –Matthew 5:13

SET:

If you run around the soccer field for 90 minutes, you tend to sweat a lot. When you sweat excessively, your body loses much of its natural salt. Without salt in your body, you cannot stay hydrated. Being “salty” is an important part of being able to compete at a high level.

In the same respect, without a relationship with Jesus, you cannot absorb and learn from His Word. Learning God’s ways by reading the Bible will impact your approach to competition, but not until you give your life fully to God and accept what His Son did for you on the cross.

If you have never done this, take a minute to talk with your coach or your parent about it or pray and thank God for sending Jesus to die on the cross for all that you have ever done wrong. Then ask God to take control of your life. Allowing Jesus to take control of your life might be difficult at first, but the healing and transformation will be incredible—better than you can imagine. If you do pray this, be sure and talk with your coach or parent about it.

Mark 9:50 says, “Salt is good, but if it loses its saltiness, how can you make it salty again? Have salt in yourselves, and be at peace with each other.” Mark is comparing the importance of having God in our lives.

When you give your life to Jesus and let the Holy Spirit work in your life you will begin to fully understand God’s teachings. You will begin to learn what it means to give God glory in all that you do and to be an example of His love to others. Let the Holy Spirit work inside of you so that those on your team and those watching can see God’s love through you.

So how is your “salt” level?

GO:

1. What are your thoughts about giving your life to Christ?
2. How does God impact your approach to sports?
3. How might having more salt in your spiritual diet affect the way you play?

WORKOUT:

Luke 14:34 (NIV)

Salt is good, but if it loses its saltiness, how can it be made salty again?

John 4:4-14 (NIV)

Now he had to go through Samaria. ⁵ So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. ⁷ When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ⁸ (His disciples had gone into the town to buy food.) ⁹ The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) ¹⁰ Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." ¹¹ "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?" ¹² Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?" ¹³ Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

John 6:35 (NIV)

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

John 15:5 (NIV)

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

OVERTIME:

Father, thank You for sending Your Son to die for my sins. I surrender my life to you and ask you to take control of my life. Let me give you the glory for everything. Amen.