

# Sports Resolutions for the New Year

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Whether you play, coach, or just watch, sports are a means of both glorifying God and sinning against Him. Choose the resolutions below that you are prepared to follow, tell the Lord what you are committing to, and ask Him for the strength to succeed. You may want to write your resolution(s) in your Bible and refer to them throughout the year.

## I will be quicker to read my Bible than the sports section/website.



*Psalm 119:130, "The unfolding of Your words gives light; It gives understanding to the simple."*

*2 Timothy 3:16-17, "All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work."*

## I will not watch today's game until I have spent time in prayer.

*Ephesians 6:18, "With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints."*

*Jude 20-21, "But you, beloved . . . praying in the Holy Spirit, keep yourselves in the love of God."*

## I will not lose my temper when a referee or official makes a bad call.

*Galatians 5:22-23, "But the fruit of the Spirit is . . . self-control."*

*Philippians 4:5, "Let your gentle spirit be known to all men. The Lord is near."*

## I will play hard, but not dirty.

*Galatians 5:22, "But the fruit of the spirit is . . . kindness."*

*Mark 12:31, "You shall love your neighbor as yourself."*

## I will be thankful when defeated and humble when victorious.

*1 Thessalonians 5:18, "In everything give thanks; for this is God's will for you in Christ Jesus."*

*1 Peter 5:5, "All of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble."*

## I will teach my kids significantly more about the Lord than sports.

*Ephesians 6:4, "Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord."*

## I will not malign my child's coach.

*Proverbs 21:23, "He who guards his mouth and his tongue, guards his soul from troubles."*

*Colossians 3:8, "But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth."*

## I will make local church participation (and meetings) a priority over practices and games.

*Hebrews 10:24-25, "Let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together."*

*1 John 2:19, "They went out from us, but they were not really of us; for if they had been of us, they would have remained with us."*

## I will show my wife that I treasure her more than my favorite team(s).

*1 Peter 3:7, "You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered."*

## I will not worship my body or my sports equipment.

*1 Timothy 4:8, "For bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come."*

*Titus 2:11-12, "For the grace of God has appeared . . . instructing us to deny ungodliness and worldly desires."*

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