

GameDay Gameplan (sample)



WARM UP

Athletes and sports fans have strange rituals and superstitions they sometimes embrace. Some athletes have lucky socks, lucky hats, shirts, and some even have lucky undergarments. Some people stand on one leg while their team kicks the winning field goal, wear their hat in strange way, or even sing certain songs. What is a weird superstition you have yourself or you have seen others do?

Share a story about a weird superstition you have had in the past.

In 2001, a vicious fight broke out in the stands as one fan forcibly removed the half-folded hat of another fan. As silly as it seems, the person thought their superstitious hat folding was going to make them win the game, and when it got knocked off of their head, they completely freaked out.

All of us have had moments where we have freaked out and completely lost it before, whether over something silly or something serious.



CHALK TALK

Base Scripture: Read 1 Peter 5:6-11

Anxiety and worry seem to top the list of issues every person deals with. Whether male or female, rich or poor, anxiety and worry treat us equally. We all have things that seem to stress us out, maybe even to the point of freaking out! How do we hand over all our worry and cares to Jesus? It's ok to not be ok, but it is not ok to stay that way!

You are not alone

The God of all creation promises to be with us as believers. It may sound cheesy, but this small truth is one of the greatest truths in all the scriptures. Jesus not only came to earth and walked among us, but He also accessible through prayer anytime and anywhere.

Give your anxiety over to Jesus

Why would you give your anxiety and worries to Jesus? Because Jesus, through his death and resurrection, has the power to overcome absolutely anything. When the scriptures say, "Do not be anxious" it may seem like an impossible command, but when we view our problems in light of His majesty and His power; they simply have no power. Whatever it is we are facing, Jesus is strong enough to handle it.



CLOSER

Have each person tightly grip their hands and imagine they are holding on to their greatest worries and concerns. Pray they would each see and experience the Majesty of King Jesus. After a time of prayer, have each person open their hands and silently pray. Tell each person to open their hands as a symbol of handing over their anxiety to Jesus. Close by thanking God for being personal and mighty.