

***A Note to Coaches:
What is Humility for an Athlete?***

If you were asked to describe today's sports stars, what words would you use? Would "humble" be one of them? Probably not! In the sports-crazed culture in which we live, humility is a rare commodity; and most sports fans, seeing the abundance of pride amongst modern athletes, have become numb to it. However, humility is a serious calling, not something to be taken lightly. We are told, in 1 Peter 5:5, that "God opposes the proud." Being opposed by God is not a predicament in which a person should want to find himself.

For the purpose of this study, we have defined humility as *the discipline to see yourself as you are, in the light of the glory and majesty of God*. As you team wrestles with the truth of God's Word, we pray that your athletes will be caught up in the wonder of the God we serve. When we begin to understand and acknowledge His greatness, we have no other option but to humbly bow our knees before Him.

Athletes, especially in our self-serving culture, can easily become proud. People flock to stadiums and television sets to watch professional athletes compete, and star athletes enjoy a cult following amongst the obsessed fanatics who religiously tune in to the evening highlight shows. Athletes are able to unite cities and states — even countries — in ways that preachers and politicians can't rival. In all of this frenzy, humility is often quickly cast aside, and the life of an athlete is marked by unreasonable pressure and even higher stakes.

The discipline of humility relieves a tremendous weight in the life of an athlete, as a humble athlete can rest in the truth that he is a part of something much greater than himself. His responsibilities to the team do not have to be a heavy burden on his shoulders, as he serves a God who is much bigger than a missed free throw or a state championship loss. In this way humility also encourages athletes to take the risks that will lead to success. An athlete who develops this discipline can take a last-second shot without fear of failure, because he already knows who he is in the light of God's majesty.

Coaches, you have the opportunity to ground your athletes in the Word of God, that they might not defend their own priorities and achieve their own glory, but live for the sake of a new purpose. This study will lead your team through an understanding of the majesty of God, the ultimate act of humility modeled by Jesus, the examples of humility from the lives of some Old Testament characters, and the seriousness of the call to humility.

As you lead your athletes through this study, they will be challenged to consider how these concepts ally specifically to the arena of athletics, but also to every part of the life of a servant in the kingdom of God. May God bless you and your team as you take this journey together in God's Word!