



## OFFSIDES

### **ENGAGE**

#### **WELCOME**

Make the students feel welcomed, wanted and seen.

Shake hands, give high-fives, write name tags, and connect them to other students.

#### **ICEBREAKER (INTERACTIVE OR VERBAL)**

Play a game with the Huddle or discuss the following to kick things off:

- *Have you ever lost your temper during a big game? Explain.*

*(Option) Think - Pair - Share: Think about last week's challenge. How did it go? Pair with the person next to you and share any wins or thoughts from the previous week.*

#### **READ:** Luke 22:48-51

“But Jesus said, ‘Judas, would you betray the Son of Man with a kiss?’ When the other disciples saw what was about to happen, they exclaimed, ‘Lord, should we fight? We brought the swords!’ And one of them struck at the high priest’s slave, slashing off his right ear. But Jesus said, ‘No more of this.’ And he touched the man’s ear and healed him.”

### **EQUIP**

**SAY:** In Luke 22, Jesus is approached by men who are charged to arrest him. His own disciple and follower, Judas, is leading the charge and hands Jesus over to them. The disciples, in utter shock, take up their swords and offer to fight the crowd of men. In the heat of the moment, Peter ends up cutting off the ear of a man. Instead of joining the fight, Jesus responds with unbelievable humility and self control. He heals the man’s ear, calms His disciples, and willingly surrenders to the arrest.

As athletes, we have all been in emotional situations, especially when stakes are high. In these moments, our emotions sometimes get the best of us. We lose our temper, say things to that we shouldn’t, or retaliate in ways that cause problems for ourselves and our team. Our own lack of self-control can negatively affect everyone else on our team. Think about the player who fouls out in a critical game, or the hitter who gets ejected for

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arguing with the umpire. Exercising self-control breeds good consequences for ourselves and our teammates.

Jesus didn't lose control during a critical moment. He didn't jump in with the disciples to fight the crowd. Jesus boldly and humbly exercised self-restraint by stopping the chaos and healing the man that was wounded. He diffused the situation, and the emotions went down. He was displaying God's character in that He is not swayed by circumstances. Jesus reassures us that we can freely trust Him in all things, especially in life's frustrating moments.

### **INTENTIONAL CONVERSATION**

*The win of a Huddle is empowering key leaders to create an environment in a sports community where the gospel is made known and lived out through intentional conversation. Spend time in small groups discussing the following questions:*

1. Tell about a time that you lost control of your emotions and it affected your team.
2. What happens to your performance when your emotions take over? Explain.
3. Do you feel like you can control your actions and emotions? Why or why not?
4. How do you display self-control to your teammates, coaches and family?

### **EMPOWER CHALLENGE**

**SAY:** Pay attention to your emotions this week, especially in high pressure situations. Work hard to control them. Come back next week prepared to share your experience.

### **PRAYER**

Break the Huddle. Invite the students to come back next week to engage with one another.

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