



PRESS ON

ENGAGE

WELCOME (Shake hands, give high-fives, write name tags, and connect with other students)

ICEBREAKER (Don't skip this part! This helps people connect and start conversation!)

- *You have been shipwrecked on an island with no help in sight. You can only take three things with you, for comfort and contentment [not including food or water]. What are your three? What is their significance?*

READ: Philippians 4:11-13 NLT

“Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.”

EQUIP

SET THE SCENE: Paul, the apostle, is no stranger to difficulty. In fact, he was in prison as he wrote this letter to the church of Philippi. Paul was thankful that the people in Philippi were willing to help him in his trials, but he wanted it to be clear that his real strength came from Christ. Paul's journey up until this point had included being stoned [left for dead], shipwrecked, beaten with rods and imprisoned multiple times. Yet, in all these situations, he found strength in Christ alone. Paul said; “I have learned how to be content.” His ability to be content, especially in difficult moments, was rooted in his connectedness to Christ. This letter that Paul wrote to Philippi gives us great insight into the attitude that we as followers should take regarding this life and our possessions. This life is temporary. We are transients. Therefore, we see that the things of this world cannot be the source of our contentment.

What does this scripture say about me and my relationship with God?

- “For I can do everything through Christ, who gives me strength.” When our strength comes from God our trials will seem less traumatic. Like Paul, we will face many adversities and difficulties, but rather than finding strength in ourselves, God will provide us the strength and perspective to persevere.
- *SALT LEADER EXAMPLE:*

NOTE: This outline is a flexible way to equip Huddle Leaders to lead their Huddle. It can meet the needs of various Huddle lengths as it can be anywhere between 30 minutes-55 minutes.



What does this say about my relationship with others?

- In the same way as Paul, we should be thankful for the relationships God has given us; our parents, friends, mentors and teammates, but we should never lose sight of Christ being the source of our true strength.
- *SALT LEADER EXAMPLE:*

How does this relate to sports?

- As athletes, it's hard to remove our value and self worth from our sport. So much of who we believe we are comes from the game we play. Our importance rises and falls based on how we perform. But as Christian athletes, Jesus gives us all the self worth, value, and importance we need. When Jesus is who we look to for our strength and value, we can endure all circumstances because who we are isn't dependent on our circumstances or how we perform. We can know true contentment.
- *SALT LEADER EXAMPLE:*

INTENTIONAL CONVERSATION

Spend time in small groups discussing the following questions:

1. In what ways have I found my value or contentment in things that are temporary?
2. How can I demonstrate contentment while remaining competitive in my sport?
3. *SALT LEADER QUESTION:*
4. *SALT LEADER QUESTION:*

EMPOWER CHALLENGE

This week, as you face challenging games, tests, relationships, rather than getting frustrated or discouraged, look up. Focus on God's promises and ask Him to give you strength, wisdom and perseverance.

PRAYER

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