



# PLAYBOOK FOR LIFE

GOD'S WORD [IS THE BIBLE RELEVANT TO MY LIFE?]

## THE HURDLE

*I've got so many questions that beg for answers but I'm not sure where to turn. Lately I've been thinking a lot deeper about life but people don't usually talk about that kind of stuff in the locker room. I try to turn my mind off, but the questions keep flowing. Some are directly related to my sport: Should I transfer schools? Sit this year out? Some have to do with daily life: How should relationships work? How should I handle the party scene around me? Others are ridiculously huge: Why am I even on the planet?*

*I have a team mate who keeps talking about gaining wisdom from reading the Bible, but that sounds crazy to me. It's like reading a foreign language. Even if I could understand it, how could a 2000-year-old book have anything to say to me today?*

As life gets more complex, where do you usually turn for direction? A person? A book?

What has your experience been in seeking help from the Bible?

“

***I believe a knowledge of the Bible without a college education is more valuable than a college education without the Bible.***

*William Lyon Phelps  
Former professor of English Literature at Yale*

”

## I HEAR YA

The Bible records people who struggled to know, trust, and live the word of God. Some were able, some were not...

**To the people of Israel:** “If only you had listened to my commandments! Then your well-being would have been a river, and your righteousness like the waves of the sea.” (Isaiah 48:18)

**Paul to Timothy:** “If anyone advocates a different doctrine and does not agree with sound words, those of our Lord Jesus Christ and with the doctrine conforming to godliness, he is conceited and understands nothing.” (1 Tim. 6:3-4).

**Israelites:** “In those days there was no king in Israel; everyone did what was right in their own eyes.” (Judges 21:25) **Agur:** “Every word of God proves true; He is a shield to those who take refuge in Him. Do not add to His words, or else He will rebuke you, and you will be found a liar.” (Proverbs 30:5-6.)

**Ezra learned the word:** “Ezra had set his heart to study the Law of the Lord, and to practice it, and to teach His statutes ...” (Ezra 7:10)

**The Psalmist:** “Strengthen me according to Your word. Remove the false way from me, and graciously grant me Your Law.” (Psalm 119:28,29)

While the Bible was written thousands of years ago and its cultural circumstances are significantly different, it still speaks relevantly to the issues we face today! We can discover its relevance by studying its contents. Whether you believe it should have any authority over your life, however, remains to be decided.

What concerns prevent you from digging into the Bible?

What would keep you from accepting its message as authoritative in your life?

## LISTEN UP

Read II Timothy 3:16-17.

1. When this verse says, "All scripture is inspired by God" (lit.: "God-breathed"), what does it imply about the authority of this book? How would accepting God's authorship change your view of the Bible and its potential influence on you?
2. Just as fundamental skills are essential in sports, learning and applying the truth in God's Word is key to developing the skills and habits needed to live out the Christian life. In verse 16, identify the four benefits of scripture, then describe the practical purpose of each category.

Benefit	Purpose

3. Someone once rephrased verse 16 in a different way: "The Scripture tells you what is right, what is wrong, tells you how to get right and how to stay right." If this sentence was referencing your own spiritual journey, which of these four purposes of the Bible do you most need right now?
4. According to verse 17, what is the goal of reading and studying God's word? What does this mean for your life right now?

## FOR THE RECORD

God wants us to be informed about how to live a wise and fruitful life on earth. He gives us the Bible so we'll know something of His work in the universe and our place in it, equipping us to live wisely in this life and to understand something of the next. When we acknowledge His authority in our lives, His words to us become a standard by which to judge our life

and actions, a place to go for counsel, a light on the path of our individual journey. While not literally a "How To" manual for life, it is THE guide for right living, a collection of books whose human characters and spiritual lessons continue to be as relevant as the day they were written.

## YOUR MOVE

1. Since the Bible does address real issues in your life, what inhibits you from applying that wisdom to your situations on a daily basis? Check all that apply:

- |                                                                   |                                                                       |
|-------------------------------------------------------------------|-----------------------------------------------------------------------|
| <input type="checkbox"/> don't know where to start                | <input type="checkbox"/> don't want it to affect my athletic pursuits |
| <input type="checkbox"/> don't have a Bible                       | <input type="checkbox"/> don't want to give up sinful habits          |
| <input type="checkbox"/> afraid it might change my life           | <input type="checkbox"/> afraid of what my family/friends might think |
| <input type="checkbox"/> don't really have time to think about it | <input type="checkbox"/> other: _____                                 |

2. Just for starters, try a 31-day experiment. Read one chapter of Proverbs every day for a month. As you are reading, consider these questions as they apply to the verses and record them in a notebook:

- What does it say about God?
- What does it say about you or others?
- What does it say you should do or not do?

**“** \_\_\_\_\_  
***A Bible that is falling apart usually belongs to someone who isn't.***

*Charles Spurgeon  
 Preacher/Author*

\_\_\_\_\_ **”**

3. While the Bible continues to top sales charts, it's a book whose contents are seldom read, less understood, and rarely applied. James 1:22 says, "But prove yourself doers of the word and not merely hearers who delude themselves." Write a prayer of commitment acknowledging that you will not only be a reader, but will commit to doing what God says (even when it's difficult!).

For additional work on your own, visit **The Training Room** on the next page to learn more about the Bible and how it relates to your life.

## AS YOU ENTER

“ ... AND LEAN NOT ON YOUR OWN UNDERSTANDING.” (PROVERBS 3:5B)

### A Book About Relationships

**Recognizing His Voice:** John 10:27

**Trusting God vs. Trusting Things:** Luke 18:24-30

**Choosing Friends:** Proverbs 12:26; I Corinthians. 15:33

**Clarifying Friendships:** James 4:4-8

**You Can Always Come Back:** Luke 15:11-24

### A Book About Real Issues

**Guidance:** Proverbs 4:14-15

Do not enter the path of the wicked.

**Finances:** Proverbs 13:11

Wealth gained by dishonesty will be diminished.

**Correction:** Proverbs 13:13

He who despises the word will be destroyed.

**Wise Counsel:** Proverbs 15:1

A soft answer turns away wrath, but a harsh word stirs up anger.

**Parenting:** Proverbs 22:15

Foolishness is bound up in the heart of a child; but the rod of correction will drive it far from him.

### A Book About Real Living

**When Trouble Strikes**

(Psalm 46:1; 121:1-2)

**God Hears Our Call**

(Isaiah 65:24; Jeremiah 33:3)

**You Are Salt and Light**

(Matthew 5:13-16)

**Do What The Word Says**

(James 1:22)

**Don't Live A Bitter Life**

(Ephesians 4:31-32)

**The Way To Real Living**

(John 14:6; Romans 10:9, 13)

## AS YOU LEAVE

- » PRACTICE DOING WHAT THE WORD SAYS.
- » PRESERVE TIME EACH TO READ AND MEDITATE ON THE WORD.
- » PRAY THAT GOD PROVIDES CLEAR UNDERSTANDING.