



COACHES TIMEOUT HANDBOOK

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# THE FOUR



## THE GOSPEL EXPLAINED IN FOUR SIMPLE TRUTHS

The FOUR is a simple, repeatable way for anyone to share the Gospel.



### GOD LOVES YOU

God made you and loves you! His love is

boundless and unconditional. God is real, and He wants you to personally experience His love and discover His purpose for your life through a relationship with Him.

*Genesis 1:27; John 3:16*



### JESUS RESCUES YOU

Jesus died, but He rose to life again. Jesus offers

you peace with God and a personal relationship with Him. Through faith in Jesus, you can experience God's love daily, discover your purpose and have eternal life after death.

*Romans 5:8; 1 Corinthians 15:3-8; 1 Peter 3:18*



### SIN SEPARATES YOU

Sin damages your relationships with other

people and with God. It keeps you from experiencing the fulfilling life God intends for you. The result: you are eternally separated from God and the life He planned for you.

*Isaiah 59:2; Romans 3:23; 6:23*



### WILL YOU TRUST JESUS?

You choose to trust Jesus when you believe

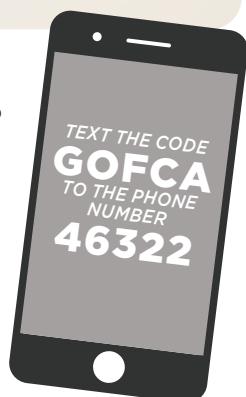
and confess that Jesus is Lord and surrender your life to Him. Are you ready to place your trust in Jesus?

*John 1:12; Ephesians 2:8-9; Romans 10:9-10; Revelation 3:20*

The **FAITH RESPONSE TOOL** is for coaches and athletes who have recently made a decision to **START** a relationship with Jesus or they desire to **GROW** in their relationship with Jesus. To use the tool, simply text **GOFCA** to **46322** or **SCAN THE QR CODE**.



After completing the form, you will receive a series of short "first steps" videos from professional athletes. These videos are designed to help coaches and athletes grow in their relationship with Jesus Christ.





# INTRO: FROM OVERWHELMED TO OVERFLOWING

*“Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit.” —Romans 15:13*

Overlooked and overwhelmed—two ways we can often feel during our sports seasons. Whether we are the coach coaching or the spouse supporting, we can find ourselves feeling either overlooked, overwhelmed or both. Overlooked because we don’t feel seen or valued for what we do or who we are. Overwhelmed because of everything we have to do because of who we are. When we signed on to be a coaching family who follows Christ, we were commissioned to the ministry of Jesus Christ. We have been blessed with a burden. But to be honest, sometimes it can feel more like a burden than a blessing. How do we go from burden to blessing . . . from overlooked to seen . . . overwhelmed to overflowing? We must be able to answer the question, Where is my focus when it comes to my faith, family and finances? Our focus can be on the world’s views in each one of these that can lead to feeling burdened and overwhelmed instead of blessed and overflowing.

Throughout this CTO study, we are going to cover four concepts as it relates to the journey of Peter and the disciples. Reset, Renew, Refuel and Ready. Allow these concepts to lead you as followers of Jesus Christ . . . 24/7.

Theme 1: **RESET** When Christ resets my perspective on my marriage, I’m free in Him. Verse: Psalm 46:10

Theme 2: **RENEW** Through Christ, I have a new identity and purpose in Him as an individual and in my marriage. Verses: Ephesians 4:22-24

Theme 3: **REFUEL** God refuels me with a joy and hope that overflow into my coaching, my marriage and every aspect of my life. Verse: Ephesians 3:19

Theme 4: **READY** I am ready to go and make disciples out of the overflow of Christ in me. Verse: 1 Thessalonians 3:12

# WIN AT HOME

## ***Nonstop.***

Always on. Continuous. No breaks, no breathers. Go, go, go. And then keep going a little more.

Day in and day out, your life as a coach revolves around the next workout, the next season, the next recruit or the next strategy—sometimes all of the above. Coaching is 24/7, but that's not new for you. The pace of performance creates a pressure you constantly carry, the burden of which oftentimes becomes overwhelming more days than not.

And then you go home after a long day's work. What happens then?

For many coaches and spouses, the demands of a 24/7 coaching lifestyle can bring the same feelings of being overwhelmed into marriage. Time is precious. So are attention and affection. Part of you wants to, or at least knows that you should, be focused on your marriage. But then you quickly realize that your expectations for a great marriage surpass your limited capacity to do something about it.

If that's you, you're in the right place.

Your marriage does not need to suffer for the sake of the scoreboard. You can win the next big thing, but if you lose at home, what does coaching truly offer you in the long run? As the journey ahead unfolds, you'll discover that God presents you with an invitation, a better way for your 24/7. It's not a list of more tasks to complete in your already busy life; rather it's a way to reorient your view on God, yourself and your marriage. Sometimes it takes resetting, renewing, and refueling so that you're ready to bring your best to your spouse.

As Romans 15:13 promises, when the power of the Holy Spirit is at work in you and through you, God can transform your 24/7 from overwhelming to overflowing. When that happens, you can win where it matters most—at home.

***YOU CAN WIN  
THE NEXT  
BIG THING,  
BUT IF YOU  
LOSE AT HOME,  
WHAT DOES  
COACHING TRULY  
OFFER YOU IN  
THE LONG RUN?***

# HOW TO USE THIS RESOURCE

*The CTO Handbook* is designed for you and your spouse to grow in your relationship with Jesus Christ and each other. When you gather around God's Word and intentionally discuss its application in your personal life and marriage, the Holy Spirit can work in you and through you. Allow God to take you from overwhelmed to overflowing.



The “24/7” theme is divided into four meetings: Reset, Renew, Refuel, and Ready. Each lesson is applied to **faith**, **family**, and **finance**—all influential areas in your marriage that merit deep discussion. Each lesson offers a Warm-Up and Wrap-Up section to engage the topic with questions you and your spouse will answer. To access those questions, scan the QR code above. Engage these questions honestly, for these are markers on the journey that enable growth to occur.

Consider these suggestions to help you get the most out of this resource:

- **Remember the rhythm** Develop a routine by following the cadence of the meetings in this handbook. Ex. Meeting 1: Reset, followed by Faith, Family, Finance and Discovery Bible Study. Scan the QR Code on the DBS spread to learn how to effectively walk through these studies.
- **Reflect before you connect** You and your spouse may want to read each lesson individually before meeting. Or you may want to read it aloud together. However you structure your time, make sure to allow space for individual reflection prior to discussion. This will help each of you consider how God is directly speaking to you through the content.
- **Refocus on the 1-on-1** If you are using this resource in a group or Huddle, remember that the primary purpose is for you and your spouse to connect with each other—it's your marriage! This resource is designed to foster intentional 1-on-1 conversation for you as a couple.

*“God, I give You my longings, expectations and desires for my marriage. Please do the deeper work of transformation in my life and in my marriage, in Your timing and in Your way. Lead us to the conversations that need to be had, help us see things the way You do and realign our affections. I pray that You will become greater in every way. In Jesus’s name, amen.”*

# RESET

**“STOP FIGHTING, AND KNOW THAT I AM GOD.” —PSALM 46:10**

In 2020, we experienced a worldwide shutdown due to the Covid pandemic. For months, we didn't have practices to prepare for, games to cheer at, films to watch, kids' activities to attend. Everything just stopped. We were forced to be still—something coaching families don't do very well. But during this forced “be still” time, we were able to reset our focus. Focus on family time. Focus on real conversations with one another. Focus on our relationship with the Lord. Focus on our finances. To be honest, before this reset, our family had become so focused on the rat race of life that our conversations took place over text messages, our time with Jesus was a quick ten minutes in the morning, and we spent more money in restaurants than we would like to admit. We had become a slave to the world's standards instead of surrendering to God's standards as His children. Can you relate?

When God created the world, we learn in Genesis that the Earth was formless and empty, but “then God said, *‘Let there be light,’* and there was light. God saw that the light was good, and God separated the light from the darkness. God called the light ‘day,’ and the darkness he called ‘night.’ *“There was an evening, and there was a morning: one day”* (Genesis 1:3–5; emphasis added).

Because of what God called “a day” starting with evening and then morning, the Israelites day started in the evening, so their day started with rest not productivity. Everything changed when they became slaves to the Egyptians and their value/worth was solely focused on what they could produce from sunup to sundown. Even though God used Moses to deliver them from slavery physically, they still had a slavery mindset—and so can we.

Sabbath is a day we are supposed to cease working and find rest in the Lord, reminding us that God can do more through us with six days of work and one day of rest with Him than we can do with seven days on our own. This reset each week is to be still and know that God is God and we are not. As Jesus reminded us in Mark 2:27, *“The Sabbath was made for man.”* It was created for us to stop, be still, give all our cares to the Lord and in turn go from feeling overwhelmed by the demanding world and be overwhelmed by the peace of God.

**“GOD SENT HIS SON, BORN OF A WOMAN, BORN UNDER THE LAW, TO REDEEM THOSE UNDER THE LAW, SO THAT WE MIGHT RECEIVE ADOPTION AS SONS. AND BECAUSE YOU ARE SONS, GOD SENT THE SPIRIT OF HIS SON INTO OUR HEARTS CRYING, ‘ABBA, FATHER!’ SO YOU ARE NO LONGER A SLAVE BUT A SON, AND IF A SON, THEN GOD HAS MADE YOU AN HEIR.” —GALATIANS 4:4-7**

Because of Christ, we are free!



24/7: RESET

# FAITH

**“AS THE CROWD WAS PRESSING IN ON JESUS TO HEAR GOD’S WORD, HE WAS STANDING BY LAKE GENNESARET.” —LUKE 5:1**

Ever heard the saying, “You can’t really understand another person’s experience until you’ve walked a mile in their shoes”? Wouldn’t we love it if all the parents of our players or fans in the stands would take that to heart? We serve a God who did just that. He surrendered the peace and perfection of His Father’s presence to come to this world and experience criticism and accusations from others. He understood the crowd pressing in on Him, all wanting something from him. As a coaching family, we can trust Jesus because He can relate to us; after all He is the “pioneer and perfecter of our faith” (Hebrews 12:2).

## WARM-UP

(See How to Use This Resource on page 5.)

## WORKOUT

Together read Luke 5:2-4.

As a coach telling your players to dig deeper or teaching your own kids how to swim in the deep end, neither is comfortable and sometimes even scary. Jesus is telling Simon Peter, if you want to catch fish, you have to go deeper. When it comes to our faith, God wants us to go deeper in our relationship with Him. He wants our trust in Him to be deeper, our relationship with Him to be stronger.

Often this can feel overwhelming because we want to grow deeper, but we don’t know how. The key to growing deeper in our faith and, in turn, going from overwhelmed to overflowing is:

**Do more of what matters most.**

- **Be Still:** Stop talking. Be in God’s Word daily.
- **And Know:** Stop doubting. Seek God in prayer continuously.
- **I am God:** God is all-knowing. God is all-powerful. God is my rock, hope, and fortress. Connect to the body of Christ intentionally.

What Jesus is trying to teach Peter is the same thing he tells us in Matthew 6:33, *“But seek first the kingdom of God and his righteousness, and all these things will be provided for you.”*

Like the fisherman Peter, when it comes to our profession or our role in our home, we need to seek Jesus first, listen to Jesus first, do what Jesus says first. God can do more with our greatest surrender than we can do with our best effort. Is it hard? Yes. Can it be scary? Probably.

You are in good company; Jesus tells the fisherman, *“Do not be afraid . . . From now on you will be catching people”* (Luke 5:10).

We are not just a coaching family seeking wins but a Christian family seeking hearts for Christ, and this takes faith willing to go deeper.

## WRAP-UP

(See How to Use This Resource on page 5.)



24/7: RESET

# FAMILY

**“TRUST IN THE LORD WITH ALL YOUR HEART, AND DO NOT RELY ON YOUR OWN UNDERSTANDING; IN ALL YOUR WAYS KNOW HIM, AND HE WILL MAKE YOUR PATHS STRAIGHT.” —PROVERBS 3:5-6**

## WARM-UP

(See How to Use This Resource on page 5.)

## WORKOUT

After Jesus tells Simon Peter and the fishermen to go deeper and cast their nets, Simon replies, “We’ve worked hard all night long and caught nothing. But if you say so, I’ll let down the nets” (Luke 5:5).

Simon Peter is asking “why” but before Jesus could say anything, Simon Peter replies with one of the greatest words of faith we have, “But if You say so. . . .”

*We have worked all night and didn’t catch anything, but if You say so.*

*I don’t think it will work, but if You say so.*

For us, it may sound like this:

*Our marriage is struggling, but if You say so, I will keep serving my spouse.*

*I am doing everything according to Your Word, and I don’t see any difference in my family/team, but if You say so, I will stay faithful.*

Like Peter, what Jesus was saying wasn’t matching up with what they were seeing. But as we learn in Hebrews, “*Faith is the reality of what is hoped for, the proof of what is not seen*” (Hebrews 11:1). Faith isn’t following what we see but who we believe. When the Lord tells Peter and the fishermen to go deeper in the water, He is also wanting them to grow deeper in their faith in the Lord. Deep faith isn’t simply believing in God but believing the words of God. Our spiritual enemy believes in God; he knows there is a God. But faith takes believing the promises and words of God including:

**“LORD, YOU HAVE HEARD THE DESIRE OF THE HUMBLE. . . . YOU WILL LISTEN CAREFULLY.” —PSALM 10:17**

**“THE LORD IS GRACIOUS AND RIGHTEOUS.” —PSALM 116:5**

**“AND I [JESUS] WILL ASK THE FATHER, AND HE WILL GIVE YOU ANOTHER COUNSELOR TO BE WITH YOU FOREVER. HE IS THE SPIRIT OF TRUTH.” —JOHN 14:16-17**

**“PEACE I [JESUS] LEAVE WITH YOU. MY PEACE I GIVE TO YOU. I DO NOT GIVE TO YOU AS THE WORLD GIVES. DON’T LET YOUR HEART BE TROUBLED OR FEARFUL.” —JOHN 14:27**

We reset and grow deeper in our faith, not in seeing proof with our eyes, but believing the words of our Lord in our heart and mind because He said so.

## WRAP-UP

(See How to Use This Resource on page 5.)





## 24/7: RESET FINANCE

**“YOU WILL KNOW THE TRUTH,  
AND THE TRUTH WILL SET  
YOU FREE.” —JOHN 8:32**

There is a popular game people will play in order to get to know one another called “two truths and lie.” The purpose of the game is to share two truths about yourself and one lie and then everyone has to guess which one is the lie. An area of our lives we can lie about to others is our finances, or more specifically, the financial debt we can find ourselves in that makes us feel overwhelmed, not overflowing. But before we lie to others, we first lie to ourselves.

### **WARM-UP**

(See How to Use This Resource on page 5.)

### **WORKOUT**

The first step in lying to ourselves when it comes to our financial state is denial. But before we can do a reset and make a plan to get to where we want to be, we have to be honest about where we are. Remember, lies and debt keep us in bondage, while truth and a plan can set us free.

Peter understood denial better than anyone.

His words said he was ready to follow Jesus no matter what it cost him: *“Lord, . . . I’m ready to go with you both to prison and to death”* (Luke 22:33).

Jesus knew Peter’s actions wouldn’t match his words: *“I tell you, Peter, . . . the rooster will not crow today until you deny three times that you know me”* (Luke 22:34).

After Jesus’s arrest, standing around a fire, Peter denied knowing Christ just as Jesus said: *“And he went outside and wept bitterly”* (Luke 22:62).

Peter came to the realization that his faith wasn’t as strong as he thought. His courage wasn’t where he wanted it to be. The truth was he was weak, and he needed the very Lord he denied knowing.

BUT GOD . . . a phrase that is said in Scripture more than three thousand times. Because where we are isn’t where we have to stay—not with Peter and not with us; not in our faith, family or finances. After the resurrection, Jesus asks Peter three times “Do you love me? Feed my lambs, shepherd my sheep, feed my sheep.” You see, when we **reset**, the Lord **restores**.

### **WRAP-UP**

(See How to Use This Resource on page 5.)

# *RESET DISCOVERY BIBLE STUDY*

**WELCOME**

1. What are you thankful for?

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2. What are you struggling with?

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**WARM-UP**

3. How did you obey last week?

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4. Whom did you share with?

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To learn how to use DBS, scan this QR Code for the training.

## WORKOUT

### TODAY'S SCRIPTURE

Story of Joseph: Genesis 37; 39:1-6

**5. What does this say about God?**  
(Father, Son, Holy Spirit)

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**6. What does this say about people?**

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### WRAP-UP

**7. By God's grace how will you obey God's Word this week?**

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**8. Whom will you share this Scripture passage with this week?**

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**“TAKE OFF YOUR FORMER WAY OF LIFE, THE OLD SELF THAT IS CORRUPTED BY DECEITFUL DESIRES, TO BE RENEWED IN THE SPIRIT OF YOUR MINDS, AND TO PUT ON THE NEW SELF, THE ONE CREATED ACCORDING TO GOD’S LIKENESS IN RIGHTEOUSNESS AND PURITY OF THE TRUTH.” —EPHESIANS 4:22-24**

In the 90s, Gatorade had a TV ad that we still talk about, sing the song and discuss over thirty years later. It was the first Gatorade commercial that featured Michael Jordan with younger kids trying to emulate his moves and his game with the song “Be like Mike. . . I Wanna Be like Mike.” The whole concept was genius from the standpoint that there can never be another “Michael Jordan,” but we can be “like him” from how we practice, how we workout, and yes, even what we drink. As followers of Christ, we can’t be Christ, but we are supposed to be “like Christ” by how we live, how we love and how we coach. We are not coaches or coaching families who follow Christ, but we are followers of Christ who happen to coach. That is the RENEW part. In our former life we would be identified as a coach, dad, mom, teacher—all by what we did, but our identity changes and is renewed to children of God, followers of Jesus Christ.

We see this in Peter’s life. Greg Steeley, vice president at the John Maxwell Leadership Academy, says it this way, “Peter’s urge was always to go back to fishing; it’s what he knew and from where he drew his identity. It wasn’t until Jesus approached him and asked, ‘Who do you say that I am?’ that his whole perspective changed. At this moment he went from a fisherman who followed Christ to a Christ follower who just happened to be a fisherman.”

This interaction between Jesus and Peter is so powerful because Peter answered the question with “You are the Messiah, the Son of the living God” (Matthew 16:16). And when Peter declared who Jesus was, Jesus in turn defined who Peter was, “Blessed are you, Simon son of Jonah, because flesh and blood did not reveal this to you, but my Father in heaven. And I also say to you that you are Peter, and on the rock, I will build my church, and the gates of Hades will not overpower it” (Matthew 16:17-18).

Jesus changed Simon’s name to Peter, which means Rock. Jesus gave Peter a new name and new identity not based on who Peter was currently but on what Jesus wanted him to be intentionally. For when we declare who Jesus is, He defines who He wants us to be. We are RENEWED!

As a coaching couple, we need to be able to answer these same questions when it comes to Christ. Who do you say that Jesus is? Who is Jesus to you? How would we declare who Jesus is to us as an individual, as a couple and as a family? Do we find our identity from the coaching world or Jesus’s Kingdom? In this section, pray together and ask, “How do we need to be RENEWED in order to ‘be like Christ?’”



24/7: RENEW

# FAITH

**“WHILE HE [JESUS] WAS WITH THEM, HE COMMANDED THEM NOT TO LEAVE JERUSALEM, BUT TO WAIT FOR THE FATHER’S PROMISE.” —ACTS 1:4**

As a coaching family, our faith is often tested when we are trying to decide to go or stay, take a new job or stay at the current one, move again to a new school or keep the kids where they are. Our faith can be stretched in the waiting, but we can learn from Peter and the disciples that while we are waiting, rest assured that God is working. *“My Father is still working, and I am working also”* (John 5:17).

## WARM-UP

(See How to Use This Resource on page 5.)

## WORKOUT

After the resurrection, Jesus spent forty days on Earth walking, talking and teaching different people, including the disciples, but it was time for Jesus to make His final ascent to Heaven. We can only imagine the questions the disciples had and the anxiety of the unknown that awaited them.

Jesus’s words were both challenging and encouraging to them and us:

“Don’t leave. Just wait for the Father’s promise.” That is faith. When we don’t know what God is doing, we can have faith because of what He has done. If we don’t know what to do next, we can have faith that God is with us now. If we

are faced with unknown circumstances, we can have faith in a known God.

Jesus promised He wasn’t leaving them but sending them the Holy Spirit, a new power. *“It is not for you to know times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come on you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth”* (Acts 1:7-8).

God will not tell us everything but expects us to trust Him with all things. The disciples had walked with Jesus, talked with Jesus and had a front-row seat to the miracles of Jesus including His own resurrection. But now Jesus was about to RENEW their relationship with God. This new walk with the Lord was going to be one of walking by faith, not by sight.

We may not know where God wants to move us or what job we will have next year, but we know God is faithful. We know God sent the Holy Spirit to lead us and guide us. We know God hears our prayers. We know God keeps His promises. We know these because we know God.

## WRAP-UP

(See How to Use This Resource on page 5.)



24/7: RENEW

# FAMILY

**“IT IS NOT GOOD FOR THE MAN TO BE ALONE. I WILL MAKE HIM A HELPER CORRESPONDING TO HIM.” —GENESIS 2:18**

When God created the first family, He did so with the thought and heart that we were not created to do this life alone. And I would argue, this is especially true for the coaching couple/family. When the world loves us because we are winning, the family celebrates with us and keeps us grounded. When the world comes against us because we are losing, the family stays walking together because nobody should be alone.

## WARM-UP

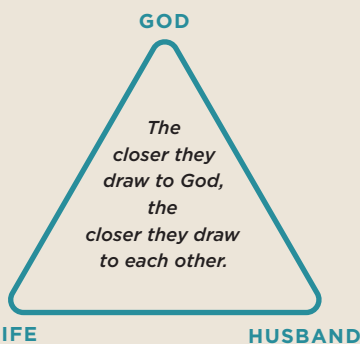
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## WORKOUT

**“WHEN THE DAY OF PENTECOST HAD ARRIVED, THEY WERE ALL TOGETHER IN ONE PLACE.” —ACTS 2:1**

As Peter and the disciples waited for the Holy Spirit, they were together. When someone grew impatient, someone else was there to remind them of God’s promise. When someone was struggling with their faith, another was there to remind them of the faithfulness of God. **There are times when we need to borrow one another’s belief during the hard times so we can celebrate the power of God in the good times.**

Now read Acts 2:2-6. The time had arrived. The waiting was over. They experienced God in a new way through the power of the Holy Spirit. They would never be the same. And because they were together in the waiting, they experienced God together in all His wonder. When we have these experiences together, we can’t help but live with a renewed purpose together. The followers and disciples of Jesus were a family going through high, lows and everything in between. It strengthened their faith as individuals but also strengthened their connection as a family.



We can see the same in our marriages. If you look at this triangle picture, it’s a great illustration of the direct correlation between our relationship with God as individuals and our relationship with each other as a couple. The closer we draw to God, the closer we draw to each other. When we experience the power of God in ups and downs of the coaching life, we can’t help but grow closer to each other in the process.

## WRAP-UP

(See How to Use This Resource on page 5.)



## 24/7: RENEW **FINANCE**

**“EACH PERSON SHOULD DO AS HE HAS DECIDED IN HIS HEART—NOT RELUCTANTLY OR OUT OF COMPULSION, SINCE GOD LOVES A CHEERFUL GIVER.” —2 CORINTHIANS 9:7**

Financial counselor Dave Ramsey came to a conclusion when it comes to giving. He said, “When people get scared, they quit giving.” As a coaching family, we understand the concept of not quitting, but what about when it comes to giving. Do we give based on our fears, or do we give based on our faith?

### **WARM-UP**

(See How to Use This Resource on page 5.)

### **WORKOUT**

When Peter, disciples, and followers of Jesus encountered the Holy Spirit, they were different. They had a new purpose, a new heart and new priorities.

**“THEY DEVOTED THEMSELVES TO THE APOSTLES’ TEACHING, TO THE FELLOWSHIP, TO THE BREAKING OF BREAD, AND TO PRAYER. EVERYONE WAS FILLED WITH AWE, AND MANY WONDERS AND SIGNS WERE BEING PERFORMED THROUGH THE APOSTLES. NOW ALL THE BELIEVERS WERE TOGETHER AND HELD ALL THINGS IN COMMON. THEY SOLD THEIR POSSESSIONS AND PROPERTY AND DISTRIBUTED THE PROCEEDS**

**TO ALL, AS ANY HAD NEED. EVERY DAY THEY DEVOTED THEMSELVES TO MEETING TOGETHER IN THE TEMPLE, AND BROKE BREAD FROM HOUSE TO HOUSE. THEY ATE THEIR FOOD WITH JOYFUL AND SINCERE HEARTS, PRAISING GOD AND ENJOYING THE FAVOR OF ALL THE PEOPLE. EVERY DAY THE LORD ADDED TO THEIR NUMBER THOSE WHO WERE BEING SAVED.” —ACTS 2:42-47**

What can we learn about how these followers did life in a new way?

1. They were completely devoted to Christ.
2. They lived in community together.
3. What they had wasn't theirs but God's.

Too often, we can see money as ours, instead of “every gift comes from God.” These followers of Jesus didn't go without but also didn't find joy in their possessions. They found joy in serving God and helping others by meeting one another's monetary needs in the name of Christ. They gave because Christ gave first. We must understand God is not asking us to do anything He wasn't willing to do Himself. We serve a generous God who gave. *“For God loved the world in this way. He GAVE his one and only Son, so that everyone who believes in him will not perish but have eternal life”* (John 3:16; emphasis added).

We can have money or money can have us; we know the difference by how we view giving.

### **WRAP-UP**

(See How to Use This Resource on page 5.)

# RENEW DISCOVERY BIBLE STUDY

## WELCOME

1. What are you thankful for?

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2. What are you struggling with?

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## WARM-UP

3. How did you obey last week?

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4. Whom did you share with?

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To learn how to use DBS, scan this QR Code for the training.

## WORKOUT

### TODAY'S SCRIPTURE

Woman at the Well: John 4

- 5. What does this say about God?** (Father, Son, Holy Spirit)
- 6. What does this say about people?**

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### WRAP-UP

- 7. By God's grace how will you obey God's Word this week?**
- 8. Whom will you share this Scripture passage with this week?**

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# REFUEL

**“AND TO KNOW CHRIST’S LOVE THAT SURPASSES KNOWLEDGE, SO THAT YOU MAY BE FILLED WITH ALL THE FULLNESS OF GOD.” —EPHESIANS 3:19**

In 2023, during the regular season, Oklahoma softball, the number one team in the nation, lost to unranked Baylor 4-3. Here are some of the comments on social media: “Well, there goes our softball season.” “What is wrong with us?” “I guess you can kiss the three peat goodbye.”

The next week they beat the new number one team in the nation, UCLA, 14-0. Here are the comments on social media: “Could this team be the greatest?” “I never doubted.”

When our faith is based on the ever-changing world of sports, ever-changing circumstances in sports and the ever-changing opinions of others, we will live on a roller coaster of emotions. Unchanging faith is based on an unchanging God.

The apostle Paul understood this when he was arrested for preaching about Jesus and was on a ship headed to Rome when the ship wrecked. Read Acts 28:1-6.

People “assumed” he was a convicted murderer. Then they “assumed” he was a god. Neither was true. His faith wasn’t in the changing opinions of others but in God.

He could have believed one and been destroyed by doubt or believed the other and been destroyed by pride. Instead, Paul knew exactly who he was because he knew the God who created him and the purpose God had for him. The changing thoughts of others didn’t change his plan or his hope. He got to Rome and kept preaching while in house arrest.

How do we have unchanging faith in an ever-changing world 24/7? Ask questions.

**Where is my focus?** Is it on my storm or God who controls even the wind and waves of storms? Is my focus on bad circumstances or good God?

**Where are my feet?** Am I in church or my bed? Am I in community with people that encourage my faith?

**How am I being fueled?** Am I fueling my fears and insecurities with social media, or am I fueling myself with the Word of God that reminds us that we are on the side of VICTORY?

*“Jesus Christ is the same yesterday, today, and forever”* (Hebrews 13:8). In a world that’s always changing, may we cling to the God who never does!



24/7: REFUEL

# FAITH

**“LET US RUN WITH ENDURANCE THE RACE THAT LIES BEFORE US, KEEPING OUR EYES ON JESUS, THE PIONEER AND PERFECTER OF OUR FAITH.” —HEBREWS 12:1-2**

There are usually two different types of people in a marriage: one that refuels their car at a quarter tank left and one that coasts into the gas station on fumes. This can play itself out in our marriages and jobs as well. One knows their limits and can unplug while the other goes and goes until they make themselves sick or become short with everyone in the house or locker room. As coaching families, our lifestyle is full of ups and downs, wins and losses, and we need someone to cling to that is a rock and will help us refuel. Good news! *“I am at rest in God alone; my salvation comes from him. He alone is my rock and my salvation, my stronghold; I will never be shaken”* (Psalm 62:1-2).

## WARM-UP

(See How to Use This Resource on page 5.)

## WORKOUT

Before Peter and the disciples started the first church “devoting themselves to the apostles’ teaching, to fellowship, to the breaking of bread, and to prayer” that we learned in Renew, they had to learn these foundations from Jesus Himself, and so do we. We can get so busy doing for God, we can forget to be alone with God.

**“[JESUS] SAID TO [THE APOSTLES], ‘COME AWAY BY YOURSELVES TO A REMOTE PLACE AND REST FOR A WHILE.’ FOR MANY PEOPLE WERE COMING AND GOING, AND THEY DID NOT EVEN HAVE TIME TO EAT.” —MARK 6:31**

Can you relate? So busy coming and going, maybe even reporting everything you are doing to the Lord, but never stopping to eat. The same thing Jesus tells them in Mark 6 is the lesson they learned in starting the first church in Acts 2: we are always going to be busy, people are always going to need something from us, but we must take time to talk with the Lord and ask those questions we learned in the intro: *Where is my focus? Where are my feet? How am I being fueled?*

Our faith is fueled when our focus is on Christ in prayer, feet planted in His Word, and connected with the body of Christ. Jesus taught this, led by example in this and the disciples followed this. Too often, when we get busy, the first thing that goes is our time with the Lord in His Word. The one thing we think is expendable is actually the one thing that isn’t.

There is a battle for our time, attention, focus, identity, marriage, family, etc. But the Lord has given us a weapon against the enemy in this war: *“Take the helmet of salvation and the sword of the Spirit—which is the word of God”* (Ephesians 6:17). When our focus is on our salvation in Christ and our feet are planted in the Word of God, then we are fueled by the power of God.

## WRAP-UP

(See How to Use This Resource on page 5.)



24/7: REFUEL

# FAMILY

**“I PRAY THAT THE GOD OF OUR LORD JESUS CHRIST, THE GLORIOUS FATHER, WOULD GIVE YOU THE SPIRIT OF WISDOM AND REVELATION IN THE KNOWLEDGE OF HIM.” —EPHESIANS 1:17**

As spouses, we need prayer. As parents, we need prayer. As a coach, we need prayer. We need the Spirit of wisdom to know what to say, when to say, what to do, and when to do it. Author BJ Thompson said it this way, “I would argue the greatest sign of pride is not the presence of boasting but the absence of prayer.” How prideful are we to think we can have a godly marriage, raise godly children, and get through this coaching profession without seeking God in prayer to help us love and forgive our family in our home or our team.

## WARM-UP

(See How to Use This Resource on page 5.)

## WORKOUT

Prayer humbles us before God. Prayer teaches us the wisdom from God. Prayer connects us to the power of God.

As a coaching couple we should have a desire to have influence: influence in our home, on our team and in our communities. **But it takes a prayer life in private to have Christlike influence in public.** Praying for one another and praying with one another.

Jesus set the example for this as the “pioneer and perfecter of our faith.” In Matthew 14, Jesus had sent His disciples in a boat ahead of Him, and when He decides to join them, He walks on water to get to them. **JESUS WALKS ON WATER.** Not only that, but Peter walks on water too. Something nobody has done before or since. In verse 32, Jesus and Peter got back into the boat the storm stopped, *“Then those in the boat worshiped him and said, ‘Truly you are the Son of God.’”* Jesus’s moment of influence didn’t start when He walked on water in front of the disciples; it started in verse 23 when He was by Himself: *“After dismissing the crowds, he went up on the mountainside by himself to pray”* (Matthew 14:23).

He teaches us that what we do when nobody is watching (prayer by ourselves—integrity) prepares us for when everyone is (influence). Jesus not only shows us we need to pray but tells how to pray in the Lord’s Prayer:

**“THEREFORE, YOU SHOULD PRAY LIKE THIS: OUR FATHER IN HEAVEN, YOUR NAME BE HONORED AS HOLY. YOUR KINGDOM COME. YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN. GIVE US TODAY OUR DAILY BREAD. AND FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR DEBTORS. AND DO NOT BRING US INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE.” —MATTHEW 6:9-13**

What God wants to do through us as a coaching family must first be shown to us through prayer.

## WRAP-UP

(See How to Use This Resource on page 5.)



24/7: REFUEL

# FINANCE

**“FOR WHERE YOUR TREASURE IS, THERE YOUR HEART WILL BE ALSO.” —MATTHEW 6:21**

There is an important lesson we can learn when it comes to fire. Fire, when it is contained and with boundaries, can warm a house in a fireplace or cook a meal on a stove. Fire, when it gets out of control, outside of containment can destroy everything in its path. This same lesson can be applied to money. It has its place, but when it has our hearts, it can destroy relationships, marriages, and lives. There is a quote when it comes to people and money that can be convicting; “Use money and love people. Don’t love money and use people.” In a world where money can appear to have all the power, the reality is God has the power. He teaches us throughout all of Scripture how to use money and love people.

## WARM-UP

(See How to Use This Resource on page 5.)

## WORKOUT

It’s interesting in Jesus’s Sermon on the Mount that in between His lesson on giving to the poor and His lesson on storing up treasures on earth, both lessons on money, is His lesson on how to pray (the Lord’s Prayer). We need the Lord’s help when it comes to our heart and money.

Jesus saw an opportunity to teach Peter and the disciples about money as they

watched a crowd drop money into the temple treasury. *“Many rich people were putting in large sums. Then a poor widow came and dropped in two tiny coins worth very little. Summoning his disciples, he said to them, ‘Truly I tell you, this poor widow has put more into the treasury than all the others. For they all gave out of their surplus, but she out of her poverty has put in everything she had—all she had to live on’”* (Mark 12:41-44).

The rich gave out of abundance of money; the woman gave out of abundance of love. God is less concerned about what we give than the heart behind why we are giving. Do we give out of obligation or conviction? Do we give out of abundance or sacrifice? Is our security in our bank account or the Lord? One way we can know if money has us or we have money is how we give away our money. Do we give our tithe to the church? Do we give to those in need?

We often think, “I will give when I have more,” when the reality is, if we don’t give when we have little, we won’t give when we have more.

Peter and the disciples understood this lesson they learned from Jesus and applied it to the first church when they *“sold their possessions and property and distributed the proceeds to all, as any had need”* (Acts 2:45).

They had been given much from Jesus and were going to give much as His followers.

## WRAP-UP

(See How to Use This Resource on page 5.)

# REFUEL DISCOVERY BIBLE STUDY

**WELCOME**

1. What are you thankful for?

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**WARM-UP**

3. How did you obey last week?

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4. Whom did you share with?

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To learn how to use DBS, scan this QR Code for the training.

## WORKOUT

### TODAY'S SCRIPTURE

Jesus in the Wilderness: Matthew 4

**5. What does this say about God?**  
(Father, Son, Holy Spirit)

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**6. What does this say about people?**

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### WRAP-UP

**7. By God's grace how will you obey God's Word this week?**

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**8. Whom will you share this Scripture passage with this week?**

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**“AND MAY THE LORD CAUSE YOU TO INCREASE AND OVERFLOW WITH LOVE FOR ONE ANOTHER AND FOR EVERYONE, JUST AS WE DO FOR YOU” —1 THESSALONIANS 3:12**

We live in a world where the scoreboard is the measure of success, the lights we play under can outshine the light on us and the roaring applause from people we don't know means more than the voices we do. Then we sit in our church on Sunday morning and refuse to get into the game. Whether it's the obscurity of sharing Jesus with a small crowd or the intimidation of sharing Jesus with anyone, when it comes to being a disciple of Christ, we can “sit and take” instead of “go and make.”

If we call ourselves a follower of Christ, it doesn't matter if we have the professional title of coach, teacher, mom or doctor, we are supposed to be a disciple of Christ and make disciples for Christ. We do this in three ways:

- **Show** Christ by how we live.
- **Share** Christ in what we say.
- **Serve** Christ in what we do.

Peter and the other disciples had experienced the life and death of Christ, the resurrection of Christ, and knew they were to go and make disciples out of the overflow of Christ living in them, and that is exactly what they did: *“Many of those who heard the message believed, and the number of the men came to about five thousand”* (Acts 4:4). You see, that's how their day was going but not how their day began.

*Read Acts 3:1–12.*

Whether our dream is coaching in front of a crowd of five thousand or sharing our faith with just one, either way it all starts with taking part in the prayer service first. They were ready to serve Christ by healing this man and sharing Christ with the crowd because they sought Christ in prayer and community worship at the temple. They didn't set out to preach to the thousands but to pray to the ONE. This is how our Lord works—when we surrender to Him, He opens the doors to share our faith with others. We just have to be ready to walk through the doors. Are you ready?





24/7: READY

# FAITH

## “BY FAITH . . .” —HEBREWS 11

In our world of sports, one of the highest honors is to be in a hall of fame. Athletes in a hall of fame have proven to the world they are among the best in their game. The Bible has its own hall of fame, known as the hall of faith in Hebrews 11. By faith, they were ready to be used by God. Noah built an ark in the middle of a desert. *“By faith Noah . . . built an ark to deliver his family”* (Hebrews 11:7). Abraham and Sarah moved away from their home, not knowing where God was taking them. *“By faith Abraham, when he was called, obeyed and set out for a place that he was going to receive as an inheritance . . . even though he did not know where he was going”* (Hebrews 11:8). Because they walked by faith, they were ready to be used by God, and we can too!

## WARM-UP

(See How to Use This Resource on page 5.)

## WORKOUT

Peter and the disciples had walked with Jesus, talked with Jesus, followed His teachings, were prayed up and now were ready to be used by God. By faith, they were ready to share Jesus to all people including the recently healed man on his mat to the people who witnessed this miracle to the Pharisees who confronted them.

Read Acts 4:5-13.

Two reasons we often think God won't and can't use us are:

1. Struggles are too big.
2. Strengths are too small.

We can lose the competition in our minds before we ever get to compete.

We think thoughts that include:

“If you knew my past, there is no way God would use me.”

“I don't know enough to share my faith with others.”

“What if I mess this up?”

Jesus said, *“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age”* (Matthew 28:19-20). This is known as the Great Commission, NOT the great suggestion.

**When we surrender our lives to Christ, our relationship with Him is personal, but it should never be private.** We are called to share and show Christ to all the Lord puts in our path as coaches, teachers and parents with the same boldness Peter had. Remember, this is the same Peter that denied knowing Christ to a servant girl who is now speaking boldly to the religious leaders. This is the same Peter that was unschooled in the Jewish Scriptures and just a fisherman. Yet he healed a lame man because of the power of Christ. We have the same power of the Holy Spirit leading us as Peter. Peter's life is an example that God can use anybody at any time to do anything. Why not us?

## WRAP-UP

(See How to Use This Resource on page 5.)



24/7: READY

# FAMILY

**“IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, SO THAT THEY MAY SEE YOUR GOOD WORKS AND GIVE GLORY TO YOUR FATHER IN HEAVEN.” —MATTHEW 5:16**

If we grew up in Sunday School or listened to our children after church, more than likely we have heard the song “This Little Light of Mine.”

As believers, we are being called by Jesus and reminded in this song that we are to shine the light of Christ. Lights are not dim but bright. Lights are not hidden but show the way.

## WARM-UP

(See How to Use This Resource on page 5.)

## WORKOUT

Clemson head football coach Dabo Sweeney was quoted as saying, “Make sure the light in you is brighter than the light shining on you.” Being a coach and part of a coaching family, there seems to be a spotlight on us. People watching to see how we act. Fans wanting to see how we react. And if people are watching, the question is, What are they seeing? In Acts 10, we meet a man by the name of Cornelius. Cornelius was a centurion, a leader of 80-100, men in the Roman army. And what type of leader was he in the spotlight? *“He was a devout man and feared God along with his whole household. He did many*

*charitable deeds for the Jewish people and always prayed to God” (Acts 10:2).*

God heard Cornelius’s prayers. God saw how Cornelius loved people. God sent Peter to Cornelius.

Up to this point, the message and salvation of Jesus were for the Israelites. God used Cornelius to show Peter that Jesus wanted to bring salvation to all those who would seek Him, even those who are different from him. God used Peter to show Cornelius: God sees us, hears us, wants to use us and will send others to help us. *“Peter responded [to Cornelius and his soldiers], ‘Can anyone withhold water and prevent these people from being baptized, who have received the Holy Spirit just as we have?’ He commanded them to be baptized in the name of Jesus Christ. . . .” (Acts 10:46–48).*

As a coaching family, we have been given a mission field of people that may think different from us and players/coaches/families that may come from a different background than us. God’s desire for us is to celebrate our differences but serve the same God.

Cornelius was still an Italian. He was still a leader in the Roman army. He was still a Gentile. But now as a follower of Jesus, God will use him exactly where God has him to share Jesus, show Jesus and serve his army in the name of Jesus. His mission field will look different from Peter’s. As a Christian family, we are all on a mission together and individually. Let Christ’s light shine through you.

## WRAP-UP

(See How to Use This Resource on page 5.)



## 24/7: READY **FINANCE**

**“BE HOSPITABLE TO ONE ANOTHER WITHOUT COMPLAINING. JUST AS EACH ONE HAS RECEIVED A GIFT, USE IT TO SERVE OTHERS, AS GOOD STEWARDS OF THE VARIED GRACE OF GOD.” —1 PETER 4:9-10**

When we were kids, was there anything greater than receiving gifts on Christmas morning? We tried to stay awake just to drift off and wake up again at dawn to run downstairs to see what presents were ready to open. As we have gotten older, the joy to watch others open their presents we give them including our children, our parents, our spouse is just as exciting. We can have joy in both receiving and giving.

### **WARM-UP**

(See How to Use This Resource on page 5.)

### **WORKOUT**

Although we didn't have a problem receiving as kids, sometimes we can have a problem receiving as adults, especially when it comes to money. Maybe we have fallen on hard times financially with the loss of a job, and we need help with money or a place to stay; it can often be easier to give than it

is to receive. It's humbling to need help with money or offered meal, but that's how the body of Christ is supposed to work. At times God will ask us to give to someone in need, but then other times we need to be ready to receive—and that is OK. We must be ready for both. We can give because we have received, and we can receive because we have been given.

We learn that Jesus as the Son of God, King of kings and Messiah of the world and His disciples were supported by other people in their ministry (Luke 8:1-3).

Be encouraged to know from the moment Jesus was born, He used someone else's stable. Throughout His ministry, He was supported by other people's resources. And yes, even the tomb where His body lay after the crucifixion was given to Him by Joseph of Arimathea. It's humbling and sometimes hard to reach out to others to ask for help whether its prayer, someone to talk to and yes, even financial help, but If Jesus and His disciples can do it, so can we.

### **WRAP-UP**

(See How to Use This Resource on page 5.)

# READY DISCOVERY BIBLE STUDY

## WELCOME

1. What are you thankful for?

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2. What are you struggling with?

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## WARM-UP

3. How did you obey last week?

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To learn how to use DBS, scan this QR Code for the training.

### WORKOUT

#### TODAY'S SCRIPTURE

Esther saves her people: Esther 4:7-5:6; 7:1-4

**5. What does this say about God?**  
(Father, Son, Holy Spirit)

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**6. What does this say about people?**

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#### WRAP-UP

**7. By God's grace how will you obey God's Word this week?**

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**8. Whom will you share this Scripture passage with this week?**

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## 24/7: CTO CONCLUSION

# OVERFLOWING MARRIAGE

Your marriage has been on a journey from overwhelmed to overflowing.

Throughout this CTO study, you learned about the up-and-down journey and faith of Peter and the disciples. They taught us about faith, family, and finances as followers of Jesus . . . 24/7.

By now, you and your spouse have discussed, in detail, what this looks like. When Jesus becomes greater, everything changes. Reorienting your life and marriage around Him transforms your views and what you value.

Before this journey ends, consider the theme verse one last time.

**“NOW MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE AS YOU BELIEVE SO THAT YOU MAY OVERFLOW WITH HOPE BY THE POWER OF THE HOLY SPIRIT.” —ROMANS 15:13**

## RECAP

Jesus is telling Simon Peter if you want to catch fish you have to go deeper. When it comes to our faith, God wants us to go deeper in our relationship with Him. He wants our trust in Him to be deeper, our relationship with

Him to be stronger. Often this can feel overwhelming because we want to grow deeper, but we don't know how. The key to growing deeper in our faith and going from overwhelmed to overflowing is doing more of what matters most.

In the same way, you and your spouse are called to overflow in your love and service for Christ and each other. Jesus wants to use your marriage to serve a lost and hurting world in desperate need of Jesus. Like Peter and the disciples that started the first church, we have to adapt the foundations of Jesus. That includes being alone with God to be ready to share with others.

In arguably the most influential position in today's world, as a coach and spouse, you are positioned for generational impact in the lives of your athletes and fellow coaches. Yet, it all comes down to your relationship with Jesus and then your relationship with your spouse. Overflow into winning at home.

Apply all that you learned in this resource to your marriage. Don't wait. Start today. Continue the regular rhythm of diving deep into discussion with one another.

Coaching can be tough. So can marriage. The two combined are sure to put even your best game plan to the test. Sometimes you need to call a timeout.

Coaches TimeOut (CTO) is FCA's coaches marriage ministry designed to help coaches and spouses win where it matters most—at home. Just like in competition, a timeout helps you and your spouse catch your breath, evaluate where you are, and refocus on the game plan. You're not on this journey alone.

CTO is designed to help coaches and spouses grow in their relationships with Jesus Christ and each other. It's time to get back to the Xs and Os in your marriage in these key areas:



**FAITH** Regardless of your faith journey, Jesus Christ has a greater plan for your marriage. When He's at the center, everything changes.



**FAMILY** As a coach, you're always on the go. You soon realize that you spend more time in the locker room than at the dinner table. Ensure that your family gets the best of you instead of what's left of you.



**FINANCE** Whether you make a little or a lot, a lack of intentionality can cause financial pressure. Learn to steward your money in healthy ways through financial fundamentals.

## GTO EVENTS

Timeouts are critical for victory. Just like in competition, your marriage needs time set aside when you can catch your breath, evaluate where you are, and refocus on the game plan.

Hosted around the world, CTO events are created with you in mind. Surround yourself with like-minded people and learn how to deepen your relationship with your lifelong teammate.

CTO events are designed to help you and your spouse:



### REINVEST RELATIONALLY

The craziness of coaching can weigh on your marriage. Spend quality time centered on quality conversations. Invest in what matters most—each other.



### REST MEANINGFULLY

A timeout can shift momentum. A change of pace with a change of place provides a change of perspective. Evaluate the game plan of your marriage and make necessary adjustments to help you win at home.



**RENEW SPIRITUALLY** The heartbeat of CTO events centers on your faith journey. Transformation in your marriage is possible through Jesus Christ. Whether it's your first CTO event or you've lost count of how many you attended, your faith will deepen through Christ-centered biblical teaching.

If a timeout can change the outcome of a game, what can a Coaches TimeOut event do for your marriage?



[cto.fca.org](http://cto.fca.org)

# GET INVOLVED

WITH FCA

## DAILY IMPACT PLAY

Geared toward Christian coaches and athletes, **Daily Impact Play** is an email newsletter and social media outlet to engage, equip and empower readers to be stronger Christian competitors. Sign up to receive Daily Impact Play devotionals every day or follow @fcaimpactplay and our Facebook page.



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## YOUVERSION

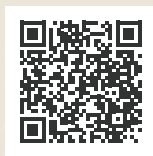
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## FCA RESOURCES

**FCAResources.com** is a platform that houses devotionals, reading plans, articles, icebreakers, FCA logos, photos and other materials for coaches, athletes and FCA staff to use in their areas of ministry. Access FCA's top devotional and study content.



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