



PARENTING ATHLETES



**A PARENT'S PLAYBOOK TO
BLESS AND SUPPORT KIDS
INVOLVED IN SPORTS**

01 LOVE

- **Goal:** Ensure kids remember they are always loved by God and their family, regardless of performance.
- **Biblical Foundation:** "Perfect love drives out fear" (1 John 4:18).
- **Run the Play:**
 - **Focus:** Remove unnecessary pressure and encourage enjoyment.
 - **Emphasize:** Love is unconditional, based on being our child, not on achievements. Love remains constant, whether children score high or low, regardless if they win or lose.
- **Call the Play:** Use phrases like: "Play free, play loved, and have fun!" or "I love watching you play." or "I am proud to be your mom/dad, always."

02 ABC'S

- **Goal:** Teach kids to focus on things they can control in sports and life, such as their own attitude, belief, and effort.
- **Biblical Foundation:** "Work with all your heart, as if serving the Lord" (Colossians 3:23-24).
- **Run the Play:**
 - **Focus:** Prioritize attitude, belief, and competing well over outcomes. Teach kids to always give their best and work as if serving the Lord.
 - **Emphasize:**
 - **A for Attitude:** Positive attitude determines success; be a great teammate and student.
 - **B for Believe:** Maintain a positive mindset and confidence, regardless of game results.
 - **C for Compete:** Give 100% effort, no matter the score or playing time.
- **Call the Play:** Call out and celebrate the ABC's when your kids demonstrate them. Say phrases like: "You can't control all the outcomes, but you can control your attitude." or "Great job competing until the very end."

03 WORK

- **Goal:** Help kids understand the importance of perseverance and discipline, even when facing difficulties.
- **Biblical Foundation:** "We are hard pressed on every side, but not crushed; perplexed, but not in despair, persecuted, but not abandoned; struck down, but not destroyed" (2 Corinthians 4:8-9).
- **Run the Play:**
 - **Focus:** Encourage a strong work ethic, especially through adversity.
 - **Emphasize:** Teach kids that winning in life requires hard work and discipline to achieve their goals. We all will face adversity in life.
- **Call the Play:** Praise and encourage when you see your kids take initiative to practice on their own. Be patient in understanding that self-discipline and work ethic are built over time. **Say phrases like:** "I am proud of how hard you are working to improve." or "Showing up and working hard is a success."

04 TRUST

- **Goal:** Remind kids to trust the process and embrace the journey, regardless of setbacks.
- **Biblical Foundation:** "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).
- **Run the Play:**
 - **Focus:** Understand that success takes time, and there are no shortcuts. Fall in love with the journey.
 - **Emphasize:** Success on and off the playing field, court or competition floor takes time; a single bad play or loss doesn't define us. Life is full of ups and downs, and learning to embrace them helps foster resilience and health.
- **Call the Play:** Share your personal experiences overcoming adversity and trusting the Lord. **Say things like:** "Trust the process, embrace the journey, and never quit."

05 BIGGER

- **Goal:** Inspire our children to understand that life is bigger than sports; it's about ministry and reflecting the character of Jesus.
- **Biblical Foundation:** "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" (Matthew 28:19-20)
- **Run the Play:**
 - **Focus:** Sports are temporary, but our impact for Jesus is eternal.
 - **Emphasize:** A life well lived for Jesus is the ultimate goal, beyond achievements in sports, academics or career.
- **Call the Play:** Celebrate character and love for others more than wins, losses, or playing time. Talk often about sportsmanship, respect of officials, coaches and other players. **Ask questions like:** "How are you loving your team and reflecting Jesus every practice and every game?"

**“AS PARENTS, OUR
ROLE IS TO BLESS
OUR CHILDREN AND
GUIDE THEM
TOWARD A HIGHER,
GOD-GIVEN PURPOSE.”**

The background is a dense collage of light gray silhouettes and line drawings representing various sports and activities. It includes figures running, jumping, swimming, playing basketball, tennis, badminton, and archery. Sports equipment like a tennis racket, badminton racket, basketball, and a wheelchair are also depicted. The overall theme is active and healthy living.

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