

How to Use the Playbook

Imagine a renowned coach of your sport saying to you, “For 12 weeks I’ll meet with you and give you my wisdom and insight.” Do you think you would grow as a coach? No question. That’s what the Bible is like—God Himself wants to tutor you. This playbook is a self-study of biblical truth, tailored to coaches and the issues faced in coaching life. But the book does no good sitting on a shelf. Benefits don’t come without effort.

This playbook is like a weight room. The effort you put into it determines the results you get out of it. If you use it to get to know God through Scripture, it will help you grow in the faith, refine your character, and improve your Christian leadership. It will help you grow as a Christian and a coach. It will also produce some great meetings and fun conversation with your fellow coaches. Take the opportunity to become a Christian coach of excellence!

- **DO THE LESSONS BEFOREHAND**

It’s a shame when player squanders great talent. The same is true when Christians never make time for God in His Word. This playbook makes studying the Bible easy through four short devotionals—each only takes about 10 minutes. You expect players to show up ready to play. Likewise, your study leader expects you to show up already having studied your playbook. Writing down your answers will help you think more about what God is revealing in His Word. It will also help you better remember that truth.

- **ANSWER THE QUESTIONS THOUGHTFULLY**

This playbook makes Bible study easy by using the simple, three-step Inductive Bible Study Method: (1) observation (what does the text say?); (2) interpretation (what does it mean?); and (3) application (how do I apply this in my life?). This study questions are designed to help you these three steps. Soon you’ll do them with ease.

- **USE THE STUDY NOTES**

At the end of each lesson are four pages of study notes to help you understand text. The study notes are a summary of research from commentaries and the original languages that provide interesting word studies, historical background, and theological insights. Though deep in scholarship, they are easy to read because they are full of illustrations from sports and coaching. If you read these notes you may learn more than even some pastors do about the book! Underline and highlight things from the notes that impacted you and share them with the group.

- **SHOW UP READY TO SHARE**

Each person is important to a group Bible study, so bring your thoughtful and honest answers to the table. These studies are not designed like a Sunday school class where one person talks and everyone else listens. They’re made to be group discussions. God has given every coach in the room different gifts, insights, and life experience to share with others. Don’t keep what God’s shown you a secret; share it.

- **ATTEMPT THE APPLICATIONS DAILY**

The application questions might be the most dynamic part of the whole study. They are specifically designed for the coaching life, so try them! You may find God orchestrating your life’s events to reveal Himself to you as never before. Give them and Him a legitimate shot to change you. Use the black box at the end of each lesson for you to write in a personal goal and keep track of what God is showing you during your months of study.

- **PRAY FOR ONE ANOTHER**

The demands of the job lead most coaches to neglect prayer—their easiest way of getting help! It is vital to share honest prayer requests during this journey together. Prayer will knit you together in Christ and help you develop relationship and accountability. As Jesus modeled, prayer is an essential part of the Christian life.