

# 3D DIMENSIONAL COACHING+™

COMPANION BIBLE STUDY

HEART

PSYCHOLOGY

FUNDAMENTALS

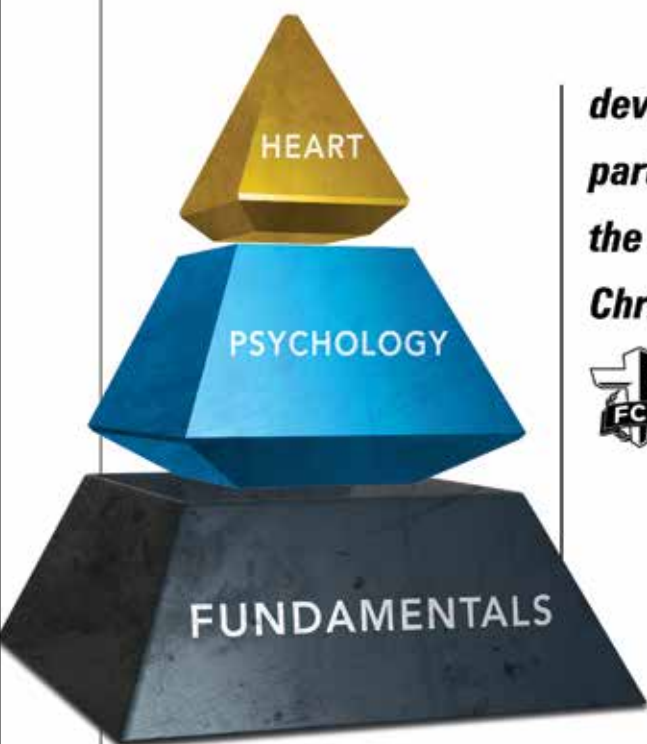
*developed in  
partnership with  
the Fellowship of  
Christian Athletes*





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## LETTER FROM JEFF DUKE

Throughout the world, sports have become an icon of popularity from the very young to the elderly. With the rise in the popularity of sports, the coach's influence has risen as well. Coaches often take on the role of an authority figure whose influence on young people helps shape their value systems and impacts the trajectory of their lives. For many reasons, these value systems are being lost or de-emphasized. It is with this premise that we at the 3D Institute are making a concerted effort to encourage and educate the coaching community so they are equipped to meet the demands of our changing sports culture.

The 3D Institute is excited to partner with the Fellowship of Christian Athletes, a level 3 partner (3<sup>rd</sup> Dimension) in training. FCA uses the 3D framework as a visual reference for coaches to identify their coaching philosophy as related to faith-based principles that are backed by current research.

FCA has helped create a faith-based version of our training called 3Dimensional Coaching+. This version contains additional videos at the end of each module provided by FCA that help coaches understand faith-based principles that are related to various teaching points in the 3D training.

Regardless of whether you go through the 3Dimensional Coaching or the 3Dimensional Coaching+ version of the content online, we encourage every coach to connect with FCA. FCA has been helping coaches be transformational in their relationships for over 60 years now, and we count it as our privilege to have such a great level 3 partner.



**Dr. Jeff Duke, Ed. D.**  
3D Institute - President



## BUILDING A LEGACY

Coaches have an extremely powerful platform because of the cultural influence of sports. What coaches say, what they do, and how they make athletes feel will often be remembered long after their playing days are over. Coaches will leave a legacy. What will that legacy be?

### **A Foundation of Purpose**

To maximize their influence for good, coaches must be clear about why they coach. 3D Coaches impart life-changing messages and develop coaching strategies to help athletes develop holistically. A clear understanding of your transformational purpose is foundational to effectively using the 3D Coaching framework.

### **The 3D Framework**

The 3D Coaching framework empowers coaches to fulfill their transformational purpose by helping them intentionally focus on becoming:

- Fundamentally sound (1<sup>st</sup> Dimension).
- Skilled at coaching the mind (2<sup>nd</sup> Dimension).
- Focused on developing the heart (3<sup>rd</sup> Dimension).

### **The 3D Journey**

Most often, a clear understanding of purpose comes through a journey of discovery. Coaches must seek to understand how outside cultural influences and pressures, along with their own individual experiences, have shaped their understanding of why they coach. It's by embarking on a deliberate journey of discovery that a clarity of purpose begins to emerge.

### **Roadmap for the Journey**

The 3Dimensional Coaching journey is structurally based on The Learning Circle, the work of Mike Breen and the team at 3D Movements. The Learning Circle provides a roadmap for the 3D journey and takes coaches through a process of "rethinking" and "reforming." Before coaches craft a transformational purpose statement for their coaching, this guided journey helps coaches "rethink"

their cultural assumptions through a process of observation, reflection, and discussion. Then, through a process of intentional planning and establishing accountability, the course helps coaches “reform” their programs by using the 3D framework to fulfill their transformational purpose.

### **Online Training Overview**

The delivery system to take coaches through the 3D journey is web-based and available in two formats. 3Dimensional Coaching is the core training that is delivered in public universities, public school districts, and typical professional development environments. 3Dimensional Coaching+ is the same core training, but includes additional faith-based content provided by FCA. This helps coaches understand faith-based principles that correspond with each module.

Coaches can take the 3D journey on one of the following web platforms:

- [www.3dinstitute.com](http://www.3dinstitute.com): Offers both the 3D and 3D+ course for college credit and/or certification
- [www.fcacoachesacademy.com](http://www.fcacoachesacademy.com): Offers a free version of the 3D+ course, provided by FCA (no credit/certification offered)

### **About this Resource**

This Companion Bible Study was developed in partnership with FCA and is designed to be used in small group settings by coaches who are enrolled in the 3D+ Course on one of the platforms listed above. This resource expounds upon the faith-based principles that are introduced in the online training modules. For tips on how to lead a small group, see page 101.

### **Connect With Us**

“Like” 3DimensionalCoaching on **Facebook**

“Follow” @3DCoaches on **Twitter**

# OBSERVE

## Module 1: Introduction

### PRE-GAME

Log into your online 3D+ account and complete Module 1.

### GAME TIME

A 3Dimensional coach realizes the power of the coaching platform to inspire, motivate, and produce positive change in his/her sphere of influence. In the video teaching, Dr. Duke explained that 3Dimensional Coaches are:

- 1. Fundamentally sound**
- 2. Skilled at coaching the mind**
- 3. Focused on developing the heart**
- 4. Clear on their Transformational Purpose**

**1. Of these four points, which area(s) would you most like to improve in?**

**2. Why?**

According to Jesus, in his kingdom the greatest commandments are to love God with ALL dimensions of our being (body, mind, heart) and to demonstrate this love for God by loving others with that same kind of love. In other words, we need to love our players in this same way, and learn to value all dimensions of their beings as we coach them.

#### **MARK 12:28-31**

**And one of the scribes came up and heard them disputing with one another, and seeing that he answered them well, asked him, "Which commandment is the most important of all?" Jesus**

answered, "The most important is, 'Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

**3. What does it mean to love God with all dimensions of our being?**

**4. Why do you think this is the most important commandment?**

**5. How can we express God's love to our athletes in all dimensions of their beings?**

### **1 THESSALONIANS 5:23**

**Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.**

In the bible, the word sanctify means to be declared holy, or to be made free from sin. The word sin means to "miss the mark." God created us to flourish in all 3Dimensions, but because of our choices to pursue our own selfish-desires, we have all fallen short and "missed the mark" of God's design for our lives. The bad news is that when we miss the mark, sin brings death into our relationship with God (3<sup>rd</sup> dimension), our relationships with others (2<sup>nd</sup> dimension), and eventually into our physical bodies (1<sup>st</sup> dimension).

### **ROMANS 6:23**

**For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.**

But here is the GOOD NEWS! Through His death, burial, and resurrection, Jesus defeated sin and death! Not only that, but the bible says that 40 days after his resurrection, Jesus ASCENDED to the right hand of God the Father where he reigns and rules all of creation. He has ascended to the position of ultimate authority as King of kings and Lord of lords. As we place our faith in him, the God of peace will fill us with his peace, and sanctify us in all dimensions of our beings. As we come under his Kingdom rule, we will find forgiveness from our past, a helper in the present, and a faithful guide to help us navigate the journey ahead.

## **6. Have you placed your faith in Jesus?**

## **7. Share your story with the group.**

**3DIMENTIONAL COACHING POINT:** God desires the complete integration of our body, mind, and spirit.

## POST-GAME

**MEMORY VERSE:** Mark 12:30-31 – And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’

**CLOSING PRAYER:** Lord Jesus, thank you for the opportunity to impact others through this position called “coach.” Help us not to miss the mark as we seek to lead others in 3Dimensions by first sanctifying us in all 3Dimensions. Forgive us of our sins, help us in this present time, and be with us on the 3Dimensional journey ahead. Amen!



# OBSERVE

## Module 2: The Journey Ahead

### PRE-GAME

Log into your online 3D+ account and complete Module 2.

### GAME TIME

Any real learning that takes place is the result of a growth process, and growth takes time. According to Greek thought, there are two types of time that we experience: Chronos time and Kairos time. Chronos time refers to chronological time. Kairos time refers to the moments that often become spiritual markers in our lives. Kairos moments, whether positive or negative, cause us step off of the Chronos timeline for a season and into a process of self-assessment. The journey ahead is designed to foster a Kairos experience that helps us understand the importance of building our programs using the 3D framework on a foundation of purpose. As a result of this journey, we hope to see athletic programs that are established in the 3 prime virtues of truth, goodness and beauty.

**1. Share a significant Kairos moment you've experienced in your life.**

**2. What impact did that experience have on your life?**

If we desire to create a beautiful and life-giving experience for kids through the athletic experience, we need to remember that it's "form" that defines beauty. The 3D framework provides a form for all three prime virtues, as long as a foundation of purpose has been established in our lives as coaches first.

## **MATTHEW 7:24-25**

**Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock.**

**3. According to Jesus, what is the foundation that we should be building upon?**

**4. How do you stay reminded of this?**

As seen in the life of Moses, every encounter with God's word carries with it the potential to become a Kairos moment that changes the trajectory of our lives. After 40 years of Chronos living in the desert, Moses had a Kairos moment at the base of Mount Sinai that led to an unexpected journey towards fulfilling his transformational purpose.

## **ACTS 7:30-32**

**Now when forty years had passed, an angel appeared to him in the wilderness of Mount Sinai, in a flame of fire in a bush. When Moses saw it, he was amazed at the sight, and as he drew near to look, there came the voice of the Lord: "I am the God of your fathers, the God of Abraham and of Isaac and of Jacob."**

**5. Has there been a time in your life where you became distinctly aware of God's presence/activity?**

**6. How did you respond?**



This one Kairos moment that Moses experienced at the burning bush was not only a significant marker in his life, but it changed the trajectory of the whole world! God instilled in Moses the transformational purpose of liberating the Hebrew people from oppressive taskmasters in Egypt, and setting them free to live as the people of God in their own land. All of a sudden, the world was on a new trajectory towards the Kingdom of God! In due time, the nation that formed (Israel) became the entry point for King Jesus, who is the ultimate manifestation of Truth, Goodness, and Beauty. Through his life, death, burial, resurrection and ascension, Jesus inaugurated God's Kingdom and has now opened the borders for ALL to enter and live in His Kingdom that's governed by truth, goodness, and beauty.

As we seek to build our programs on the foundation of Jesus' teachings, may each of our programs manifest these 3 prime kingdom virtues as well. Although it won't be easy, remember that God's promise to Moses also applies to us as we embark upon this journey:

#### **EXODUS 3:12**

...I will be with you...

**3DIMENSIONAL COACHING POINT:** Because God is with us, we need not fear what is ahead of us.

## POST-GAME

**MEMORY VERSE:** Matthew 7:24 – Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock.

**CLOSING PRAYER:** Father God, we pray for Kairos moments in our own lives so that we can be transformed. We also pray that you would help us build our programs on a foundation of your teachings so that we can be transformational. In the life of Jesus, we see the ultimate demonstration of truth, goodness, and beauty. May those same three prime virtues be made manifest in the lives of our athletes by how we model them, as we seek to emulate you. Thank you for being with us always as we embark upon this journey, and help us to remain faithful each step of the way. We pray these things in Jesus' name. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 3: Motivation I

### PRE-GAME

Log into your online 3D+ account and complete Module 3.

### GAME TIME

A simple principle that coaches can enact to help intrinsically motivate players is simply this: step into the athlete's life away from the athletic environment. Dr. Duke concludes the teaching on motivation by making the following statement: "If you want to make the greatest motivational progress in your team this year, you need to visit every athlete for 15 minutes where they live."

- 1. Brainstorm some ideas about what this might look like for your team.**

#### **LUKE 19:1-10**

**He entered Jericho and was passing through. There was a man named Zacchaeus who was a chief tax collector, and he was rich. He was trying to see who Jesus was, but he was not able because of the crowd, since he was a short man. So running ahead, he climbed up a sycamore tree to see Jesus, since He was about to pass that way. When Jesus came to the place, He looked up and said to him, 'Zacchaeus, hurry and come down because today I must stay at your house.' So he quickly came down and welcomed Him joyfully. All who saw it began to complain, "He's gone to lodge with a sinful man!" But Zacchaeus stood there and said to the Lord, "Look, I'll give half of my possessions to the poor, Lord! And if I have extorted anything from anyone, I'll pay back four times as much!" "Today salvation has come to this house," Jesus told him, "because he too is a son of Abraham. For the Son of Man has come to seek and to save the lost."**

**2. When Jesus went to his house, what impact did it have upon Zaccheaus?**

**3. Why do you think Jesus wanted to visit Zaccheaus at his house?**

Zaccheaus was known as a traitor by his countrymen because he extorted taxes from his own people and gave them to the Roman government while keeping plenty of the money for himself. Jesus had an interest in changing Zaccheaus' motives and behavior, but He didn't try to change them by extrinsically issuing threats or warnings of punishment. Instead, He desired to change his heart by establishing a relationship based in the love of God. What Jesus did for Zaccheaus, He did for all of us when He joined humanity through the virgin birth.

**JOHN 1:14**

**The Word became flesh and took up residence among us. We observed His glory, the glory as the one and only Son from the Father, full of grace and truth.**

**JOHN 3:16-17**

**For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.**

**4. According to these two passages, why did Jesus come into the world?**

**5. What does John 3:16-17 reveal about God's disposition towards humanity?**

**6. Does this understanding help motivate you to follow Jesus?  
Is the motivation more intrinsic or extrinsic? Why?**

### **REVELATION 3:20**

**Listen! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and have dinner with him, and he with Me.**

**7. What does it mean to hear His voice and let Him in?**

**3DIMENSIONAL COACHING POINT:** A 3Dimensional Coach has to be willing to enter into the life of an athlete away from the athletic environment.

### **POST-GAME**

**MEMORY VERSE:** John 3:16 – For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

**CLOSING PRAYER:** Lord Jesus, because of your vast love for us, you came and visited us in our mortality, that we might attain eternal life through faith in you. Thank you for pursuing us in the incarnation, and persisting to bring us back into a right relationship with you through the work of the cross. Help us model this simple action with our players in an effort to build relationships with them. May this simple act help them become intrinsically motivated to pursue excellence in our sport and a deeper relationship with you and others. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 4: Motivation II

### PRE-GAME

Log into your online 3D+ account and complete Module 4.

### GAME TIME

In the video teaching, Dr. Duke explained that there are three different “modeling” behaviors that coaches can implement into their practice plans to help players learn skills and behaviors: leader-modeling, peer-modeling, and self-modeling. The first two can be deliberately controlled by the coach. The third happens as a by-product of the first two, and the result is an intrinsically motivated athlete.

#### **MATTHEW 7:28-29**

**...the crowds were astonished at His teaching, because He was teaching them like one who had authority...**

For the three years leading up to His crucifixion, Jesus established himself as the greatest “leader-modeler” who ever lived. In his teachings, like any good coach, Jesus authoritatively set the course for all who would choose to follow him. Although Jesus was obviously an effective “leader-modeler,” He became more effective as a leader by delegating authority to His followers. He entrusts the job of “peer-modeling” his way of life to all who choose to follow him.

#### **MATTHEW 28:18-20**

**All authority has been given to Me in heaven and on earth. 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.**

- 1. Why do you think Jesus delegated to His followers the task of spreading His message to the world?**
  
- 2. Has it been an effective strategy? Why or why not?**
  
- 3. What is the significance of the promise He made at the end of the passage?**
  
- 4. How does this instruct you as a coach who is seeking to create opportunities for “peer-modeling” on your team?**

After Jesus was crucified and rose from the dead, his followers immediately began proclaiming this news to the people of Israel, and began teaching to all who would listen the things that Jesus had taught them. Later, Jesus appeared to a man named Paul and commissioned him to take the message to the Gentiles (non-Jewish nations). It is in the writings of Paul that we can see a clear pattern of how “peer-modeling” led Paul to become a “self-modeler.”

**1 CORINTHIANS 9:27**

**...I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified.**

- 5. What evidence in this passage is there that Paul was a “peer-modeler” and a “self-modeler?”**



**6. Whether someone is modeling an athletic skill or preaching the Gospel, why do you think that “peer-modeling” tends to lead to an intrinsically motivated “self-modeler?”**

## POST-GAME

**MEMORY VERSE:** Matthew 28: 18-20 —All authority has been given to Me in heaven and on earth. 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.

**CLOSING PRAYER:** Lord Jesus, thank you for modeling for us the way of self-sacrificing love by your demonstration at the cross. Help us, by your spirit, to take up our cross and follow you, modeling what it looks like to love others as ourselves. We pray that you would help us to creatively foster an environment of “peer-modeling” on our teams so that our athletes can learn to be motivated to do the right things from the inside-out. We ask these things in Jesus’ name. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 5: Confidence I

### PRE-GAME

Log into your online 3D+ account and complete Module 5.

### GAME TIME

Confidence may be the most influential psychological contributor to success on the playing field for an athlete or a team. Confidence can be defined as an individual's belief that he or she has the necessary skills to produce a desired outcome.

**1. Share a story about a time when a lack of confidence drastically impacted the athletic performance of either yourself or of an athlete you have coached.**

**2. What were some of the contributing factors?**

As those who follow Christ, it is easy to lose confidence because we regularly miss the mark of how we ought to live our lives. The writer of Hebrews gives some great advice on how we can gain or regain confidence by: remembering the faithfulness of God (past successes), connecting with others in community (watching similar "others" succeed), and promoting love and good works to one another (encouragement from others).

#### **HEBREWS 10:23-25**

**Let us hold on to the confession of our hope without wavering, for He who promised is faithful. And let us be concerned about one another in order to promote love and good works, not staying away from our worship**

meetings, as some habitually do, but encouraging each other, and all the more as you see the day drawing near.

**3. How can these verses help you gain or regain confidence in your walk with Christ?**

**4. How does regular participation with a Christian community help you remain confident in your relationship with Jesus?**

#### **MATTHEW 9:35**

**And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction.**

One of the primary ways Jesus impacted others was through his healing ministry. If you are a coach who is seeking to emulate Jesus, it is important to create a team environment where emotional healing can take place in today's culture that overflows with brokenness. Unfortunately, many of your athletes carry burdens of brokenness into your program that drastically impact their confidence levels. One of the best ways that you can "model the Master" is to bring healing by the words you speak. We need to be those who speak words of verbal encouragement.

#### **PROVERBS 12:18**

**There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.**

#### **EPHESIANS 4:29**

**Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.**

**5. How can you hold yourself and your staff accountable for encouraging rather than discouraging your athletes?**

**6. How can you hold your athletes accountable to build up and not tear down their teammates?**

**3DIMENTIONAL COACHING POINT:** “I never criticize a player until they are first convinced of my unconditional confidence in their abilities.” – John Robinson

## POST-GAME

**MEMORY VERSE:** Ephesians 4:29 – Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

**CLOSING PRAYER:** Father God, help us to remember what you have done for us on the cross, and may that remembrance give us confidence to boldly pursue a relationship with you. By your spirit, help us to remember the brokenness that many of our athletes are feeling inside due to the pressures and situations they are facing in the culture. Grant that we might help them to maintain or regain a sense of confidence by the way we demonstrate your love to them, regardless of how well they perform. In Jesus’ name, we pray. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 6: Confidence II

### PRE-GAME

Log into your online 3D+ account and complete Module 6.

### GAME TIME

Every training and competitive experience offers information that can either build or harm an athlete's confidence.

- 1. Thinking back on your athletic career as a player, did you have coaches who were great at instilling confidence in you? What impact did that have on your life?**

Although it is important to coach confidence in your athletes, as a Christian coach it's important to distinguish between confidence and arrogance. There is a fine line between confidence and arrogance, and most often the difference is the character attribute of humility. This is an important distinction because God wants us to confidently enter into a relationship with him through the work of Jesus Christ, but to do so with humility by acknowledging our shortcomings.

#### **HEBREWS 4:14-16**

**Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.**

**2. Does it help or harm your confidence in God's mercy to know that He sympathizes with our weaknesses? Why?**

**3. How can this translate to the way you relate to your players?**

**2 CORINTHIANS 12:9**

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

**4. Based on this verse, how would you define God's grace?**

**5. How does this understanding of grace boost your confidence levels?**

**1 PETER 5:5B-7**

Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

**6. What is the relationship between humility and confidence in this passage?**



**7. What does God promise to the humble? What will He do to the proud?**

**ROMANS 8:28**

**And we know that for those who love God all things work together for good, for those who are called according to his purpose.**

**8. How can trust in the promise that this verse makes contribute to a confident mindset in the life of a believer?**

**3DIMENSIONAL COACHING POINT:** Fear is the main emotion that undermines confidence.

**POST-GAME**

**MEMORY VERSE:** Romans 8:28 — And we know that for those who love God all things work together for good, for those who are called according to his purpose.

**CLOSING PRAYER:** Father God, help us to coach in such a way that it produces self-confidence in our athletes, moving them beyond a “victim mentality” where they refuse responsibility and are prone to assign blame. Help us always to teach confidence mixed with humility, so that we will all learn to confidently trust in your grace. As we place our faith in Jesus, may that happen in our lives now, and well into the future as we take these lessons we learn through sport with us. We ask these things in the name of Jesus. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 7: Emotions I

### PRE-GAME

Log into your online 3D+ account and complete Module 7.

### GAME TIME

Few things like competitive athletics have the ability to put on display the whole range of human emotions.

- 1. Share a time as an athlete or as a coach when emotions either positively or negatively affected your ability to play or coach at your highest level.**

#### NEHEMIAH 8:10B

**For the joy of the Lord is your strength.**

The first dimension and the second dimension are intricately connected. Joy is a second dimension attribute that can drastically impact attitude and effort towards first dimension objectives. When joy is present, athletes will gladly endure a rigorous training regimen. The ultimate demonstration of this reality was performed by Jesus himself, as an understanding of joy in the future gave him incredible power to endure in the present.

#### HEBREWS 12:1-2

**Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every weight and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame and has sat down at the right hand of God's throne.**

**2. What were the sources of joy in the future that empowered Jesus to endure the cross while experiencing it in the present?**

**3. What are some things you can do as a coach to create a joyful picture of the future for your athletes that will empower them to not grow complacent in the present?**

Complacency is a second dimension issue that can greatly hinder optimal levels of performance in the first dimension. Oftentimes, the underlying issues that accompany these pleasant-harmful emotions are things like weariness, loss of focus, or even boredom.

**4. Is it easier to become complacent when you are struggling to find success or are regularly experiencing success on the athletic field? Why?**

#### **PHILIPPIANS 3:13-15**

**Brothers, I do not consider myself to have taken hold of it. But one thing I do: Forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God's heavenly call in Christ Jesus. Therefore, all who are mature should think this way.**

**5. What can you do as a coach to help your athletes not rest on past successes (or failures) and empower them to reach forward to what lies ahead?**

**6. What is the goal that Paul, the writer of this passage, is pursuing and seeking to take hold of? (answer in Philippians 3:8)**

**3DIMENSIONAL COACHING POINT:** “We are never more fully alive, more completely ourselves, or more deeply engrossed in anything, than we are at play.” — John Robinson

## POST-GAME

**MEMORY VERSE:** Philippians 3:13-14—Brothers, I do not consider myself to have taken hold of it. But one thing I do: Forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God’s heavenly call in Christ Jesus.

**CLOSING PRAYER:** Father God, help us to remember that the joy of the Lord is our strength. As we remember this simple truth, may it guide us to build athletic programs that are marked by excitement, joy, and exhilaration. Through all of our sporting endeavors, help us to communicate your purposes to our athletes so that we may all live lives of purpose and avoid the pitfall of complacency, both in our athletics and in our walk with you. We ask in the name of Jesus that you would empower us by the Holy Spirit to do these things. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 8: Emotions II

### PRE-GAME

Log into your online 3D+ account and complete Module 8.

### GAME TIME

Remember, positive emotions don't always lead to improved performance, and negative emotions don't always hurt performance. Coaches and athletes alike can use short-term anger and frustration to fuel their competitive fire, but as Christians we need to be mindful of how God's word instructs us on these matters.

#### **1 CORINTHIANS 10:23-24**

**Everything is permissible, but not everything is helpful.**

**Everything is permissible, but not everything builds up.**

**No one should seek his own good, but the good of the other person.**

In this passage, Paul deals with what is permissible for a Christian to do. At the time it was written, he was specifically dealing with a question about whether or not it was okay for Christians to eat food that had been previously sacrificed to idols. People had differing opinions on this issue. Rather than fanning the flames of controversy, Paul reframed the issue not on the basis of clear-cut right and wrong, but around the idea that even if something is permissible it should be governed by the greater law of love. As this translates into coaching, it is important to realize that although short-term anger and/or frustration may "work" at motivating your players, these tactics should always be governed by love.

**1. When you are tempted to become angry or frustrated at your team or at an individual, is it typically rooted in love? If not, what is the root?**

As a coach who is desiring to get the most out of your players, frustration will certainly be an emotion that you will experience from time to time. Frustration can quickly become disappointment or anger depending upon the relationship you have with your players. When the coach-player relationships are strong on a team, showing disappointment might be a better display of unpleasant-helpful emotions than even short-termed anger.

**2. What is the difference between anger and disappointment?**

**3. Would you rather have someone you care about be mad at you or be disappointed in you? Why?**

**4. Which of these motivates you to improve more?**

**PROVERBS 29:11**

**A fool gives full vent to his anger, but a wise man keeps himself under control.**

**JAMES 1:19-20**

**Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.**

Anger is one letter short of danger, and can quickly become toxic to your team environment. Even if you have the "right" to be angry, that doesn't give you the right to be cruel by using unpleasant-harmful emotions to motivate athletes.



**5. What are some strategies you can implement to help yourself stay under control when you are feeling frustrated with your athletes?**

**GALATIANS 5:22-25**

**But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit.**

**3DIMENSIONAL COACHING POINT:** “If a person doesn’t govern his temper, his temper will govern him.” – John Maxwell

**POST-GAME**

**MEMORY VERSE:** Proverbs 29:11 – A fool gives full vent to his anger, but a wise man keeps himself under control.

**CLOSING PRAYER:** Father God, you know all of our deepest areas of struggle when it comes to channeling our emotions in a way that not only helps performance, but helps our athletes become the type of men and women you want them to become. Help us by the power of your spirit to demonstrate all of the characteristics of your spirit as we seek to coach the way you have called us to coach. Thank you for the opportunity to influence the lives of so many. Help us to use our influence in a way that helps ourselves and our players become more like you and bring glory to your name. We ask these things in the name of your son, Jesus. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 9: Team Cohesion I

### PRE-GAME

Log into your online 3D+ account and complete Module 9.

### GAME TIME

To maximize performance as a team, it is important to help your athletes think “we” instead of “me.” To capture the hearts of your players, it is time well-spent to develop a strategy to coach the individual-relational component of your team just as you have a strategy to coach the individual-task component. Jesus modeled this when he began to assemble his team of disciples.

#### **MATTHEW 4:18**

**As He was walking along the Sea of Galilee, He saw two brothers, Simon, who was called Peter, and his brother Andrew. They were casting a net into the sea, since they were fishermen. “Follow Me,” He told them, “and I will make you fish for people!” Immediately they left their nets and followed Him.**

This passage of scripture details how Jesus intentionally engaged individuals to connect with them and call them into a relationship with Himself. However, it’s important to note that Jesus didn’t engage these two brothers to call them into a *private* relationship with Him. Peter and Andrew were the first two disciples of what later became a team of twelve. While Jesus was intentional about engaging them individually, the goal was that they would discover a quality of purpose and an identity on the team.

- 1. Have you ever experienced a situation where you sensed Jesus calling you to “follow Him?” How did you respond? Describe that experience.**
  
- 2. How does this passage help you understand your role as a coach who is seeking to create individual-relational unity on your team?**

When Jesus called Peter and Andrew, he made a promise to them. To paraphrase, his promise was not, “Follow me and I’ll *take* you somewhere.” Rather, it was, “Follow me and I’ll *make* you something.” Jesus promised to turn their passion of fishing (likely rooted in recreation, personal pleasure and/or monetary gain) into a passion of “fishing for people.” Jesus wants to turn your passion of coaching (whatever that passion is rooted in) into a passion of coaching towards transforming the lives of your players. You can do this by creating a community called a team where individuals are shown dignity and esteemed for their unique contribution to the team.

#### **JOHN 13:34-35**

**I give you a new command: Love one another. Just as I have loved you, you must also love one another. By this all people will know that you are My disciples, if you have love for one another.**

- 3. In a competitive environment like sports, what might it look like for athletes to “love one another”?**
  
- 4. Two different Greek words are translated as “love” in the New Testament, and they have more specific meanings than our English word “love.”**

**AGAPAO (VERB) AND AGAPE (NOUN):** This is the “Christian love” of the Bible. It means affection, benevolence, good-will, high esteem and concern for the welfare of the one loved. It is deliberate, purposeful love rather than emotional or impulsive love.

**PHILEO (VERB):** This means to love in an impulsive and emotional way.

**5. Have you ever been a part of a team culture that was marked by love (agape)? Describe that experience.**

**6. How can you intentionally create a team environment where everyone feels loved (agapao)? What specific strategies can you implement?**

**3DIMENSIONAL COACHING POINT:** “A group becomes a team when each member is sure enough of himself and his contribution to praise the skill of the others.” — Norman S. Hidle

## POST-GAME

**MEMORY VERSE:** John 13:35—By this all people will know that you are My disciples, if you have love for one another.

**CLOSING PRAYER:** Father God, thank you for taking interest in us as individuals, and inviting us onto the team that you are building. We pray that you would help us coach for other people more than for ourselves. Continue to give us good ideas on how we can connect individually with our players and connect the players to each other. We pray for great unity on our teams, not only so that we can perform well together, but so we can glorify your name by the way we have love for one another. We ask these things in the name of Jesus Christ. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 10: Team Cohesion II

### PRE-GAME

Log into your online 3D+ account and complete Module 10.

### GAME TIME

One of the best ways to create group-relational unity comes about when we create opportunities for our athletes to serve others. Serving others is not a natural instinct in a consumeristic culture, so it has to be taught and modeled by the leaders. This is something we see taught and modeled by Jesus. As a coach, he had to regularly remind his team not to let their egos and self-ambition get in the way of the team's mission. He wanted them to be great, but first he had to redefine what true "greatness" looks like.

#### **MARK 9:33-35**

**Then they came to Capernaum. When He was in the house, He asked them, "What were you arguing about on the way?" But they were silent, because on the way they had been arguing with one another about who was the greatest. Sitting down, He called the twelve and said to them, "If anyone wants to be first, he must be last of all and servant of all."**

- 1. Share a time when unhealthy egos and/or desires for individual "greatness" were displayed by individuals on your team and threatened the team cohesion? How did you respond?**

**2. How did Jesus redefine “greatness?” How does this contrast to the way “greatness” is typically defined in the wider culture?**

**3. How can this understanding of “greatness” promote team cohesion on your team?**

**MATTHEW 17:1**

**After six days Jesus took Peter, James, and His brother John and led them up on a high mountain by themselves.**

Jesus had a team of 12 disciples that he was coaching regularly to live according to his way, but he also had a leadership team of three (Peter, James, and John) into whom he invested more time and energy. Jesus understood that if the unity of the team was going to be strong, the unity among the leadership needed to be even stronger.

**4. How are captains/leaders identified on your team?**

**5. What are the character attributes that you look for in a captain or team leader?**

**6. Do you have a strategy to unite your leaders away from the athletic environment as well?**



## **EPHESIANS 4:1-6**

**Therefore I, the prisoner for the Lord, urge you to walk worthy of the calling you have received, with all humility and gentleness, with patience, accepting one another in love, diligently keeping the unity of the Spirit with the peace that binds us. There is one body and one Spirit— just as you were called to one hope at your calling— one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.**

**7. As a coach for your team, what does it mean to “diligently keep the unity of the Spirit with the peace that binds us?”**

**3DIMENTIONAL COACHING POINT:** “Everybody can be great because anybody can serve. You only need a heart full of grace. A soul generated by love.” — Martin Luther King Jr.

## **POST-GAME**

**MEMORY VERSE:** Mark 9:35 – If anyone wants to be first, he must be last of all and servant of all.

**CLOSING PRAYER:** Father God, help us to be diligent about keeping the unity of the spirit in our families, in our churches, and on our teams. May peace with one another bind us in the love that you give. Help us first to become servant-leaders to our teams, and help us to create opportunities for our athletes to serve others. May these times of serving and times of hanging out together, on and off the field of play, generate an authentic love for you and a love for others that brings glory to your name. We ask these things in the name of your son, Jesus Christ. Amen.



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 11: Goal Setting I

### PRE-GAME

Log into your online 3D+ account and complete Module 11.

### GAME TIME

Remember that outcome goals are mostly out of our control. Jesus doesn't want us to be anxious about things we cannot control, but to trust him with our futures. He desires that we don't place our faith in certain outcomes that are beyond our control, but that we put our faith in HIM who is good and promises to work all things together for our good! We need to focus on the process of just faithfully following Jesus and doing the daily tasks that help aid in our spiritual formation, and trust the results to him.

#### **MATTHEW 6:25-27**

**Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?**

- 1. When it comes to the performance of your team, what are the biggest sources of anxiety you experience as a coach? Why?**

#### **PHILIPPIANS 1:6**

**And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.**

## 2 PETER 1: 5-8

**For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.**

In Philippians 1:6, the Apostle Paul gives us great confidence that the **OUTCOME** of our lives is secure in Christ if we trust in his grace to save us. However, in 2 Peter 5, the Apostle Peter tells us that his divine power has given us everything we need to live a godly life... **NOW!** However, living a godly life is **NOT** automatic. This is why he exhorts us to engage in a **PROCESS** of transformation, so we might faithfully witness to the truth of the Gospel by how we live our lives. Transformation is a process.

**2. As you think about the legacy you hope to leave with your life, what is one of your primary **OUTCOME** goals?**

**3. What role (if any) can **PERFORMANCE** goals play in helping you leave the legacy you desire?**

**4. What **PROCESS** goals can you establish in your personal life that will help you become more effective and grow towards spiritual maturity?**

Oftentimes, people make the mistaken notion that the primary goal of the Christian life is to simply be “transported” to heaven. While it’s true that, if we die before he returns we will be with him in paradise, the ultimate goal is that we become like Jesus himself. The goal is transformation, not transportation. As we ourselves become transformed into the image of Christ, we can more fully

cooperate with God's goal of bringing all things in creation under the reign and rule of Christ.

**3DIMENSIONAL COACHING POINT:** "Being a Christian is more than just an instantaneous conversion - it is a daily process whereby you grow to be more and more like Christ." - Billy Graham

## POST-GAME

**MEMORY VERSE:** Philippians 1:6b— ...he who began a good work in you will bring it to completion at the day of Jesus Christ.

**CLOSING PRAYER:** Father God, we make the decision today to trust you with every outcome of our lives. We lay our anxieties at your feet, and trust you with the results. Fill us with your spirit so we can be faithful in the process of becoming our authentic selves. Help us to be faithful in the process growing, that we may become more and more like your son Jesus Christ. Through Jesus Christ our Lord we pray. Amen!



# REFLECT & DISCUSS: THE 2<sup>ND</sup> DIMENSION

## Module 12: Goal Setting II

### PRE-GAME

Log into your online 3D+ account and complete Module 12.

### GAME TIME

Goals are not the same thing as purpose. Goals are powerful because they narrow the focus. But... we need to be cautious with goals because they **NARROW THE FOCUS!** If we don't distinguish between the two, our highest performance goals often become confused with our purpose, and we become overly focused on performance objectives in the first dimension. This leads to transactional coaching. We desire to help coaches be transformational in their coaching practices, which requires that they begin to think about **WHY** they are coaching in the first place.

#### **1. What are the primary differences between goals and purpose?**

We are all called to ministry. You don't have to work for a Christian non-profit organization to be a minister of the Lord. As a coach, you have been given a larger platform than most preachers and full-time ministry people. God desires that whatever we find ourselves doing, that we do it as an act of worship and use that platform to minister to others. In-so-doing, we fulfill His purpose for our lives.

#### **1 CORINTHIANS 10:31**

**So whether you eat or drink or whatever you do, do it all for the glory of God.**

#### **COLOSSIANS 3:23**

**Whatever you do, work at it with all your heart, as working for the Lord and not for men.**

**2. Do you see your coaching profession as a ministry, as though you are working for the Lord? Why or why not?**

**3. What do you think it means to view your coaching “as an act of Worship?”**

**4. How do these verses shape your view of the coaching profession?**

When our lives are rightly connected to God through a relationship with Jesus Christ, oftentimes our purpose aligns perfectly with our passion. We can fulfill God’s call on our lives as coaches simply by coaching the way that he wants us to coach. We don’t have to quit our jobs and go to work for a local church to do the work of God, but we also can’t allow ourselves to get so caught up in chasing our performance goals that we in-turn work contrary to our purpose.

**5. Share an example of how pursuing a specific outcome goal might be in opposition to God’s higher purpose for our lives?**

As important as goals are to an athletic program, it’s important to keep in mind that goal setting is a second dimension function, not a third dimension function. If all we do is focus on goals, or allow our athletes to solely focus on goals, it will narrow our focus to the point where we lose sight of the more important things in life. Remember, goals are events in time that will eventually become a piece of history. If we pay no attention to purpose, goals will eventually leave us looking in the wrong direction. Goals are important for success, but no amount of achievement will ever fulfill our deepest longings for significance. Only right relationships can do that; right relationships with God and right relationships with others.



**3DIMENSIONAL COACHING POINT:** “The place God calls you to is the place where your deep gladness and the world’s deep hunger meet.” – Frederick Buechner

## POST-GAME

**MEMORY VERSE:** Colossians 3:23 -Whatever you do, work at it with all your heart, as working for the Lord and not for men.

**CLOSING PRAYER:** Lord, as coaches we find ourselves in a competitive world that pressures us to take our eyes off of our greater purpose and focus solely on our goals. Help us to overcome that pressure, we pray. May we see our coaching profession as a ministry unto you, and may our passion for coaching align with your passion to see all things in creation brought under the reign and rule of your Son, Jesus Christ. May your kingdom come, and may your will be done, on earth as it is in heaven. Amen!



# REFLECT & DISCUSS: THE 3<sup>RD</sup> DIMENSION

## Module 13: Heart

### PRE-GAME

Log into your online 3D+ account and complete Module 13.

### GAME TIME

Luke 2:52 – And Jesus kept increasing in wisdom and stature, in favor with God and with men.

Jesus' life on earth was a continual process of development in every facet of human capacity. He was daily increasing intellectually, physically, spiritually, and socially. If the Son of God Himself was in a continual growth process, how much more important is it for us to grow beyond our "first nature."

Good 2<sup>nd</sup> dimension coaches can transform athletes' first nature and give them a second nature both physically and mentally. The same is true when dealing with issues that fall into the level three category of the heart. However, before heart transformation can be imparted to athletes, it must first be possessed by a coach who has started the journey of transformation himself or herself. As with any journey that is to be embarked upon, it is helpful to know where we are and where we are going.

#### JOHN 12:46

**I have come as a light into the world, so that everyone who believes in Me would not remain in darkness.**

- 1. How does Jesus describe the natural condition of humanity in this passage (first nature)? What things keep us in this condition?**

## **JOHN 8:12**

**Then Jesus spoke to them again: "I am the light of the world. Anyone who follows Me will never walk in the darkness but will have the light of life."**

**2. What do you think Jesus means in this passage when he promises to his followers they will have the "light of life?"**

**3. In what ways have you experienced the "light of life" that He promises?**

An athlete who uses poor technique while shooting a basketball needs to be enlightened by a good coach on the proper shooting technique if he or she wants to experience the full joy of playing the game. If an athlete chooses to submit to that coach's authority and begins to practice, his or her first nature will be transformed. As human beings, we regularly trip and stumble in the darkness when it comes to living life to the full, especially when it comes to our relationships with God and with others. If we choose to submit to the authority of Jesus in our lives, he will enlighten and illuminate every aspect of our lives, and lead us into what is regularly described in the Bible as the kingdom of God.

## **COLOSSIANS 1:13-14**

**He has rescued us from the domain of darkness and transferred us into the kingdom of the Son He loves. We have redemption, the forgiveness of sins, in Him.**

**4. How has Jesus rescued us from the domain of darkness?**

**5. Does this passage lead you to believe that the "kingdom of the Son He loves" is a present or future reality?**

Heart transformation begins to take place in our lives when we learn to live in the light of Christ. Just like an athlete who submits himself or herself to the authority of a good coach in order to be enlightened on proper technique, we can begin to take on a second nature in our hearts when we submit to the authority of Christ and allow him to illuminate every aspect of our lives. To live in the light of Christ is to live in his kingdom under his authority as a good King/Coach, faithfully receiving his instruction on how to live life.

**6. If someone is confined to a dark room for an extended period of time and then they step out into the bright sunlight at the noon hour, what is typically their immediate reaction?**

**7. What happens as their eyes begin to adjust to the light?**

As Christ begins to shine his light in every area of our life, at first it can be very uncomfortable. But as we continue to walk in the light of Christ, we begin to see clearly that he is in fact a good king/coach who wants to help us live life the way it was intended to be lived.

**3DIMENSIONAL COACHING POINT:** “Basketball is not the ultimate. It is of small importance in comparison to the total life we live. There is only one kind of life that truly wins, and that is the one that places faith in the hands of the Savior.” — John Wooden

## POST-GAME

**MEMORY VERSE:** John 8:12b—I am the light of the world. Anyone who follows Me will never walk in the darkness but will have the light of life.

**CLOSING PRAYER:** Psalm 139:23-24—Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.



# REFLECT & DISCUSS: THE 3<sup>RD</sup> DIMENSION

## Module 14: Why Sports?

### PRE-GAME

Log into your online 3D+ account and complete Module 14.

### GAME TIME

#### 1 CHRONICLES 12:32

**From the tribe of Issachar, there were 200 leaders of the tribe with their relatives. All these men understood the signs of the times and knew the best course for Israel to take.**

**1. Based on the “signs of the times,” would you describe the current sports culture as healthy or unhealthy? Why?**

**2. What do you believe needs to happen for sports to be all that they can be in the lives of participants?**

Like spices on our food, competition should enhance our play to new levels of enjoyment and satisfaction. When played right, there is nothing like sport that engages our whole beings. This is part of the abundant life that Christ wants us to live. Unfortunately, too often sport is robbed of its beauty when “the spice of sport” (competition) becomes the primary purpose of sport. Remember, if ALL we do is indulge in the “spices,” it will equate to dis-ease (disease) in sport.

#### JOHN 10:10

**A thief comes only to steal and to kill and to destroy. I have come so that they may have life and have it in abundance.**

**3. Share a story where “the thief” has successfully “killed, stolen, and/or destroyed” the beauty of sport through an unhealthy display of competition?**

It’s easy to look at the current culture of sport and diagnose it as “dis-eased” or “unhealthy” in many ways. As Christians, this really only leaves us two options: work to restore health to it... or abandon it. Because it seems that God has hard-wired into every human heart the desire to play, we believe that sports are worth restoring because of the GOODness that’s expressed when things are done right.

**GENESIS 1:27-28A**

**So God created human beings in his own image. In the image of God he created them; male and female he created them. Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it.”**

**GENESIS 1:31**

**Then God looked over all he had made, and he saw that it was very good!**

**4. Based on these two passages of scripture, how would you describe man’s original identity and responsibility?**

In God’s original design, man’s primary purpose was to reflect the image and character of God in the earth and to be wise stewards of his creation. When Adam and Eve willingly chose to disobey God, their God-given right to reign and rule was stolen and humanity came under the domain of sin and death (Genesis 3). But Jesus, often referred to as the Great Physician, diagnoses us in our illness and prescribes us to follow him as the cure for sin and death.

**MARK 2:17**

**Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners.**



**5. How have you experienced the healing power of Jesus in your life?**

**6. As an image-bearer of God, how can you do your part in bringing God's healing/restoration to the sports world? Be specific.**

The good news is that we have a Savior who can heal our sickness and forgive our sin when we place our faith in Him. Scripture also reveals Jesus as the King of kings and Lord of lords who perfectly models for us what it means to bear the image of God and rightly govern His creation.

#### **COLOSSIANS 2:9**

**For the entire fullness of God's nature dwells bodily in Christ, and you have been filled by Him, who is the head over every ruler and authority.**

As Christian coaches, let's stay connected to the fullness of God through faith in Christ. In addition, let's start reimagining what sport looks like under the authority of Christ and working for that kind of restoration in our sphere of influence, now.

**3DIMENSIONAL COACHING POINT:** "Imagination is everything. It is the preview of life's coming attractions." — Albert Einstein

#### **POST-GAME**

**MEMORY VERSE:** John 10:10—A thief comes only to steal and to kill and to destroy. I have come so that they may have life and have it in abundance.

**CLOSING PRAYER:** Father, thank you that you have revealed yourself as the Great Physician. We all need your healing power in our lives in many ways, and we trust you to be our Savior. As we look at the sports world around us, we recognize that an unhealthy display of competition has stolen, killed, and destroyed much of



# REFLECT & DISCUSS: THE 3<sup>RD</sup> DIMENSION

## Module 15: The Role of a Coach

### PRE-GAME

Log into your online 3D+ account and complete Module 15.

### GAME TIME

The original definition of a coach from the 1500's explains that a coach is a "covered carriage that takes a person of importance from where they are to where they want to or need to go." As coaches, this should cause us to ask two primary questions: Where are they? Where are we taking them? It's important to realize that coaches are picking athletes up at earlier ages than ever before. We need to think carefully about how this affects them in all three dimensions.

- 1. How many competitions a year do your athletes compete in as compared to how many you experienced as an athlete?**
  
  
  
  
  
  
  
  
  
  
- 2. What are the benefits in the first, second and/or third dimensions? What are the negative consequences in the first, second and/or third dimensions?**
  
  
  
  
  
  
  
  
  
  
- 3. What are you doing to ensure that they are receiving enough time to recover?**

Tom Landry liked to define a coach as someone who could get you to do what you don't want to do in order to attain what you do want to attain. If Tom Landry's definition of a coach is accurate, then Jesus is a coach in the ultimate sense of the word. As the Head Coach for humanity, Jesus understands that we all desire to attain eternal life. Speaking of self-sacrifice, He tells us that we have to do something we don't want to do, in order to attain that which we do want to attain.

#### **MARK 8:34-35**

**Summoning the crowd along with His disciples, He said to them, "If anyone wants to be My follower, he must deny himself, take up his cross, and follow Me. For whoever wants to save his life will lose it, but whoever loses his life because of Me and the gospel will save it."**

**4. Generally speaking, what is the correlation between self-sacrifice of the individual players and the success of the team in sports?**

**5. How does this sports example help us understand the type of life that Jesus is coaching us to live?**

#### **MARK 8:36-37**

**For what does it benefit a man to gain the whole world yet lose his life? What can a man give in exchange for his life?**

**6. What is the main point that Jesus is making in this passage? How can it apply to our coaching?**

There is nothing wrong with desiring to win a championship or with striving for excellence on the athletic field as long as the secret root of our determination to succeed isn't based on anxiety and insecurity. Too often, the drive to succeed for coaches and

athletes is based in fear. We fear we will lose something: security, control, approval, significance, identity, etc. Jesus wants to save us out of this type of rat-race where our security and identity are tied to the unending demands of performance.

**7. What is the highest outcome goal in sports you have ever achieved?**

**8. How long did the satisfaction of achieving that goal last?**

When the pressure of competition produces 2<sup>nd</sup> dimension emotions like fear and anxiety, it's a symptom of a performance-based identity. Remember, identity is a 3<sup>rd</sup> dimension attribute, not a 1<sup>st</sup> dimension attribute. When our identity and worth is rooted in performance, it creates a fixed-mindset that robs us of our joy in the moment and makes us more brittle in the face of adversity. Jesus wants us to have a growth-mindset so that every experience, by God's grace, will help us to become all that we are meant to be in Christ. With a growth-mindset, let's embrace the process of learning and trust Jesus with the results.

**3DIMENSIONAL COACHING POINT:** "Never be afraid to trust an unknown future to a known God." - Corrie Ten Boom

## POST-GAME

**MEMORY VERSE:** Mark 8:35—For whoever wants to save his life will lose it, but whoever loses his life because of Me and the gospel will save it.

**CLOSING PRAYER:** Father God, thank you for sending your Son Jesus to coach us up on how to live life. Thank you for providing a way for us to have the ultimate security, by defeating sin and death at the cross and allowing us to have the hope of eternal life as we place our faith in you. Amen!



# REFLECT & DISCUSS: THE 3<sup>RD</sup> DIMENSION

## Module 16: Sports Culture

### PRE-GAME

Log into your online 3D+ account and complete Module 16.

### GAME TIME

A win-at-all-costs sports culture places extreme pressures on us as coaches and can throw off our moral compass. It's important to remember that God doesn't want us to be conformed by the pressures we feel, but rather be transformed from the inside out.

**1. What are the main conforming pressures in sports that you primarily feel as a coach?**

#### ROMANS 12:1-2

**Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.**

**2. What might it mean to coach as an act of "spiritual worship" to God?**

God has given us three primary gifts to help us push back against the pressures that seek to conform us. By regularly accessing God's word, God's spirit, and God's people, we can be transformed by the renewing of our minds. The pressure in sports is so great

that if we don't access all three, we will likely be conformed by the pressures that seek to rob us of the abundant life we have in Christ.

#### **HEBREWS 4:12**

**For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the ideas and thoughts of the heart.**

**3. What do you think the writer of Hebrews meant by “the word of God is living?”**

**4. Why is it important to be able to judge the ideas and thoughts of our own hearts?**

Jesus Christ is revealed in the Bible as the “Word who became flesh.” When you hear the phrase, “the Word of God,” it is helpful to think of Jesus first, and then think of the Bible. Jesus said, “You search the scriptures because you think that they give you eternal life. But the scriptures point to Me!” (John 5:39). This kind of thinking helps us to remember that everything we read in scripture is intended to connect us more with Jesus and make us more like him. The “Word of God is living” in the ultimate sense because JESUS is alive! And because he is alive, he will give us his spirit to help make sense of the written word and to help us navigate through life.

#### **HEBREWS 10:24**

**And let us be concerned about one another in order to promote love and good works, not staying away from our worship meetings, as some habitually do, but encouraging each other, and all the more as you see the day drawing near.**



## **5. How can meeting with other believers on a regular basis help us push back against the pressures we feel?**

### **JOHN 14:6**

**I am the way, the truth, and the life. No one comes to the Father except through Me.**

Jesus regularly made bold and exclusive claims about himself like this. Earlier we read about his claim to be the “light of the world.” he regularly claimed that he was a King and was establishing kingdom. All of these claims were put to the test when he was crucified on a cross nearly 2,000 years ago right outside the city walls of Jerusalem. **BUT GOD RAISED HIM FROM THE DEAD!**

If we believe Jesus defeated death, we can be certain that he serves as the true North Pole for our moral compass. By raising Jesus from the dead, God validated every one of Jesus’ claims to be the “Way,” and endorsed Jesus as his candidate to govern the world as King. By defeating the darkness of death, he is shown to be the true light of the world. Now, we are waiting for the full-noon day when he fully manifests his kingdom and sets all that is wrong back to right. What might sports look like then? Let that inspire our imaginations and cause us to head in that direction now!

**3DIMENSIONAL COACHING POINT:** “Character is what a man is in the dark.” – D.L. Moody

## **POST-GAME**

**MEMORY VERSE:** John 14:6—I am the way, the truth, and the life. No one comes to the Father except through Me.

**CLOSING PRAYER:** Father God, we desire that our sports truly build character in the lives of our players and fellow coaches. Help us to look to Jesus as our true moral compass, and help us to push back against the pressures that conform us by regularly accessing your word, your spirit, and your people. Thank you that the true Word of God, Jesus, is living and effective to help us on our journeys. We pray in the name of the Lord Jesus Christ. Amen!



# REFLECT & DISCUSS: THE 3<sup>RD</sup> DIMENSION

## Module 17: Great to Good

### PRE-GAME

Log into your online 3D+ account and complete Module 17.

### GAME TIME

#### **GENESIS 1:31**

**And God saw everything that he had made, and behold, it was very good.**

As great as the original creation was, it's telling that God, as the master artist of creation, called his original creation "good." The focal point of the original creation was when he created mankind in his own image. Our ability to be creative is one of the primary ways we possess a likeness to God.

**1. What are some of the similarities between a coach and an artist?**

**2. In what ways does the program you are creating resemble a work of art?**

As the creators of our sports programs who are molding the lives of athletes, it's important to understand the categorical differences between good and great. Not only is it important that we understand the difference, we also need to understand where "goodness" comes from.

#### **LUKE 6:43-45**

**A good tree doesn't produce bad fruit; on the other hand, a bad tree doesn't produce good fruit. For each**

tree is known by its own fruit. Figs aren't gathered from thorn bushes, or grapes picked from a bramble bush. A good man produces good out of the good storeroom of his heart. An evil man produces evil out of the evil storeroom, for his mouth speaks from the overflow of the heart.

**3. According to this passage, where does "good" and "evil" come from?**

**4. How can this teaching of Christ instruct our efforts in coaching?**

Because God pronounced his original creation as "good," much of the creative energy that we spend in our coaching should be towards that same end. Sport helps develop attributes of greatness that will help us accomplish many things in our lives, but remember, greatness without goodness can become diabolical if that "fuel" propels us in the wrong direction.

**MATTHEW 23:11-12**

**The greatest among you will be your servant. Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.**

**5. Would you say that the current sport culture trains athletes to use their "greatness" to serve others or serve themselves? Why?**

**ROMANS 6:23**

**For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.**

One of the best ways you can serve your athletes is to take on the role of a "restoration artist" in their lives. A restoration artist

works to restore the original beauty of a priceless masterpiece after it has been damaged. Every human life is a priceless masterpiece in God's eyes, but we are all badly marred by the effects of sin, which results in death. Ultimately, restoration is only possible as we connect our lives with the author and giver of life, Jesus Christ. However, there are things you can do as a coach to partner with God in this restoration process.

**6. How can you use your influence to help connect your athletes with God in a meaningful way?**

**7. Have you ever considered allowing FCA (Huddles, Events, Training & Resources) to play a role in your program to help connect your coaches and athletes to Christ? What might this look like for your team?**

Although God undoubtedly wants to restore individuals to eternal life through a relationship with Christ, he also wants to involve us in the ongoing project of restoring his good creation. This project will not be complete until he returns, but until then we should be working with him towards that end.

**3DIMENSIONAL COACHING POINT:** "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." – Desmond Tutu

## POST-GAME

**MEMORY VERSE:** Luke 6:45a—A good man produces good out of the good storeroom of his heart.

**CLOSING PRAYER:** Father God, thank you for your good creation and thank you for our opportunity to be co-creators with you. Help us to be intentional about coaching the goodness of God along with the greatness of sport, so that we can produce pockets of beauty that are a foreshadow of your beautiful kingdom that is coming with the return of your son Jesus. We ask this in the name of Jesus our Messiah. Amen!



# REFLECT & DISCUSS: THE 3<sup>RD</sup> DIMENSION

## Module 18: Character

### PRE-GAME

Log into your online 3D+ account and complete Module 18.

### GAME TIME

As 3Dimensional coaches, if we want to unlock the hidden treasures of the good and the great to produce beauty in sports, we must learn to harness the power of love in our programs. The most powerful motivating force in the universe is the force of love. As coaches who seek to tap into this motivating power, it is important to have an accurate definition of the type of love that is being referred to. The Apostle Paul gave a clear and compelling description of love in his letter to the church at Corinth.

#### **1 CORINTHIANS 13:4-7**

**Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.**

**1. In this description of love, which of the character attributes listed jump out as those that can help a person pursue and persist in sports and/or in life? Discuss.**

#### **ROMANS 5:3-5**

**And not only that, but we also rejoice in our afflictions, because we know that affliction produces endurance, endurance produces proven character, and proven character produces hope. This hope will not disappoint us, because God's love has been poured out in our hearts through the Holy Spirit who was given to us.**

In sports and in life, trials will most certainly come. Part of our job as coaches is to put our athletes in trying situations during training (present) so they will be prepared for these situations during games (future). A hope for success in the future gives them power to persevere in the present. If there is no hope in the future, then trials can quickly produce discouragement, division, dissention, and despair. By being intentional about creating an environment of love and encouragement, we can help athletes attain a hope in the future that will empower them in the present.

**2. What can you do to speak hope to the athletes on your team who may never get to play in a game? Why should they stay on the team?**

**3. For the athletes that receive ample playing time, what can you do to make sure their hope in the future extends beyond their playing days?**

#### **2 CORINTHIANS 4:14A**

**We know that the One who raised the Lord Jesus will raise us also with Jesus...**

No matter how well we train our bodies and minds to deal with the trials of life, we will all still face the ultimate trial of death. Even in the face of this ultimate trial, because Jesus Christ defeated death in resurrection, we can have hope for the life to come as we place our faith in him.

#### **1 TIMOTHY 4:8**

**Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.**

**4. What do you think it means to train for godliness?**



**5. What do you think are some of the benefits in this life?  
In the age to come?**

**6. Do you have any routines that help you train for  
godliness?**

Ultimately, hope should be about who we become, not about what we do. As 3D Coaches, we must have a transcendent view of the trials and adverse circumstances we face. When we face trials, it is easy to allow fear to create discouragement, division, dissension, and despair in our hearts if we don't seek to see things from God's perspective. From God's perspective, all of the fear-based reactions to trials are really just manifestations of the fear of death in different ways. God wants us to place our faith in Jesus Christ, put our hope in the power of his resurrection, and learn to love our players in a way that cultivates an environment of encouragement so they can have that same hope in the future.

**3D DIMENSIONAL COACHING POINT:** "Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." — Helen Keller

## POST-GAME

**MEMORY VERSE:** Romans 5:3b-4—...affliction produces endurance, endurance produces proven character, and proven character produces hope.

**CLOSING PRAYER:** Lord Jesus, thank you for enduring the suffering of the cross on our behalf that we might experience the abundance of eternal life with you. May that hope in the future empower us in the present to endure trials of various kinds, and may we help impart that hope to the athletes on our teams. Help us by the power of your spirit to come up with creative ways to harness the power of love in our programs, so that everyone associated with our teams may experience the love of God in a way that honors you. We ask these things in your name, Jesus. Amen!



# PLAN

## Module 19: Legacy

### PRE-GAME

Log into your online 3D+ account and complete Module 19.

### GAME TIME

We will all face death. This is bad news. Jesus, in his life, teaching, death, burial, resurrection and ascension defeats death on every front. This is good news! However, although Jesus was very aware that death awaits all of humanity, he spent very little time talking about the afterlife. In fact, if you had to pick one theme that Jesus taught on over and over again during the three years leading up to the Easter events, that theme would be “the kingdom of God.” The announcement of this kingdom is what Jesus calls the Good News (Gospel), and is the ultimate transcendent cause that he gave his life to.

#### **MARK 1:14-16**

**Now after John was arrested, Jesus came into Galilee, proclaiming the gospel of God, and saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”**

**1. What does Jesus mean by repent and believe in the gospel (good news)?**

**2. Why is this news “good”?**

There aren't many political kingdoms these days, but we regularly use this language in sport while referencing a team's fan-base. Although our “sport kingdoms” cannot be defined by geopolitical borders, it doesn't mean they aren't real. The “Cardinal Kingdom” exists wherever Cardinal fans gather and show support for their

team. Is it real? It is real enough to: impact the behavior of the fans, dictate what is prioritized on the calendar, affect the way people dress and talk, define rivalries and inform how people spend their money, etc. They become real “kingdoms” when people live their lives in allegiance to supporting the team.

### **LUKE 17:20-2**

**Being asked by the Pharisees when the kingdom of God will come, He answered them, “The kingdom of God is not coming with something observable; no one will say, ‘Look here!’ or ‘There!’ For you see, the kingdom of God is among you.”**

**3. In what ways do our various “sport kingdoms” and “sport nations” compare to the kingdom of God? How do they differ?**

**4. What do you think Jesus means by “the kingdom of God is among you?”**

To help illustrate what the kingdom of God is like, Daniel Chappell shared the following story in unit 19.5:

There was a certain coach who worked for several years under an athletic director (A.D.) known for his “win-at-all-costs” approach. Because this A.D. only cared about the first dimension, he created an environment where bending the rules was tacitly encouraged and cheating was more than tolerated. Anger, pride, shame and abuse of players were regular tools of the trade if it meant more wins. However, once the school administration caught wind of this, they didn’t like what was happening, and fired the corrupt A.D. After a thorough search they hired a new A.D. known for her virtuous character. Because this new A.D. had 3Dimensional philosophy, the coach was required to rethink everything he was doing if he wanted to keep his job on the staff. Things were about to change.

**5. Why does the coach need to rethink what he is doing in the building of his program?**

**6. What will happen if the coach refuses to restructure his program according to the newly appointed A.D.'s philosophy?**

The coach who hears the announcement of a new athletic director coming to the office has a decision to make. The coach's decision is not, "Will I personally accept the reality that there is a new athletic director?" That decision has already been made by the administration who already has appointed the new A.D.! The only decision the coach needs to make is: "Will I restructure my program due to the fact that now I have a new boss, or not?"

**7. What might it look like to restructure your program under the reign and rule of King Jesus?**

For the last three years of his life on earth, Jesus of Nazareth focused his ministry on announcing the arrival of the kingdom of God. He would regularly tell the people that the kingdom of God was now "at hand," and he would challenge people to "repent and believe" in this good news. In other words, he would challenge people to rethink their lives in the light of the fact that he was and is the reigning king over all of creation. This claim was validated by his resurrection from the dead. And the good news is not only that Jesus is now king, but that he is a good king, made evident by how he enacted the kingdom of God for all to see.

The kingdom of God was inaugurated when Christ ascended to the right hand of the Father where he is currently reigning and ruling. The kingdom of God will come in its fullness when Christ returns, the resurrection of the dead happens, and Jesus fully implements his reign and rule as King on earth. Until then, we as Christians bear witness to this future reality by learning to live in submission to his reign and rule, here and now. By doing this, we get the

funeral topics right, and can leave a truly lasting legacy.

**3DIMENSIONAL COACHING POINT:** “Before we can pray, ‘Lord, Thy Kingdom come,’ we must be willing to pray, ‘My Kingdom go.’”  
– Alan Redpath

## POST-GAME

**MEMORY VERSE:** Mark 1:15—The time is fulfilled, and the kingdom of God has come near. Repent and believe in the good news!

**CLOSING PRAYER:** Jesus, we confess you as Lord and as King over all of creation. Help us learn to live under your reign and rule in our lives now, that we may bear witness to that which is to come. In our coaching, help us to hear the gospel announcement just like that coach who heard about the new boss on campus. Give us the grace we need to rethink and reshape the programs we are building in light of the fact that you are the higher authority with whom we must give account. Have mercy on us and show us your will for our coaching and our lives. May your kingdom come, and your will be done, on our fields, courts, and tracks, and playgrounds, just as it is in heaven. Amen!

Module 19:

## NOTES

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# PLAN

## Module 20: Wisdom

### PRE-GAME

Log into your online 3D+ account and complete Module 20.

### GAME TIME

Although it's important to have a vision for the legacy we want to leave with our lives, as Christians, it's important to see BEYOND death and into the fullness of God's Kingdom in the age to come. Assuming that sport has a place in God's government when Jesus returns to fully institute his presidency of the world, answering the following three questions can help us rethink what sports should look like with a distinctly Christian imagination:

- 1. If Jesus became the governing authority over our sports programs, what things would he judge as perfectly acceptable to continue doing as we already are?**
- 2. What would Jesus say are acceptable end results to strive for, but we need to rethink our approach towards achieving those ends?**
- 3. What things would Jesus say we need to completely abolish from our programs because they do not line up with his values and have no future in His kingdom?**

God's grace is essential if we want to reimagine sports and to begin coaching this way. The good news is that he offers his grace to make this possible if we begin to deliberately embark on this journey by faith.

## **2 CORINTHIANS 12:9**

**But He said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.**

## **EPHESIANS 2:8-9**

**For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.**

**4. According to these two passages, what are the prerequisites required to receive God’s grace?**

## **2 PETER 3:18**

**But grow in the grace and knowledge of our Lord and Savior Jesus Christ.**

Although grace is the free gift of God that enables us to do and be that which we can’t do or be on our own, God wants us to cooperate with this transformative process by training to grow in grace. This type of training entails the instituting of practices that put us in position to receive of God’s grace. As we grow in grace, we should be seeing more and more of the activity of God in our lives.

**5. In sports, what role does training play in physical and mental growth? Compare that to spiritual training and spiritual growth.**

## **2 PETER 1:3-7**

**His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;**



and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.

**6. According to this passage, for what purpose does God give us everything we need to live a godly life? What do you think that means?**

There is only one true king, and he is Jesus Christ. Though we are all called to submit to him first and foremost, Jesus doesn't want us to simply exist as subjects in his kingdom who are placidly waiting to go to heaven when we die. Jesus wants us to become "partakers of the divine nature," so that we can rule and reign on his behalf in our spheres of influence here and now. When we learn to be ambassadors of his kingdom in our athletic programs, we can become "kingdom coaches." These are the types of coaches who are seeking to live according to the original design for humanity, which was to accurately reflect God's image and rule the earth well on His behalf. This is the greatest manifestation of wisdom.

**3DIMENTIONAL COACHING POINT:** Live in such a way that those who know you but don't know God will come to know God because they know you.

## POST-GAME

**MEMORY VERSE:** 2 Corinthians 12:9—My grace is sufficient for you, for my power is made perfect in weakness.

**CLOSING PRAYER:** Father God, we pray that you would give us the grace through Jesus Christ to grow in wisdom and become more like him. Help us in your mercy to find the desire to cooperate with your grace by learning to train for godliness so we become effective and productive in our knowledge of you. Help us to establish core values that will help us on the path. We pray that your kingdom would come and your will would be done in our spheres of influence, just as it is in heaven. We ask these things in the name of Jesus Christ, your son, our Lord. Amen!



# PLAN

## Module 21: Transformational Purpose

### PRE-GAME

Log into your online 3D+ account and complete Module 21.

### GAME TIME

If a coach understands his/her PURPOSE in coaching, and has that purpose statement in writing, that statement can act as a filter for every interaction and activity that takes place within the athletic program.

**1. Share your transformational purpose statement.**

**2. How and why did you choose the verb and target that you did?**

**3. How are your highest core values represented in your purpose statement? How can this statement help you stay reminded of them?**

A primary purpose of a Transformational Purpose Statement is to help us stay reminded of the funeral topics: relationships and our transcendent cause. A transcendent cause can be simply understood as a cause that is bigger than ourselves. In theology (the study of God), God himself is described as transcendent. For a Christian coach, our transcendent cause should align with God's transcendent cause.

**4. What do you think is God's primary cause or purpose for his creation? What is he seeking to accomplish?**

**5. How does your transformational purpose align with his?**

If we want to join God in his cause to redeem people and restore his creation, it starts with putting our faith in Jesus Christ. Jesus died for our sins on a cross, and was raised to life after three days in a tomb. 40 days later, Jesus ascended to the heavens where he was enthroned King of kings and Lord of lords to reign and rule over all creation. Believing this good news is the place to begin, but if we want to be participate in what God is doing through Jesus Christ, we have to begin to think like God so we can act accordingly.

**6. How can you begin to learn what God's thoughts are?**

**7. Why is it important to be involved in a Christian community in our pursuit of this knowledge?**

**MICAH 6:8**

**He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?**

**8. What does "justice" look like in an athletic team setting?**

**9. Is “loving kindness” and competing to win antithetical?  
Why or why not? How can you do both?**

**10. Why is humility one of God’s requirements for participation in His kingdom?**

God’s primary purpose is to restore broken relationships. First, he wants to restore his relationship with each one of us through his Son Jesus Christ. But this is only the beginning point... not the end! He also wants restore relationships between people as well. In order for us to be a part of this great purpose, we should endeavor to do acts of justice, extend kindness to others, and walk in humility before God and man. By modeling these, we will contribute to God’s transcendent cause by being a living witness to the reality of his kingdom.

**3DIMENSIONAL COACHING POINT:** God’s justice isn’t merely punitive, it’s restorative. God’s justice isn’t so much about punishment as it is about making wrongs right.

**MEMORY VERSE:** Micah 6:8— He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

**CLOSING PRAYER:** Father God, help us to renew our minds to become more like yours, so that we can treat others with the same kind of love that you’ve shown us. Help us to always remember our transformational purpose in the pressurized moments of life so that we can be an example of your kingdom reign and rule, in the here and now. Help us by the power of the Holy Spirit to do acts of justice, to love kindness and mercy, and to walk humbly with you and others. In Jesus’ name we pray, amen.



# PLAN

## Module 22: Selecting 3D Strategies

### PRE-GAME

Log into your online 3D+ account and complete Module 22.

### GAME TIME

Once coaches understand their WHY, they can begin to define the HOW and the WHAT. Once the foundation of WHY is in place, coaches can begin to “flesh out” the 3D framework by selecting the various level two and three strategies that will help them fulfill their transformational purpose.

#### **1. How has learning the 3D framework impacted the way you think about structuring your program?**

**“If your outgo exceeds your income, then your upkeep will be your downfall.” – Bill Earle**

The quote above was given in the context of money management, but it’s truth can be applied across the whole spectrum of life. We need to stay reminded of this simple truth because so much about our modern life is designed to keep us busy in our pursuit of progress/success that it causes us to neglect our own souls. We can’t give what we don’t have. When it comes to the 3<sup>rd</sup> dimension, we need to make sure that we have “TO” strategies to keep our own hearts full, and then “THROUGH” strategies so we can pour into the hearts of athletes out of the overflow.

#### **2. What do you do to make sure YOUR HEART is full of that which you hope to pass on? Be specific.**

**3. How can you be more intentional about caring for your own heart first?**

**PROVERBS 4:23**

**Keep your heart with all diligence, for out of it spring the issues of life.**

In this verse the word issues can also be translated as boundaries or borders. If we want to expand the borders of our influence and legacy, we need to make sure there is a steady flow of God's grace, love, mercy and forgiveness into our lives so we can allow that to overflow into the lives of our athletes and all whom they influence. FCA desires to serve coaches by providing Huddles, Events, Training, and Resources to help foster third dimension growth for the people of sport.

**FCA VISION:** "To see the world impacted for Jesus Christ through the influence of coaches and athletes."

**4. Does FCA's vision statement align with your transformational purpose statement? Why or why not?**

**5. Have you ever been involved with FCA at any level? Share your experience.**

**6. Have you ever considered allowing FCA Huddles, Events, Training, and/or Resources to be a part of your level strategies for your coaching staff or team? Why or why not?**



## **ACTS 1:8**

**But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.**

The scriptures make it clear that as followers of Jesus we should seek to operate our lives (and coaching) out of the fullness of the Holy Spirit. In other words, we should position ourselves to regularly be filled with the love, mercy and grace of God that we may pass it on to those we lead. Ministries like FCA can be a great help because they specialize in creating opportunities to receive nourishment from the Holy Spirit. However, let's be sure not to take on the mindset that we are "outsourcing" all of the 3<sup>rd</sup> dimension development for our athletes to the "experts." The Holy Spirit will come upon us so that we might BE his witnesses. Let's BE the change that we want to see, and let's BE the change we want to impart.

**3DIMENSIONAL COACHING POINT:** "Be careful how you live. You may be the only Bible some person ever reads."  
– William J. Toms

## **POST-GAME**

**MEMORY VERSE:** Proverbs 4:23 – Keep your heart with all diligence, for out of it spring the issues of life.

**CLOSING PRAYER:** Lord Jesus Christ, we ask that you pour out your Spirit on us that we might BE your witnesses by how we live our lives. We pray that you would minister TO us, and minister THROUGH us as we seek to live out our transformational purpose. Thank you for ministries like FCA and others who seek to serve us in this coaching profession. Help us to maximize the opportunities we've been given so that we may be found faithful by you to share your good news. It's in the name of the Father, the Son, and the Holy Spirit we pray. Amen!



# ACCOUNTABILITY & ACT

## Module 23: Key Relationships

### PRE-GAME

Log into your online 3D+ account and complete Module 23.

### GAME TIME

Too often, even our best intentions are thwarted by a failure of the will. Remember, the will is a function of the heart, so if we want to follow through on this plan we've created, we need to have strategies for our own hearts first. One of the very best level 3 strategies for our OWN hearts is to intentionally enter into mentoring and accountability relationships. Remember, we cannot impart what we do not first possess.

#### PROVERBS 27:17

**As iron sharpens iron, so a friend sharpens a friend.**

**1. What do you think the writer of Proverbs means when he says, "a friend sharpens a friend."**

As coaches, we know that with accountability, our athletes will train harder. When they have someone pushing them and keeping them accountable, they will usually run, lift, and finish workouts harder. The same is true for us in whatever we are seeking to accomplish.

**2. When you hear the word "accountability" or when someone says "I am going to hold you accountable," do you hear it as a positive thing or a negative thing? Why?**

### **3. How can accountability help you stick to your commitment(s)?**

Commitment is a huge part of a coach's or athlete's life if he/she wants to be successful. While a commitment can be made in a moment, keeping that commitment all the way until the goal is achieved or the purpose is fulfilled is an ongoing journey. Being accountable to others is critical, so let's make it happen and help each other persevere in fulfilling our transformational purpose.

#### **ROMANS 14:10-12**

**Remember, we will all stand before the judgment seat of God. For the Scriptures say, "As surely as I live," says the Lord, "every knee will bend to me, and every tongue will confess and give praise to God." Yes, each of us will give a personal account to God.**

Just like in sports, commitment is a big part of living this life as a follower of Jesus Christ. But remember, a commitment without accountability simply doesn't work if we want to maximize our experience in the kingdom of God. Understanding that we are all accountable to God is a great place to begin our journey of faith in Christ, and we should all make an authentic commitment to live for him. But, without accountability to other people who are also seeking to follow Christ, we will likely fail in living out the full purpose of our lives as God intends us to live it. Will-power is not enough. We need the power of the Holy Spirit, and accountability provided by trusted friends. Let's sharpen one another and help each other pursue and persist in our transformational purpose.

**3DIMENSIONAL COACHING POINT:** "Accountability is the glue that ties commitment to results." – Bob Proctor

## POST-GAME

**MEMORY VERSE:** Proverbs 27:17 – As iron sharpens iron, so a friend sharpens a friend.

**CLOSING PRAYER:** Lord Jesus, thank you that you made yourself accountable to God the Father and his word, which enabled you to live a sinless life. And thank you that you voluntarily made yourself accountable for our sins. You died for our sins that we might find forgiveness and healing. Help us to be accountable to you and to each other, so that we might experience the fullness of your grace in this life and in the age to come. Amen!



# ACCOUNTABILITY & ACT

## Module 24: Community

### PRE-GAME

Log into your online 3D+ account and complete Module 24.

### GAME TIME

In Module 16 (Sports Culture) we discussed how God gives us three gifts of grace to help push back against the conforming pressures in our culture: God's word, God's spirit, and God's people. The pressure to perform is so great in our culture, that if we don't access all three of these gifts, we will likely be conformed in such a way that we return to being transactional. While God's word and God's spirit are powerful means of transformation on their own, to maximize the transformative power of these two requires our willingness to participate in Christian community. As we experience God's salvation, it's important to realize that Jesus is not saving us merely as individuals into a private relationship with him. While it's true that Jesus desires a *personal* relationship with us, it's not a *private* relationship.

#### EPHESIANS 4:3-5

**Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.**

- 1. What does Paul mean that "there is one body" that we were called into as we placed our faith in Christ?**

**2. What are some tangible ways that we can “make every effort” to keep the unity of the Spirit?**

In the previous passage, Paul tells us to make great effort towards keeping unity of the Spirit in the bond of peace. In other words, we need to make it a priority in our lives to come into unity with other followers of Christ, and we need to do so with an attitude of peace. An attitude of peace is important as we engage with the body of Christ (Church) because it is easy to focus on all that is wrong with the Church. However, with the right attitude, we can see what a tremendous gift the Church truly is.

**3. Instead of focusing on what’s wrong, share some positive aspects of the Church.**

**4. If there were no churches present in the world, what do you think the world would look like?**

Because the Church is made up of flawed individuals, of course there will always be flawed churches. Nevertheless, Jesus calls the Church his “body,” and he identifies himself as the “Head” of the body/Church. To be disconnected from the body is by definition to be disconnected from the head. To receive of the fullness of life that Christ (the Head) desires to give us, we must find our place in the Church (the body).

**EPHESIANS 4:11-13**

**And He personally gave some to be apostles, some prophets, some evangelists, some pastors and teachers, for the training of the saints in the work of ministry, to build up the body of Christ, until we all reach unity in the faith and in the knowledge of God’s Son, growing into a mature man with a stature measured by Christ’s fullness.**



**5. In what ways can we benefit by receiving “training” from the ministry leaders that God has placed in the church (pastors, teachers, etc.)?**

There are many purposes for church. Simply put, we need to make the effort to attend a church so that we can learn to BE the church. To “be the Church” means that we are regularly connecting with Christ and with one another, growing in the Christian virtues of faith, hope, and love, and learning to serve others with Christ-like humility. As we do these things, we can wholeheartedly participate in God’s mission to redeem people and restore his good creation through Jesus Christ.

**6. Do you currently attend a church? Why or why not? If not, would you be willing to give it a try?**

**HEBREWS 10:24-25**

**And let us be concerned about one another in order to promote love and good works, not staying away from our worship meetings, as some habitually do, but encouraging each other, and all the more as you see the day drawing near.**

The “day drawing near” in this passage refers to the age to come when Christ returns, the dead in Christ are raised, all things pertaining to sin and death are abolished, and Jesus fully institutes his administration as “Head of state” over heaven and earth. Until then, we as the Church are to be the embodiment of his rule and reign, here and now as a foreshadow of what is to come. The wider world should be able to look at our lives and say, “That’s what life looks like when God is in charge!” Like the trailer for an upcoming movie, the Church should be a preview of coming attractions!

**3DIMENSIONAL COACHING POINT:** Being a Christian is more than just going to church...but it’s not less than that.



# ACCOUNTABILITY & ACT

## Module 25: Make it Happen

### PRE-GAME

Log into your online 3D+ account and complete Module 25.

### GAME TIME

We've been on a journey of observing the cultural landscape of sports. We've reflected and discussed 2<sup>nd</sup> and 3<sup>rd</sup> dimension issues and gained a better understanding of the 3D framework. We've been through a planning phase where we wrote our purpose statements and selected strategies to fulfill them. Hopefully, we've all begun to do the work of establishing accountability in our lives to empower us to follow through on our plans. Where does that leave us? It's time to ACT.

#### **1. What was the most valuable thing you got out of taking this course?**

It's game time. It's time to put what you've learned into action. As you re-enter the CHRONOS timeline, we believe that this KAIROS journey you've been on will send you forth on a brand new trajectory that leads to creating "pockets of beauty" in sports. Remember, the role of beauty is to ATTRACT. May the beauty of how we coach attract fellow coaches, athletes, parents, fans and all whom we influence to follow us on this transformational journey.

#### **2. What excites you the most about the potential of 3Di- mensional Coaching?**

### **3. Do you believe that 3Dimensional Coaching can impact an entire community? Why or why not?**

Because the potential for a coach's impact is so huge, it can be overwhelming to think about. It's important to remember that God isn't calling us to be the Savior of the world, that job is reserved for Jesus! Our job is to just simply BE a faithful witness in our sphere of influence, and to do it with consistency. It's simple faithfulness, over a long period of time, that adds up to a huge impact.

#### **MATTHEW 25:23**

**His master said to him, "Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master."**

#### **LUKE 16:10**

**One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.**

### **4. How do these verses take the pressure off of you as a coach?**

### **5. Give an example of how being faithful in small things has added up to a great impact over time.**

The finish line of this online 3D journey really just serves as the starting line for a lifelong pursuit of excellence in coaching. As we move forward on this new trajectory, let's stay reminded of "R" column in the formula for change (Unit 21.2). "R" stands for resistance, and resistance often refers to people. In this column there are those who stop change from happening, those who allow change to happen, and those who will MAKE it happen. Let's MAKE IT HAPPEN by staying faithful to truth, goodness, and beauty over the long-haul. In-so-doing we will create a legacy of impact in the lives of not only the athletes we coach, but all whom they influence in the community and beyond.

**3DIMENSIONAL COACHING POINT:** “One coach will impact more people in one year than the average person does in a lifetime.” – Billy Graham

## POST-GAME

**MEMORY VERSE:** Luke 16:10 – One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.

**CLOSING PRAYER:** Father God, thank you for this opportunity to grow. Thank you for what we have learned and had the opportunity to share with others. May this truly be a Kairos experience that sends us forth on a new trajectory of kingdom impact. As we move forward, help us remember that it is by YOUR strength that we leave a legacy, and it is simply our job to remain faithful. Help us by the power of the Holy Spirit to walk it out. May your kingdom come, and may your will be done, on every field, track, mat, court and playground... just as it is in Heaven. AMEN!



## TIPS FOR LEADING YOUR GROUP

### GETTING STARTED

Before you begin, we encourage you to certify your FCA Coaches' Huddle at [www.fca.org/certify](http://www.fca.org/certify).

#### **How to Use this Study Guide**

1. Distribute the Companion Bible Study to each member of the group.
2. Assign the group to watch each week's online training module prior to your meeting.
3. Open the meeting with any necessary introductions and prayer.
4. Begin each week's meeting by watching the faith-based add-on video as a group.
5. Follow the Companion Bible Study and conclude the meeting with prayer.
6. Remind the group members to watch the next online training module prior to the next time the group meets.

### GUIDELINES FOR DISCUSSION

#### **Here are some guidelines for leading the discussion time:**

1. Make this a discussion, not a lecture. Resist the temptation to do all the talking. Don't be afraid of silence while people formulate their answers.
2. Encourage everyone to participate. Don't let one person dominate, but also don't pressure quieter members to speak during the first couple of sessions.
3. Affirm people's participation and input. If an answer is clearly wrong, ask, "What led you to that conclusion?" or ask what the rest of the group thinks. If a discussion can't be resolved, offer to research it further.
4. Detour when necessary. If an important question is raised that is not in the Companion Bible Study, take time to discuss it.

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### **FCA Vision**

To see the world impacted for Jesus Christ through the influence of coaches and athletes.

### **FCA Mission**

To present to coaches and athletes, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

### **FCA Values**

Our relationships will demonstrate steadfast commitment to Jesus Christ and His Word through Integrity, Serving, Teamwork, and Excellence.

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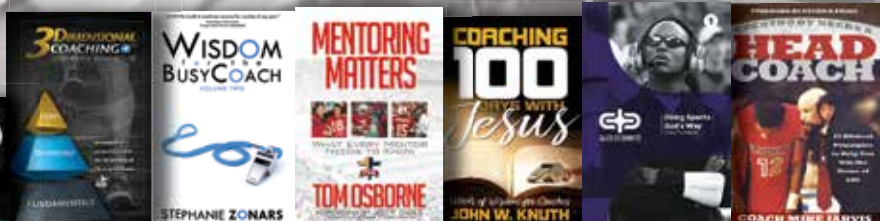
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