



# CENTRAL SPORTS

## VOLLEYBALL

*Central Sports exists to promote the  
discovery of Jesus through sports.*

Team Name: \_\_\_\_\_

Practice Day/Time: \_\_\_\_\_



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## CENTRAL SPORTS

Central Sports focuses on these three things: fun, growth, and respect.

- **Fun-** We want the kids, parents and you, the coach, to have fun. We want learning about Jesus to be fun. He is the creator of fun, so why wouldn't we have fun learning about Him?
- **Growth** - We want kids to be better players at the end of the season than they were at the beginning of the year. We want the players', coaches' and parents' relationship with Jesus to be deeper that it was when the season started. If they don't know Jesus, we want them to get to know Him.
- **Respect-** We want players and coaches to play to win, but at the same time not win at all costs. We want players and coaches to respect the opponent. We want you to have the same reaction in winning and in losing. Jesus taught us to love others, so we need to love the other team.

### Sports Offered

January-February : Basketball

March-May : Soccer

August- November : Flag Football/ Volleyball

### Practice/Game Cancellation Policy

Volleyball does not normally have weather related cancellations. However, if for some reason a cancellation does occur, emails will be sent out to the league and cancellation notices will be posted to the Central Volleyball Facebook page

(<https://www.facebook.com/groups/cbcupwardvb/>).

### IMPORTANT DATES

Meet the Team: \_\_\_\_\_

First Week of practice: \_\_\_\_\_

First Game: \_\_\_\_\_

Last Game: \_\_\_\_\_

Deadline to request award medals: \_\_\_\_\_

Gym unavailable on this day (dates): \_\_\_\_\_

Teams that affected by this day (dates) can practice the Friday of that week.

\*\*\*You **MUST** notify Bill Wise if you plan to practice on that Friday!

## **COACHES: REQUIREMENTS**

### **Application & Background Check**

All coaches must complete an application and background check. This includes assistant coaches and fill-in coaches. If you know you will miss a game and need a fill-in coach for a game, please make sure they have completed and turned in the appropriate paperwork.

### **Ministry Safe**

**As a coach, you MUST complete the Ministry Safe Sexual Assault Awareness Training.** This is to protect the players, you as the coach, and Central Sports. There are videos and a test at the conclusion of the training. The entire training should take no longer than 45 minutes. This training certification lasts 2 years. If you have taken the Ministry Safe Training at another church, please send your certification to [familyactivities@centralbcs.org](mailto:familyactivities@centralbcs.org). If your training expires during the middle of the season, you will be asked to complete a new training prior to the start of the season. We thank you for taking every step possible to protect the kids that we love.

## **COACHES: EXPECTATIONS**

We want you to grow in the knowledge, skills and passion for stewarding players to Christ through the sport of volleyball. When you coach, we want you to instill character in the players. This only comes from a relationship with Jesus and a constant renewing of your mind with the things of Him. (Rom. 12:2)

Coaching can have more purpose than teaching players how to serve or pass. As a coach, you can teach your players about the truths of God: that He loves us and wants to know us, along with the sport. We want to come alongside and equip you to share Jesus with your players.

As a coach, we want you to be a positive role model – encourage and respect your players and the game by communicating clearly and consistently, listening to your players, and knowing the sport.

### **Central Sports Coaches' Dress Code**

- Central Sports Coach shirt or sleeved t-shirt
  - No tank tops, muscle shirts, crop tops or spaghetti straps
- Athletic or walking shorts
  - If wearing yoga pants, compression pants or compression shorts, you must wear shorts over them.
- Tennis/athletic shoes
  - Come dressed for practice the way you want the kids dressed for practice; set the standard and example.

## Keys to Coaching

- Teach the game through drills – The ability to execute proper drills enhances skill level and improves athletic foundations. Your practices should utilize drills that enhance skill development.
- Teach the rules of the sport – For the players to grow in the sport, they must understand and apply the rules of the game. Take time to explain rules and why they are important.
- Instill sportsmanship with a competitive spirit – In sports, winning and losing are part of the game, just as it is for life. Knowing how to handle both in a positive way builds character in young athletes. Teach your players to play hard and play to win, but also teach them to put others before themselves with a positive attitude and sportsmanship.
- Communicate effectively – In order to teach the rules, explain drills, and teach sportsmanship, you have to be an effective communicator. Likewise, good communication and organization are crucial in keeping parents informed throughout the season. This includes keeping them up to date on practice and game times and having a plan in place each and every practice.

## COACHES: RESPONSIBILITIES

### Attend Coaches' Training

- Attend training
- Pick-up shirt, roster, and handbook

### Contact Your Team

- Introduce yourself (and your assistant coaches if applicable)
- Inform parents of:
  - Team name & age division (for the parents with multiple children playing)
  - Practice nights (day of week, time)
  - Meet the Team details
  - First Practice date
  - First Game date
- Inform parents of your expectations
  - Ex: Be 15 minutes early to games, visit restroom prior to games & practice, bring a water bottle, younger siblings not to play on the courtside during practice, etc.
- Inform parents of Central's expectations
  - We are about Fun, Growth, and Respect
    - We don't celebrate mistakes of the other teams; we don't chant during the opposing teams' serves
    - Referees/Score Board keepers are volunteers; please refrain from booing, heckling, arguing with them. If there is a problem, please address it to you, the coach, and assure the parents you will discuss the matter with the referee. Ultimately, we want to be positive role models for the kids who go through our league. (Turn mistakes into teaching moments!)

Communicating these expectations from the beginning of the season will make your year much smoother!

We encourage you to request a confirmation so you know your parents receive the information.

## Attend 'Meet the Team'

Location: Family Life Center Gym (FLC Gym)

1<sup>st</sup>-3<sup>rd</sup> grade division: 6:00-6:20 pm

4<sup>th</sup>-6<sup>th</sup> grade division: 6:30-6:50 pm

- Introduce yourself
- Tell them when the first practice is (day of week, time)
- Tell them where the first practice is (all practices will be the same)
- Tell them what to bring to practice; knee pads, water bottle, learning attitude
- Ask for a team parent to handle snack sign-up (if wanted/needed)
- Ask for help coaching if wanted/needed (**must fill out paperwork/Ministry Safe training**)
- Let them know when/if you will be out
- Hand out team rosters

IF YOU AND YOUR ASSISTANT COACH WILL NOT BE AT 'MEET THE TEAM', PLEASE LET YOUR TEAM KNOW THAT THEY DON'T NEED TO ATTEND. PLEASE LET US KNOW AS WELL!

## Conduct Practices

- Be prepared for your practices! Conduct drills that teach skills.
- Be prepared for devotions! The players will get out of it what you put into it.
- Use positive reinforcement only; no punishment! Please no burpees, push-ups, etc.
- No scrimmages during the first two weeks of practices.

## Coach Games

- Be prepared for the game! Have your lineup ready and captains picked. Make sure players are given equal game starts, playtime, and coin tosses.
- Be involved! Engage with players from the bench.
- Be an encourager! Always have uplifting words for your players. Praise them in the post-game locker room.

## Award End-of-Year Medals

End-of-the-Year Medals are given after the last game of the season. This highlights your player's strength; it is not a "most improved, MVP, or best player" award. Multiple players can receive the same award. You will email Central Sports with a list of the awards you need. There are 10 award categories:

- Offense, Defense, Passing, Serving, Hustle, Sportsmanship, Leadership, Character, Effort, Encourager

You will receive a reminder from Central Sports to provide your medal count & categories.

**Please be aware: if you miss the deadline, you will NOT receive any medals for your team.**

# VOLLEYBALL AT CENTRAL

## General Rules of Volleyball

- Ball that lands on the line is in.
- Serve that does not go over the net is a point for the other team.
- Ball that lands out is a point.
- Serve that strikes the net and goes over is a live ball.
- Serve that strikes the antennae is out.
- Ball in play that strikes the ceiling/basketball goal/sound equipment but remains on your side is a live ball.
- Ball in play that strikes the ceiling/basketball goal/sound equipment and goes over the net to opposing team is considered obstructed and a dead ball; point for other team.

## Rules Specific to Central Sports

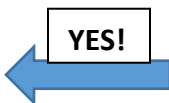
- Player rotates in at server position only and rotates through all positions on the court.
- Player may not serve more than 3 points in a row (side-out awarded).
- Rally scoring
- Zone serving (see following entitled section)
- All overhand serves behind the 30 ft line (back line)
- One time-out per set
- No chanting during the opposing team’s serves
- Serve that is missed (‘whiffed’) is replayed
- Egregious lifts called (referee’s discretion)
- Devotion for all teams and parents given at the beginning of each game
- Game balls:
  - 1-3 grade division - Volley Lites
  - 4-6 grade division - Standard size

## Play Time/Line-up Rotation

- Every player rotates in at server position and rotates through all positions on the court to ensure equal playtime.
- Evenly divide (as much as is possible) game starts
- Evenly divide (as much as is possible) coin toss callers
- If a player is late, you can have them sit out until their turn in the rotation or you can slip them in right away. Just be consistent!

Equal Line-up

	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8
Player 1	X		X		X			X
Player 2	X		X		X			X
Player 3	X		X			X		X
Player 4	X		X			X		X
Player 5	X			X		X		X
Player 6	X			X		X		X
Player 7		X		X		X		
Player 8		X		X		X		
Player 9		X		X			X	
Player 10		X		X			X	
Player 11		X			X		X	
Player 12		X			X		X	
Player 13			X		X		X	
Player 14			X		X		X	



Unequal Line-up

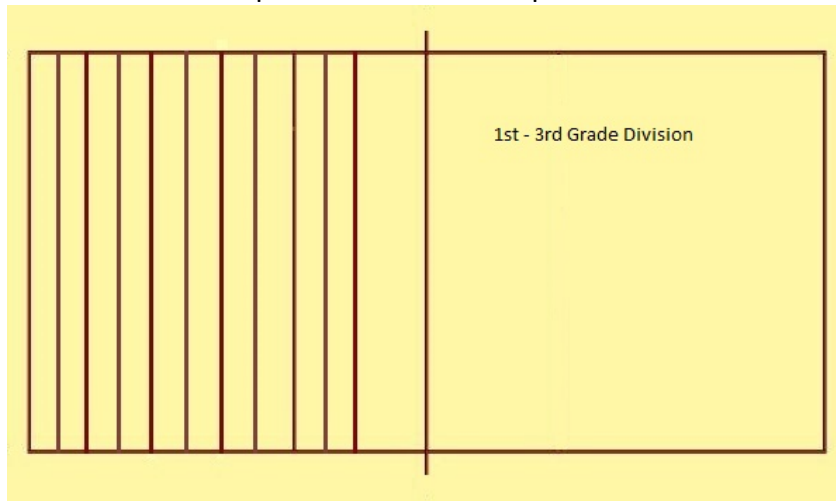
	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8
Player 1	X							
Player 2	X	X						
Player 3	X	X	X					
Player 4	X	X	X	X				
Player 5	X	X	X	X	X			
Player 6	X	X	X	X	X	X		
Player 7		X	X	X	X	X	X	
Player 8			X	X	X	X	X	X
Player 9				X	X	X	X	X
Player 10					X	X	X	X
Player 11						X	X	X
Player 12							X	X
Player 13								X
Player 14								



### Zone Serving: 1st – 3rd Grade Division

Lines that are 2 feet apart will be taped on the court; creating 12 serving zones.

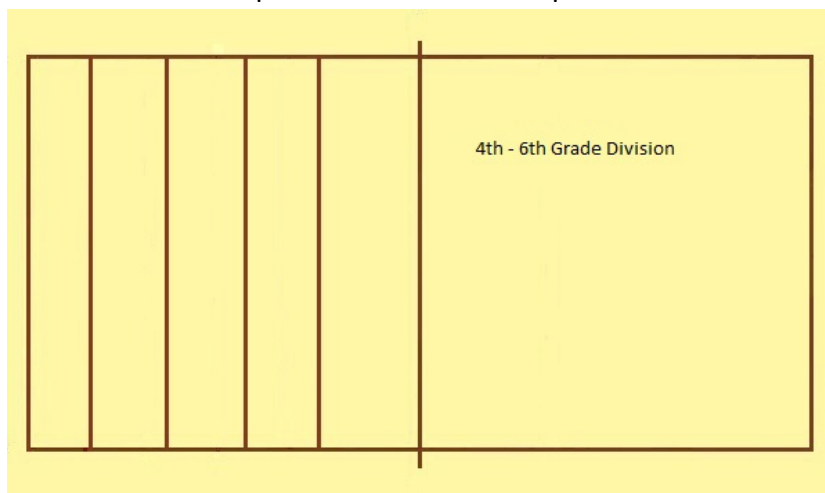
- Each player should begin in a zone that is the furthest from the net that they can consistently, successfully serve. 1<sup>st</sup>-3<sup>rd</sup> grade division can begin anywhere, including in front of the 10ft line.
- If the player has two successful serves, then the player will move back one zone for the third serve attempt.
- When the player rotates around for their next serve attempt, they may start one zone in front of where their previous serve attempt ended.



### Zone Serving: 4th – 6th Grade Division

Lines that are 5 feet apart will be taped on the court, creating 5 serving zones.

- Each player should begin in a zone that is the furthest from the net that they can consistently, successfully serve. 4<sup>th</sup>-6<sup>th</sup> grade division will begin at 10ft line.
- If the serve is successful, player moves back to the next zone for next serve attempt. The player will move back one zone for every successful serve attempt until they side out (3 serves) or possession turns over.
- When the player rotates around for their next serve attempt, they may start one zone in front of where their previous service attempt ended.



## Practice

- Practice nights: Monday, Tuesday, or Thursday
- Practice times: 5:30-6:30 pm or 6:30-7:30 pm
- Volleyball courts are shared for practices.
- Please wait outside the gym until your practice time begins.
- Devotions are at the midway point of your practice. An intern will announce balls down.
- Positive reinforcement only; no punishments such as burpees, push-ups, etc.
- No scrimmages during the first two weeks of practice.

### PRACTICE BREAKDOWN

- *Pre-Practice Huddle (3-5 minutes)* – Cover specific rules and the basics of the game. Teach and review proper techniques for each skill needed for practice drills.
- *Warm-up Activity (3-5 minutes)* – Provide players the opportunity to practice individually and slowly warm up their muscles.
- *Practice skills through drills (20 minutes)* – Use drills that reinforce skill development. Focus on only one to two skills per practice.
- *Mid-practice huddle (5-7 minutes)* – Share the practice-specific devotion for each week. An intern will come in and announce devotion time at the mid-point of practice.
- *Scrimmage or games that teach (20 minutes)* – Guide players in using the skills they are learning through scrimmaging.
- *Post-practice huddle (5 minutes)* – Communicate game times, picture times, etc. After practice is a great time to engage in conversation with parents.

### SKILLS TO TEACH/LINKS TO DRILLS

- Rules (In/Out of bounds, 3 hits, Rotation)
- Communication (mine, back, out, etc.)
- Ready position
- Serving (underhand and/or overhand)
- Passing
- Move Those Feet
- Setting
- Hitting
- Offensive (when serving) player positions
- Defensive (when receiving) player positions
- Links
  - <http://www.theartofcoachingvolleybal.com>
  - <http://athleticlift.com/volleyball-drills-for-kids/>
  - <http://www.jvaonline.org/beginner-drills>
  - <https://www.livestrong.com/article/188507-fun-volleyball-drills/>
  - <https://www.teamusa.org/USA-Volleyball/Features/2015/June/23/Growing-Kids-Volleyball>

There are many more ideas, videos, drills, etc. out there. Just search for “Volleyball Drills for ages insert age/grade here”.

## **Game Day: 1<sup>st</sup> – 3<sup>rd</sup> Grade Division**

### Prior to Game

- Set your lineup
  - Equal start time/play time for every player
- Choose a bench
- Warm-up until ref signals 'balls in'
- Choose your 'Captain(s)' – they call the coin toss.
  - Coin toss winner chooses to serve or receive
  - Make sure everyone takes a rotation at 'Captain'.

### During Game

- Two 18 minute games (no clock stoppages) with a 2 minute break
  - Do not leave the court.
- This age division does NOT swap sides of the court

### After the Game

- Line up and shake hands (high-fives)
- Dismiss to the locker room (classroom) on your side of the gym
  - First classroom for 1<sup>st</sup>-3<sup>rd</sup> grade division
- Pass out team snack
- Positively congratulation/critique your team

## **Game Day: 4<sup>th</sup> – 6<sup>th</sup> Grade Division**

### Prior to Game

- Set your lineup
  - Equal start time/play time for every player
- Choose a bench
- Warm-up until ref signals 'balls in'
- Choose your 'Captain(s)' – they call the coin toss.
  - Coin toss winner chooses to serve or receive
  - Make sure everyone takes a rotation at 'Captain'.

### During Game

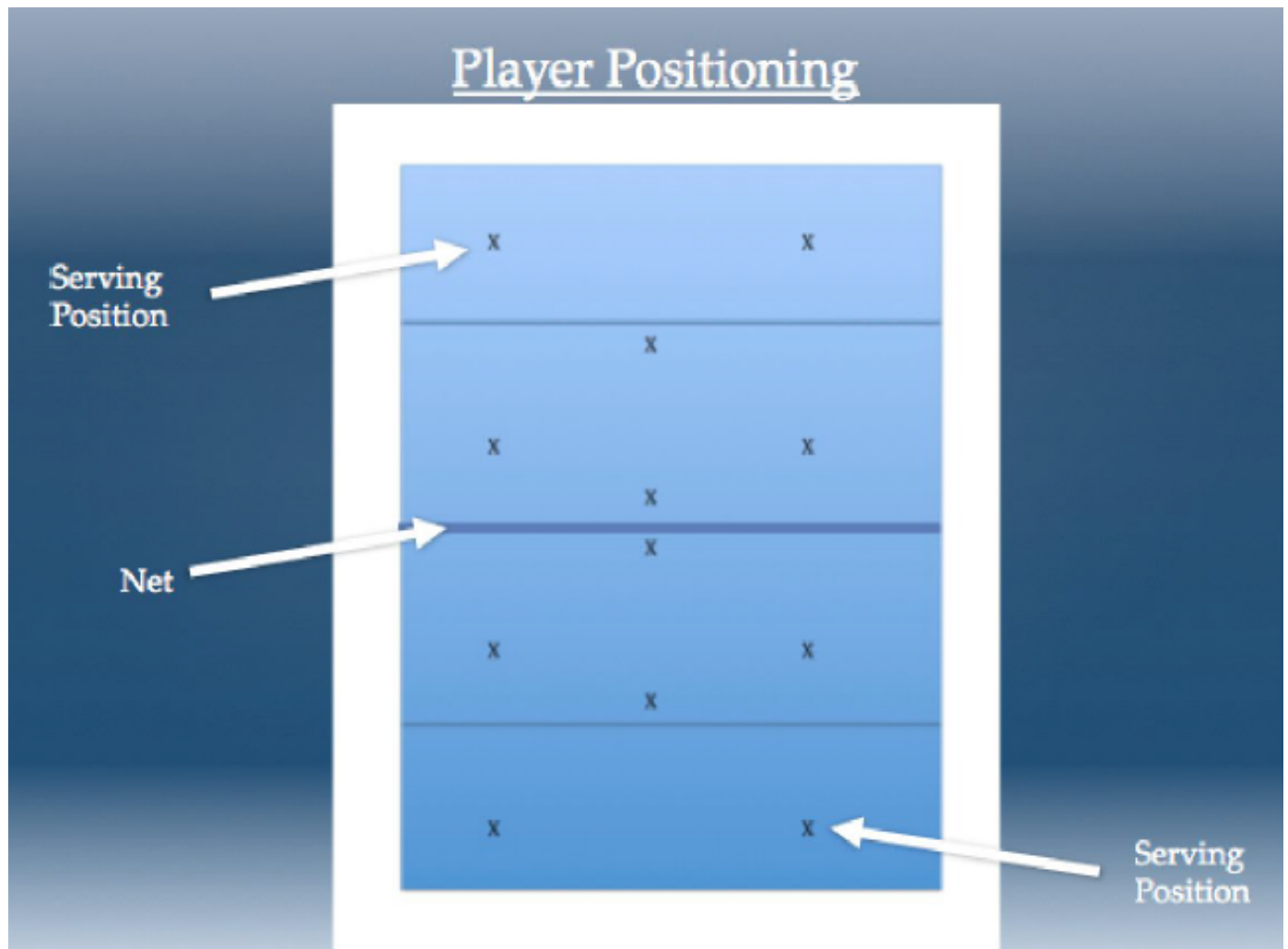
- Two games to 25 and one game to 15
  - Must win by 2 points
  - Swap sides of court between each game

### After Game

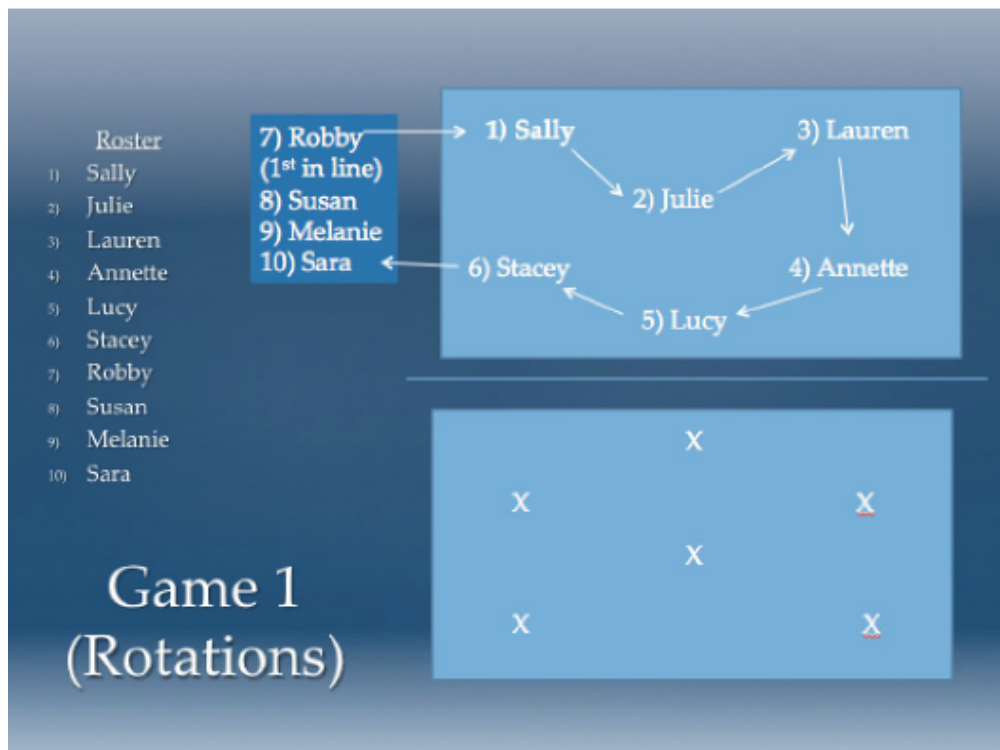
- Line up and shake hands (high-fives)
- Dismiss to the locker room (classroom) on your side of the gym
  - Second classroom for 4<sup>th</sup>-6<sup>th</sup> grade division
- Pass out team snack
- Positively congratulate/critique your team

## DIAGRAMS/VISUAL REFERENCES

### Player Positioning



## Game / Line-up Rotation



Roster

- 1) Sally
- 2) Julie
- 3) Lauren
- 4) Annette
- 5) Lucy
- 6) Stacey
- 7) Robby
- 8) Susan
- 9) Melanie
- 10) Sara

6) Stacey  
 (1<sup>st</sup> in line)  
 5) Lucy  
 4) Annette  
 3) Lauren

7) Robby		9) Melanie
	8) Susan	
2) Julie		10) Sara
	<u>1) Sally</u>	

This is where the player in right back from the first game will play in the second game.

	X	
X		X
	X	
X		X

## Game 2

Roster

- 1) Sally
- 2) Julie
- 3) Lauren
- 4) Annette
- 5) Lucy
- 6) Stacey
- 7) Robby
- 8) Susan
- 9) Melanie
- 10) Sara

6) Stacey  
 (1<sup>st</sup> in line)  
 5) Lucy  
 4) Annette  
 3) Lauren

7) Robby		9) Melanie
	8) Susan	
2) Julie		10) Sara
	<u>1) Sally</u>	

Middle front is the area the players should aim to pass the ball to.

	X	
X		X
	X	
X		X

## Game 2

## WEEKLY DEVOTIONS

- Be prepared each week for devotional. Know the scripture; don't just read it off the paper. Bring your Bible.
- Make the devotional your own; personalize it. Talk about situations your players will understand. Relate it to the game, school, home life, etc.
- Ask for questions! If you don't know the answer, tell them you will get back to them with an answer and do it!
- Remember: YOU may be the only 'Jesus' they see!

## Week 1 – Getting to Know You

1. Introduce yourself and tell a little bit about yourself.
2. Play the name game.
  - Circle up your players and have 1 volleyball.
  - Have the players pass the ball around saying their name and where they go to school when they get the volleyball.
  - Once everybody has gone around and said their name, play a game where you have to say the name of the person you pass it to before you pass it.
  - After playing for a bit, switch up where people are (you'll find that people only memorized the order of names)



## Week 2 – The Gospel

What are some things that people say about you? (Try to avoid negative things) Smart? Tall? Short? Fast? Etc.

- Do we always believe what people say about us? Why or why not? Should we always believe what people say?

The fact is, sometimes the world says things about us that are not true. Sometimes they tell us that we're not good enough, not pretty enough, or not worth anyone's time. The good news is, God says otherwise. This season, we're going to talk about what God says about us.

At the very beginning of time, God created Adam and Eve in His image. He gave them one command: that they must not eat from the tree of knowledge of good and evil. Adam and Eve lived and walked with God until one day Satan tempted them to disobey God. Because they disobeyed God, they couldn't be in God's presence anymore.

God was saddened by this separation and decided to do something about it. "God saved you by His grace when you believed. And you can't take credit for this; it is a gift from God" (Ephesians 2:8). He sent His one and only son, Jesus, to live a perfect life that we couldn't and to die our death on the cross. He died in our place, so that we could live eternally in heaven with God. Then, three days later, he rose again and beat death and paid for all of our sins. What we have to do is admit that we have disobeyed God, believe that Jesus Christ died and rose from the dead, and then tell other people that Jesus Christ is our Lord and Savior. "If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved" (Romans 10:9).

What does having Jesus as your Lord mean for you? Why should we tell other people about Him?

Pray

## Week 3: Who you are, your value, comes from who The Almighty God says you are.

YOU ARE:

- Made in God's own image – Gen 1:26
- Personally formed. You are the only thing in creation that God formed and breathed life into – Gen 2:7.
- Fearfully and wonderfully made – Psalm 139:13-16

How many of you have ever made something before out of legos/play-doh/food, etc.? Were you proud of what you built? Did you go around and show it to everyone at your house? "Mom come look at how high my lego tower is!" That is exactly how God feels about us.

In Genesis, God was creating things left and right. The trees, the animals, the sun, the stars, the moon. He created all these things and said, "This is good.". Have any of y'all ever gone outside and looked at the pretty sunset, or seen flowers that are just beautiful? I have. God created all of it, and it pleased Him because it was good. Then He decided to create man/woman. "Then let us make human beings in our image, to be like us" (Genesis 1:26a). After God created us He said, "This is VERY good." He even used His own breath to give us life. "Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person" (Genesis 2:7).

Just like we're proud of things that we make, God is proud to call us His creation. He wants to go around to everybody He knows and say, "See her? Yeah. I made her." In life, there are times where we don't feel like we're worth anything. Maybe we played badly in our volleyball game, or one of our friends says they don't want to be friends anymore. Those days are when we need to remember that God still loves us. "You make all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous -how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed" (Psalm 139:14-16).

God knew EVERYTHING that we were going to do in our WHOLE life, and He still decided that He wanted to create you anyway because He loves you. God loves you so much that He sent his son Jesus down to earth to die for everything you've done wrong like we talked about last week.

How can we remember how much God loves us when we feel down? How can we tell other people about how Jesus loves them?

Pray

## Week 4: Who you are, your value, comes from who The Almighty God says you are.

YOU ARE:

- Treasured possession – Deuteronomy 7:6-8
- Called by name – Isaiah 43:1
- Precious in His eyes, and honored and loved – Isaiah 43:4

What did we talk about last week? Right! We talked about how we are God's creation and He loves us so much. This week we're going to talk about treasure! What kinds of things come to mind when I say treasure?

The Bible has a story called the prodigal son. It talks about a son that takes his inheritance from his dad and goes and lives on his own. He did whatever made him happy, bought things, hung out with rich people, ate nice things, etc. Then he ran out of money and was forced to work as a servant in a pig pen. How many of you want to work in a pig pen? I guarantee you, you don't. It stinks, quite literally. So, the son decides to return to his father and beg for forgiveness. He just wanted to work for his father because he knew he didn't deserve to be called a son anymore.

When the son was a long way off from his father's house, his father saw him, and ran as fast as he could toward him. The son thought his father was angry with him, but his father embraced him in a hug because he was so excited that his son had returned. The father didn't care that his money was gone because the father's true treasure was the son. They threw a big party to celebrate the son's return.

That is exactly how God sees us. As His treasure. Deuteronomy 7:6-8, says, "For you are a holy people, who belong to the Lord your God. Of all the people on earth, the Lord your God has chosen you to be his own special treasure". God cares for you so much, that any time a person believes in God and chooses to follow Jesus, all the angels in heaven throw a party with Him. Isaiah 43:1 says, "But now, O Jacob, listen to the Lord who created you. O Israel, the one who formed you says, 'Do not be afraid, for I have ransomed you. I have called you by name; you are mine'". The father in the story was probably screaming his son's name all the way to him while he was running. He probably also said, "\_\_\_\_\_ has returned!". God calls us by name and we are HIS treasure.

What are some things that we treasure? Are those Godly things or worldly things?

Pray

## Week 5: Who you are, your value, comes from who The Almighty God says you are.

YOU ARE:

- Apple of God's eye – Psalm 17:8, Zechariah 3:8
- Loved – John 3:16
- A New Creation – 2 Corinthians 5:17

We talked about treasures last week. This week we're going to be talking about volleyball. I know, I know, "Of course we're going to talk about volleyball, coach. We're at VOLLEYBALL practice." Exactly! So, what do you do when the ball is coming at you? (You hit it up!) Right! And what if the ball is hit in front of you? Do you just look at it hit the ground? NO! You run! You dive! You roll around on the ground to make sure that ball doesn't touch the ground! In volleyball, you should be willing to do EVERYTHING you can to make sure that ball stays up.

Just like you do EVERYTHING you can to keep the ball in the air to help your team, God did EVERYTHING he could to help us. "For God so loved the world that He gave his one and only son, that whosoever believes in Him shall not perish, but have everlasting life" (John 3:16). God sent His Son to save us because He loves us THAT much. In Psalm 17:8, David asks God to "guard him as God would guard His own eye", meaning that God will protect us like we protect our eyes. I don't know about y'all, but if something gets close to my eyes it gets smacked, so God is protecting us very carefully.

What happens when we dive or when we fall in volleyball? We have to get back up again! We can't move to get the ball if we're laying on the ground. We have to get up, so that we're ready to help our team again! Well that's the cool thing with God too. He helped us when we were down and made us a new creation. 2 Corinthians 5:17 says, "This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!".

What does it mean to be a new person in Christ? How are we different?

Pray

## Week 6: Who you are, your value, comes from who The Almighty God says you are.

YOU ARE:

- Forgiven – Ephesians 1:7
- Ransomed by the blood of Christ – 1 Peter 1:18-19
- Adopted as (daughters) through Christ Jesus – Ephesians 1:5

How many of us have ever messed up? (Everyone's hand should be raised) Exactly. We have all messed up in life. Whether we gossiped about our friend or we lied to our parents we have all come up short in some way. Romans 3:23 says, "For all have sinned and fallen short of the glory of God". When we mess up, we all need forgiveness.

God forgives us when we mess up because He knows that we can't be perfect. That's why He sent Jesus to die on a cross, so that the stuff we mess up has already been paid for. Ephesians 1:7 says, "He is so rich in kindness and grace that he purchased our freedom with the blood of His Son and forgave our sins." What do you think it means that God purchased our freedom? We were chained to our sin, but when Jesus came, he paid what it cost to set us free with his blood. "For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value. It was with the precious blood of Christ, the sinless, spotless Lamb of God" (1 Peter 1:18-19).

God even took it a step farther. He didn't stop at dying for us, instead, He decided to adopt us into His family. "God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what He wanted to do, and it gave him great pleasure" (Ephesians 1:5). Remember what we talked about a few weeks ago? That God saw us and saw that we, his creation, were very good? Here, bringing us into His family, even at the cost of His Son, brought him great pleasure. He throws a party.

Why don't we see ourselves like God does? What are some ways we can remind ourselves what God says about us?

Pray

## Week 7: Who you are, your value, comes from who The Almighty God says you are.

YOU ARE:

- God's child – 1 John 3:1-2
- God's possession – 1 Peter 2:9-10
- Chosen – John 15:16

What did we talk about last week? We talked about being forgiven, bought at a price and being adopted into God's family. Does anybody remember what that price that God paid was? (Jesus' blood) Today we're going to talk about what it means to be a child of God.

1 John 3:1-2 says, "See how very much our Father loves us, for He calls us His children, and that is what we are! But the people who belong to this world don't recognize that we are God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like Him, for we will see Him as He really is". Children reflect their parents. Whether y'all know it or not, when people look at us, they see our parents. That is how it should be with us and God. People should see us and they should see God in us in the way that we live. What are some ways that we can reflect God by the way we live?

Romans 8:16-17 says, "For His Spirit joins with our spirit to affirm that we are God's children. And since we are His children, we are His heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share His glory, we must also share His suffering". We are heirs to God. That means that we are princes and princesses to the King of the Universe. We will share in the glory of God if we share in His suffering. What are some ways we might suffer for God?

What are some ways we can reflect God to others this week? Should we be the same or different than non-Christians?

Pray

## Week 8: Who you are, your value, comes from who The Almighty God says you are.

YOU ARE:

- Chosen – Ephesians 1:4
- Chosen, holy, and beloved – Colossians 3:12

When you're serving, do you close your eyes when you hit it and just hope it goes where it's supposed to? Of course not! You have to aim when you hit. When you're serving, you have to choose a place that you want to hit it, and then make your arm follow that swing path to get it to go where you want it to right? What would happen if we just got up there and hit the ball without aiming?

Just like we choose where to aim the volleyball when we're going to hit it, God chose us to be His children. "Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes" (Ephesians 1:4). That's crazy to think about, right? Even before God made the world, which was thousands of years ago, God knew you. God loves you and knew we were going to be in this gym, at this time, on this day, talking about this thing. I don't even know what I'm going to eat for lunch next week!

God saw each and every one of you and decided He still wanted you to be a part of His family. Sometimes I don't know why God wants me to be a part of His family because I mess up and feel like I'm not worth it. That's not what God says about me though. God says that I'm worth it because He chose me. God says in Colossians 3:12, "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience." God calls us holy and dearly loved.

Pray

## Week 9: Who you are, your value, comes from who The Almighty God says you are.

YOU ARE:

- Being prepared for – John 14:2-3
- Inseparable from God's love – Romans 8:38-39

How many of your parents tell you, “We have to clean up, we have people coming over!”. We pick everything up, clean the house, provide food, and make sure that the guests are as comfortable as possible while they are over. That’s called being a good host, and the Bible tells us that for those of us who are Christians, Jesus is in heaven RIGHT NOW preparing a place for you. “There is more than enough room in my Father’s home. If this were not so, would I have told you that I am going to prepare a place for you? When everything is ready, I will come and get you, so that you will always be with me where I am” (John 14:2-3). Jesus wants to be with us to be with him forever. He doesn’t get tired of us, and he ALWAYS loves us.

In fact, there is NOTHING that can separate us from God’s love. “And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below – indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord” (Romans 8:38-39). His love will always pursue us even though sometimes we try to run from it. Sometimes we’re upset at God because He didn’t give us what we want, or we don’t know what His plan is, and that is okay. God understands we have emotions because He gave them to us. It is not okay to stop trusting Him in those times though. Just like when your parents tell you, “You shouldn’t do that” and you don’t know why, we have to trust that they know best for us because they love us. No matter what anyone says, you are loved by God and nothing can separate you from that.

Pray



## Week 10: The Gospel

At the very beginning of this season I asked y'all what are some things people say about you. This season we've talked about who God says you are, so what are some things that God says about us? (Chosen, loved, adopted, child of God, forgiven, called by name, a treasure, etc.) Exactly. What should we listen to what people say about us or what God says about us? Some people will encourage us and tell us what God says about us, but if it doesn't sound like these things that God says about us, then listen to God over people.

One more thing that God says about us is that we are a sinner. We have done things that have disobeyed God, and because of that, we deserve to be eternally separated from God. God didn't want that though because He sees you as all the things we've talked about and because He loves us so much that He sent His son, Jesus, to live a perfect life, die a criminal's death on a cross, and be raised again three days later. Now sin and death have no power over us. 1 Corinthians 15:55-57 says, "O death, where is your victory? O death where is your sting? For sin is the sting that results in death, and the law gives sin its power. But thank God! He gives us victory over sin and death through our Lord Jesus Christ". Jesus made us victorious over sin and death by sacrificing Himself for our sins. It is a gift that Jesus has given us, but we have to accept it. We have to follow Him and do what He says. If accepting Jesus as your Lord and Savior is something you would like to do and you have never done that before, just pray along with me. "God, I know I've messed up in my life and done things that disobeyed you. I believe you sent Jesus to live the life I couldn't, and that he died on a cross for my sins. I want Jesus to be my Lord and I want to follow him with my life. In Jesus name I pray. Amen." There was nothing magical about THAT prayer. It is all about your heart. God wants us to turn away from those things we do that are wrong and turn to Him. If you prayed that prayer with me, please let me know and I want to talk about it with you, and I'm sure your parents would also love to know! The heavens are having a party for all of our brothers and sisters that accepted Christ today.

Pray