# Leading with Integrity: A Teen Captain's Journey



Discover how to lead your high school team with integrity, reflecting Christ on and off the field through daily biblical guidance and practical wisdom.





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#### Introduction

Leading a high school team as captain is an exciting and challenging role. It's not just about strategy and strength, but about character, influence, and integrity. As a leader, your teammates look to you for example, encouragement, and guidance—not only during the game but in everyday life.

Leadership rooted in Christ's teachings equips you to inspire in a way that transcends wins and losses. You model humility, fairness, and courage, helping your team grow together in unity and respect. This 7-day study invites you to explore what it means to lead like Jesus, reflecting His love and wisdom as you faithfully serve your team.

Each day will focus on Scripture and practical application to help you consider your influence and its impact. From responding to pressure with integrity to encouraging your teammates in humility, these lessons will refine your leadership character and deepen your faith. Step into your role with purpose and conviction, knowing that by following God's way, you lead a team not only to victory on the field but in life.

Remember, leadership is not about perfection but about faithfulness and growth. Through prayer, reflection, and action, you can build an environment where everyone flourishes, guided by the example of Christ. Let's embark on this journey together—ready to lead with heart, strength, and integrity.









### Day 1: Leading with Integrity









#### Your Verse

Proverbs 11:3 – "The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity."

#### **Supporting Scriptures**

- Psalm 25:21 "May integrity and uprightness protect me, because my hope, Lord, is in you."
- 2 Corinthians 8:21 "For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of man."







# Devotional: Building Leadership on Unshakable Integrity

**Integrity is the foundation of effective leadership.** As a team captain, your words and actions hold weight with your teammates. The Bible reminds us that uprightness and honesty aren't just good character traits—they are your guideposts.

When you lead with integrity, you create trust. Your team will follow you confidently knowing you live by what you preach. This steadiness gives your group a strong moral compass in moments of pressure or conflict.

Integrity also means doing what's right even when it's risky or unpopular. In sports and life, there are times when shortcuts or unfair actions might tempt you. But God calls you to a higher standard, one that honors Him and builds lasting respect.

Reflect today on areas where you can be more consistent and authentic. Pray for courage to represent Christ well through your leadership — on and off the field.







#### Reflect and Apply

1.	In what ways does your current leadership reflect integrity?
2.	How can you handle situations where doing the right thing is difficult?
3.	What impact does integrity have on the unity and trust within your teams







#### **Journaling Prompts**

	Describe a time when leading with integrity influenced your team positively.
2.	List practical actions you will take to demonstrate integrity this week.
3.	Write about challenges you face in staying true to your values as a captain







#### Prayer for Today

Lord, thank You for teaching me the value of integrity in leadership. Help me to be consistent in word and deed, to build trust and unity among my teammates. Strengthen my character so I may reflect Your righteousness in all I do on and off the field. *Guide my decisions and actions* with Your wisdom and grace. May my leadership honor You and inspire others to do the same. Amen.

















Day 2: 🌣 Servant Leadership in Action

#### Your Verse

Mark 10:45 - "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

#### **Supporting Scriptures**

- John 13:14 "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."
- Philippians 2:3 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."







Day 2: 🌣 Servant Leadership in Action

#### Devotional: Leading by Serving Others Humbly

True leadership is not about power or status, but about serving others. Jesus set the ultimate example by humbling Himself to meet the needs of those around Him. As a captain, your influence grows when you prioritize your teammates' wellbeing over personal glory.

Serving others builds respect and strengthens your team. Whether encouraging a struggling player, helping with practice, or simply listening, these acts show genuine care that inspires loyalty and unity.

Leadership through service also develops humility, a key biblical trait for any leader. When you put yourself last, you open space for others to shine and foster a healthy, cooperative team culture.

Think today about how you can serve your teammates in practical ways. Pray for a servant's heart that reflects Christ's love and lifts everyone higher.







Day 2: 🎔 Servant Leadership in Action

#### Reflect and Apply

1.	What does servant leadership look like in your role as team captain?
2.	How can serving your teammates change the team's atmosphere?
3.	In what ways can humility improve your leadership effectiveness?







Day 2: 🎔 Servant Leadership in Action

#### **Journaling Prompts**

1.	Write about a time you served a teammate and its impact.
2.	List three ways to serve others on your team this week.
3.	Reflect on how serving others affects your view of leadership.







Day 2: 🎔 Servant Leadership in Action

#### **Prayer for Today**

Jesus, thank You for showing me the power of servant leadership. Teach me to place others' needs above my own desires and ambitions. Help me lead with a humble heart, always ready to support and uplift my teammates. May my service reflect Your love and inspire greatness beyond the scoreboard. Amen.

















#### Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

#### **Supporting Scriptures**

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"







#### Devotional: Embracing Courage in Leadership Challenges

Leadership requires courage—especially when facing challenges or standing up for what is right. As captain, you may need to speak up on behalf of your team or confront unfair behavior, even if it feels intimidating.

God promises His presence and strength in those moments. Courage isn't the absence of fear, but trusting God enough to move forward despite it.

Remind yourself that you are not alone. God equips you with power, love, and self-discipline to lead with confidence and wisdom. Your bravery can encourage your teammates to be bold in character and actions too.

Reflect on areas where you need courage to grow as a leader. Pray for boldness to face challenges with faith and integrity.







#### Reflect and Apply

1.	What fears do you face in your leadership role?
2.	How does trusting God empower you to lead courageously?
3.	In what ways can your courage influence your teammates positively?







#### **Journaling Prompts**

1.	Recall a time you led bravely; what helped you overcome fear?
2.	Write about specific challenges needing courage this week.
3.	Pray for courage and describe how you can apply it in leadership.







#### Prayer for Today

**Lord, You command me to be strong and courageous.** Help me overcome fear and doubt as I lead my team. Fill me with Your Spirit, empowering me with love and self-discipline. May my courage inspire those I lead to stand firm in integrity and faith. I trust in Your unfailing presence with me always. Amen.



















#### Your Verse

Proverbs 16:24 – "Gracious words are a honeycomb, sweet to the soul and healing to the bones."

#### **Supporting Scriptures**

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."
- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."







# Devotional: Communicating with Grace and Encouragement

Words have incredible power to build up or tear down. As captain, your communication influences your team's morale and spirit. Your encouragement can inspire confidence and unity; careless or harsh words can cause division and discouragement.

Biblical leadership values gracious and uplifting speech. Choosing kind words and listening well fosters a supportive environment where teammates feel valued and motivated.

It also requires patience and self-control. Thinking before speaking prevents misunderstandings and conflicts, reflecting Christ's peace through your leadership.

Today, consider how you use words with your teammates. Pray for wisdom and kindness in all your conversations as a leader.







#### Reflect and Apply

1.	How do your words affect your team's atmosphere?
2.	In what ways can you improve your communication to build up others?
3.	Why is listening important for your leadership role?







#### **Journaling Prompts**

1.	Write about a time encouraging words strengthened your team.
2.	List phrases or words you want to use more often as a leader.
	Reflect on moments you could have spoken more kindly and how to improve.







#### Prayer for Today

God, guide my words to bring encouragement and healing. Help me communicate with kindness and patience, choosing speech that builds up rather than tears down. Teach me to listen deeply, understanding my teammates' needs and feelings. May my leadership reflect Your grace and truth in every conversation. Amen.  $\bigwedge$ 









### Day 5: **②** Leading by Example









Day 5: **②** Leading by Example

#### Your Verse

1 Timothy 4:12 – "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity."

#### **Supporting Scriptures**

- Matthew 5:16 "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."
- Hebrews 13:7 "Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith."







Day 5: P Leading by Example

#### Devotional: Living Out Leadership Beyond Words

**As a young leader, your actions speak louder than words.** Your teammates watch how you handle pressure, treat others, and uphold values. Setting a godly example encourages them to follow suit.

Paul reminds Timothy—and us—that age is no barrier to impactful leadership. When you lead in **speech, conduct, love, faith, and purity**, you create a powerful testimony of Christ's work in your life.

Being consistent and genuine allows your leadership to influence beyond the field. Your faithfulness can inspire your teammates not just for the season but for life.

Reflect on the areas where your example shines brightest and those needing growth. Pray for strength to live authentically as a Christ-centered leader.







Day 5: ② Leading by Example

#### Reflect and Apply

In what ways does your conduct model Christ to your team?
How can your example encourage others to pursue faith and integrity?
Are there habits or attitudes you want to adjust to lead better?







Day 5: Deading by Example

#### **Journaling Prompts**

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Day 5: P Leading by Example

#### Prayer for Today

**Father, empower me to lead by example.** Help my actions and attitudes reflect Your love, faith, and purity. May my life be a light that inspires those around me to seek You. Teach me to live authentically and boldly as a young leader for Your glory. Amen.  $\bigwedge$   $\bigcirc$   $\swarrow$ 

















Day 6: 💭 The Importance of Encouragement

#### Your Verse

Hebrews 10:24-25 - "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another—and all the more as you see the Day approaching."

#### **Supporting Scriptures**

- 1 Thessalonians 5:11 "Therefore encourage one another and build each other up, just as in fact you are doing."
- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."







Day 6: (\*\*) The Importance of Encouragement

## Devotional: Inspiring Your Team Through Encouragement

**Encouragement strengthens the heart of a team.** As captain, you have the privilege of spurring your teammates toward love, effort, and perseverance. Small words of affirmation or supportive gestures can make a big difference in their mindset and performance.

*Biblical leadership values consistent encouragement.* It promotes unity, resilience, and joy, especially when the season gets tough. Encouragement reflects the love of Christ, reminding everyone that they are valued and never alone.

Take time to notice your teammates' needs—some may need confidence, others faith to keep going. Your encouragement fuels their passion and fosters a positive, uplifting environment.

Pray today for sensitivity and creativity in inspiring your team daily.







Day 6: 💭 The Importance of Encouragement

#### Reflect and Apply

1.	How often do you intentionally encourage your teammates?
2.	In what ways can encouragement impact team unity and performance?
3.	Who on your team needs extra encouragement right now?







Day 6: 💭 The Importance of Encouragement

#### **Journaling Prompts**

1.	Write about a time receiving encouragement helped you.
2.	List specific encouragements you plan to give this week.
3.	Reflect on how encouragement changes your leadership approach.







Day 6: (\*\*) The Importance of Encouragement

#### Prayer for Today

**Lord, fill my heart with words of encouragement.** Help me be attentive to my teammates' needs and quick to uplift them. May my leadership inspire love, perseverance, and joy, reflecting Your faithfulness. Teach me to build a team culture grounded in support and unity. Amen.







# Day 7: XX Trusting God as Your Ultimate Leader









Day 7: 🎇 Trusting God as Your Ultimate Leader

#### Your Verse

Psalm 37:5 - "Commit your way to the Lord; trust in him and he will do this."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 7: 🎇 Trusting God as Your Ultimate Leader

#### Devotional: Leading with Faith by Trusting God

After striving to lead with integrity, courage, and love, remember ultimate leadership belongs to God. Placing your trust in Him brings peace and confidence regardless of outcomes.

Commit your plans and actions to the Lord, seeking His guidance daily. When challenges arise, lean not on your own understanding but depend on God's wisdom and strength.

This trust aligns your leadership with His purpose and fills you with assurance that He is with you every step of the journey. Surrendering control to God frees you to lead joyfully and faithfully.

Reflect on your trust in God as leader of your team and life. Pray for surrender and continual dependence on Him.







Day 7: 💥 Trusting God as Your Ultimate Leader

#### Reflect and Apply

1.	How do you currently rely on God in your leadership role?
2.	What worries or pressures do you need to surrender to God today?
3.	In what ways has trusting God impacted your leadership journey?







Day 7: 💥 Trusting God as Your Ultimate Leader

#### **Journaling Prompts**

1.	Write a prayer of commitment to trust God in your leadership.
2.	Describe moments where God guided your decisions as captain.
3.	Reflect on future challenges and how trusting God will help.







Day 7: 🎇 Trusting God as Your Ultimate Leader

#### Prayer for Today

Heavenly Father, I commit my leadership and team into Your hands. I trust You to guide every step and decision I make. Teach me to lean on Your wisdom instead of my own understanding. Help me release fears and control, resting in Your presence and plan. May my leadership glorify You and reflect Your faithfulness. Amen. 🙏 🎇







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