# Playing with Integrity and Joy: A Positive Sports Journey



Explore how faith inspires positivity, integrity, and joy in sports over 7 days of scripture and reflection.





# Table of contents

<u>Introduction</u>	3
<u>Day 1:  Starting with a Positive Mindset</u>	4
Day 2: 🙊 Pursuing Integrity in Action	10
Day 3: Joy Beyond the Scoreboard	16
Day 4:  Encouraging Your Teammates	22
<u>Day 5: </u> Perseverance with Purpose	28
Day 6: X Reflecting God's Glory in Competition	34
Day 7: 🕭 Celebrating Progress and God's Faithfulness	40







# Introduction

Welcome to a 7-day Bible study dedicated to embracing positivity in the realm of sports through the lens of integrity and joy. Sports often challenge our patience, character, and spirit, but as followers of Christ, we are called to a higher standard—a way of playing and living that reflects God's goodness and grace.

Whether you're on a field, court, or track, or simply a sports enthusiast, this study helps you align your heart and actions with biblical truth. Sports offer a unique platform for expressing qualities like discipline, teamwork, perseverance, and joy. More importantly, they can serve as a testimony to the character of Christ when played with integrity.

In these seven days, you will explore Scriptures that encourage a positive mindset, foster respect for others, and inspire a focus on joy beyond wins and losses. These passages and reflections will help you reflect on how faith can transform competitive pressures into opportunities for spiritual growth, kindness, and excellence.

Get ready to dive in deeply, journaling your thoughts, praying for strength and direction, and cultivating a heart that loves both the game and the God who created it. Let's embark on this exciting journey of playing with positivity, integrity, and unshakable joy!















# Your Verse

Philippians 4:8 – "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

# Supporting Scriptures

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."







# Devotional: Focus Your Mind on What's Good

Starting with the right mindset is crucial in both sports and life. Philippians 4:8 challenges us to intentionally concentrate on what is pure, admirable, and praiseworthy. When negative thoughts creep in—doubts about our abilities, frustration from setbacks, or envy toward competitors—this verse encourages us to redirect our focus.

*Renewing our mind* by meditating on positive and godly things allows us to experience peace and joy, even amid the stresses of competition. It reminds us that true victory begins in the mind and heart.

In sports, a positive mindset can help us overcome challenges and play with integrity, not simply to win but to honor God. So today, commit to guarding your heart, tuning out negativity, and tuning into truth.







# Reflect and Apply

1.	What thoughts tend to dominate your mind before or during games?
	How can focusing on what is 'true' and 'noble' change how you approach competition?
	In what ways does your mindset affect your behavior toward teammates and opponents?







# **Journaling Prompts**

1.	Write about a time you experienced victory through positive thinking.
2.	List qualities from Philippians 4:8 you want to focus on this week.
3.	Describe how you want your mind to be renewed in sports.







# Prayer for Today

Lord, help me to focus my thoughts on what is good and true. Renew my mind so that I may play with joy and integrity, reflecting Your love in every moment I compete. Guard my heart from negativity and fill me with peace. In Jesus' name, Amen.  $\bigwedge$ 

















# Your Verse

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."

# **Supporting Scriptures**

- Proverbs 11:3 "The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity."
- Psalm 15:2 "The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart."







# Devotional: Playing with Honesty and Honor

Integrity means living consistently with your values in both public and private moments. As athletes, the temptation to cut corners or compromise fairness can be intense, but Scripture reminds us of the importance of doing what is right before God and others.

2 Corinthians 8:21 tells us to be intentional about our actions so they reflect God's righteousness. Playing with integrity isn't always the easiest or most popular choice, but it honors God and models Christlike character to teammates, coaches, and competitors.

Being honest in sport means following rules, respecting referees, and showing fairness on the field. This builds trust and creates an environment where true joy and friendship flourish. Choose to pursue integrity today in whatever sport or challenge you face.







# Reflect and Apply

1.	Where have you been challenged to act with integrity in your sport?
2.	How do your actions on the field reflect your relationship with God?
	What does it mean to you to 'do what is right' even when no one is watching?







# **Journaling Prompts**

1.	Recall a time you chose integrity over winning—how did it impact you?
2.	Write about the values you want to uphold in your sportsmanship.
3.	Describe how you can encourage integrity among your teammates.







# Prayer for Today

Father, give me courage to choose integrity in all I do. Help my actions to honor You and encourage others. Strengthen me to resist temptation and to be trustworthy on and off the field. May Your righteousness shine through my life. In Jesus' name, Amen. 🙌 🛠

















Day 3: W Joy Beyond the Scoreboard

# Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

# **Supporting Scriptures**

- Psalm 100:1 "Shout for joy to the Lord, all the earth."
- John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."







# Devotional: Finding Strength in God's Joy

Sports often focus on winning and statistics, but as believers, our deepest strength comes from the joy the Lord provides. Nehemiah reminds us that this joy isn't dependent on external success but is a source of inner power and resilience.

When you experience joy rooted in God's presence, pressures become lighter, losses become lessons, and victories become celebrations of His faithfulness. This joy fuels perseverance and fuels playful enthusiasm that blesses teammates and opponents alike.

Embrace the joy God offers to energize your spirit beyond the scoreboard. This joy will sustain you on challenging days and help create a positive atmosphere wherever you play.







Day 3: We Joy Beyond the Scoreboard

# Reflect and Apply

1.	How does your joy in God influence your attitude during competitions?
2.	What are some ways you can focus on God's joy rather than just winning?
3.	In what ways can your joy impact your teammates and those around you?







Day 3: We Joy Beyond the Scoreboard

# **Journaling Prompts**

1.	Describe a moment when God's joy gave you strength in a tough game.
2.	Write about how you can cultivate joy in your daily practices.
3.	List ways you can share God's joy with teammates.







# Prayer for Today

Lord, fill me with Your joy that strengthens me. Help me to find delight in Your presence and extend that joy to those around me on and off the field. Let Your joy be my lasting power, no matter the outcome. In Jesus' name, Amen.













# Day 4: 🂝 Encouraging Your Teammates









Day 4: 🌣 Encouraging Your Teammates

# Your Verse

1 Thessalonians 5:11 - "Therefore encourage one another and build each other up."

# **Supporting Scriptures**

- Hebrews 10:24 "And let us consider how we may spur one another on toward love and good deeds."
- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."







Day 4: 🌣 Encouraging Your Teammates

# Devotional: Building Up Through Encouragement

**The power of encouragement in sports is transformative.** 1 Thessalonians 5:11 reminds us that building up our teammates strengthens the whole team's spirit and performance.

Encouragement can be a kind word, a helping hand, or simply listening when someone is down. It reflects the love of Christ and fosters unity and trust.

Being a source of positive support encourages everyone to play their best and face challenges together. Your uplifting words and actions can inspire joy and resilience, even in tough seasons.







Day 4: 🎔 Encouraging Your Teammates

# Reflect and Apply

1.	How do you currently encourage your teammates?
2.	What impact does encouragement have on team morale and success?
3.	How can you be more intentional about building others up?







Day 4: 🎔 Encouraging Your Teammates

# **Journaling Prompts**

1.	Write about a time when someone encouraged you in sports.
2.	List ways you can encourage a struggling teammate.
3.	Reflect on how encouragement aligns with biblical love.







Day 4: 🎔 Encouraging Your Teammates

# Prayer for Today

**Jesus, teach me to be a source of encouragement.** Help me to build others up with my words and actions, creating unity and love within my team. Let Your Spirit guide me to be kind, patient, and uplifting. In Your name, Amen.















### Your Verse

Galatians 6:9 – "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

# **Supporting Scriptures**

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Hebrews 12:1 "Let us run with perseverance the race marked out for us."







# Devotional: Enduring for God's Greater Reward

**Perseverance is key to long-term success** both in sports and spiritual life. Galatians 6:9 encourages us not to grow weary in doing good, promising a harvest when we remain steadfast.

There will be setbacks, losses, and moments of doubt, but these challenges test and build character. Perseverance helps us grow in patience, faith, and strength.

Running your race with endurance means focusing on God's greater reward rather than immediate results. This perspective transforms how you train, compete, and handle disappointment.







# Reflect and Apply

1.	When have you felt like giving up in sports, and what kept you going?
2.	How does knowing God rewards perseverance affect your mindset?
3.	What new purpose can perseverance give to your athletic journey?







# **Journaling Prompts**

1.	Describe a challenge you persevered through and the lessons learned.
2.	Write how you can lean on God during tough training or matches.
3.	List goals that motivate you to keep running your race.







# Prayer for Today

God, give me strength to persevere with patience and faith. Help me not to grow weary but to trust Your timing and purpose. May every challenge draw me closer to You and strengthen my spirit. In Jesus' name, Amen. 6







# Day 6: Reflecting God's Glory in Competition









Day 6: K Reflecting God's Glory in Competition

# Your Verse

1 Corinthians 10:31 – "So whether you eat or drink or whatever you do, do it all for the glory of God."

# **Supporting Scriptures**

- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."
- Matthew 5:16 "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."







Day 6: K Reflecting God's Glory in Competition

# Devotional: Honoring God Through Your Game

**Every action on the field is an opportunity to glorify God.** 1 Corinthians 10:31 reminds us that even the way we play sports can be worship.

When we give our best effort, treat others with respect, and maintain humility, we reflect God's glory to those watching. This transforms competition from mere sport into a witness of Christ's love and excellence.

Approach each game as a chance to shine your light and honor the Creator who gifted you with ability and passion.







Day 6: 🎇 Reflecting God's Glory in Competition

# Reflect and Apply

How can your attitude and effort glorify God in sports?
In what ways can your sportsmanship shine as a testimony?
How does playing for God's glory change your approach to competition?







Day 6: X Reflecting God's Glory in Competition

# **Journaling Prompts**

1.	Write how you can glorify God during your next game.
2.	Reflect on how your talents can be used to honor God.
3.	List specific ways to show humility and respect on the field.







Day 6: 🎇 Reflecting God's Glory in Competition

# Prayer for Today

**Lord, may my every move bring glory to You.** Help me to play with passion, respect, and humility that reflects Your love. Use my skills as a testimony of Your grace and mercy. In Jesus' name, Amen. \*







# Day 7: Celebrating Progress and God's Faithfulness









Day 7: A Celebrating Progress and God's Faithfulness

# Your Verse

Psalm 126:3 - "The Lord has done great things for us, and we are filled with joy."

# **Supporting Scriptures**

- 1 Chronicles 16:34 "Give thanks to the Lord, for he is good; his love endures forever."
- James 1:17 "Every good and perfect gift is from above."







Day 7: A Celebrating Progress and God's Faithfulness

# Devotional: Grateful Joy in Every Step Forward

As this study closes, take time to celebrate the progress you've made. The joy of God's faithfulness is a beautiful reason for gratitude.

Psalm 126:3 reminds us to acknowledge the great things God has done—in our skills, character growth, and opportunities to play.

*Recognizing God's gifts fosters contentment and joy* that carries us forward with hope and enthusiasm. Whether your team wins or loses, your journey is precious because God walks with you every step of the way.







Day 7: 🥕 Celebrating Progress and God's Faithfulness

# Reflect and Apply

1.	What progress have you seen in your sport and spiritual life recently?
2.	How can gratitude influence your attitude moving forward?
3.	What 'great things' has God done in your athletic journey?







Day 7: 🥕 Celebrating Progress and God's Faithfulness

# **Journaling Prompts**

1.	Write a prayer of thanks for God's faithfulness in sports.
2.	List moments where you saw God's hand guiding you.
۷.	
3.	Describe how you will celebrate even small victories.







Day 7: A Celebrating Progress and God's Faithfulness

# Prayer for Today

Thank You, Lord, for every blessing and step forward. Fill my heart with joyful gratitude for Your faithfulness. Help me to celebrate progress, learn from each experience, and continue playing with integrity and joy. In Jesus' name, Amen.







# Where God's Word Meets Your Daily Life

# A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

# **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.