

# **Building Faith Through Athletics: The Case for Mandatory Sports in Christian Education**

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This paper explains the significant role of sports in Christian schools and how participation fosters spiritual, mental, and physical growth while also encouraging boys to live out the two greatest commandments: loving God and their neighbors. Mark 12:29-31 exemplifies five key benefits of sports in this context. First, engaging in sports within a Christian school teaches boys to channel their competitive nature into loving God with all their hearts. Second, there is a significant spiritual aspect. Third, sports provide mental benefits. Through athletic experiences in a Christian environment, boys gain insight into God, His purpose and plan for their lives, and their roles. Fourth, sports promote physical development. Young athletes will enhance their physical abilities, build energy, compete vigorously, and utilize their strengths. They will also cultivate humility and perseverance, learning to act in faith during challenging times. Finally, sports offer opportunities to learn how to love one's neighbor. By participating in sports, boys naturally learn to love God with all their heart, mind, soul, and strength while also obeying the command to love their neighbors as themselves, as stated in the two greatest commandments given by God. Drawing on James 2:26, which emphasizes the importance of faith in action, this paper argues that participation in sports equips young people to embody gospel truths in their daily lives. This approach helps shape their character and encourages them to integrate Christian values into their lives, inspiring them to glorify God and motivate others through their actions.