

COURAGE



READY:

“Haven’t I commanded you: Be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.” -Joshua 1:9

SET:

Courage is more than confidence—it’s showing up even when you’re nervous, unsure, or overwhelmed. On a team, courage looks like giving your best when the odds are against you, speaking up when something’s not right, or staying calm under pressure. It’s not about being fearless—it’s about choosing to act despite fear. Teams thrive when athletes are willing to be brave for each other, for the mission, and for what’s right.

In sports, courageous athletes are the ones who take responsibility, keep competing when it’s tough, and encourage others no matter what. Courage shows up in the way you fight through injuries, try again after a mistake, or chase a challenge instead of hiding from it. You don’t need to feel ready to be courageous, you just need to be willing. That mindset pushes teams forward and inspires others to step up, too.

Joshua 1:9 reminds us that God doesn’t just suggest courage—He commands it. Why? Because He’s with us. We don’t stand alone in the hard moments. Our courage isn’t based on how strong we are, but on how faithful He is. As followers of Jesus, we carry a quite confidence; not in ourselves, but in the One who never leaves us.

GO:

1. What situation in your sport is calling for courage right now, even if it feels scary or uncertain?
2. How can you trust God to be with you as you step out in faith and face your fears?

OVERTIME

God, Thank You for promising to be with me in every situation. When fear rises or pressure hits, remind me that You are near. Help me choose courage even when it’s hard and lead with strength that comes from trusting in You. Amen.

