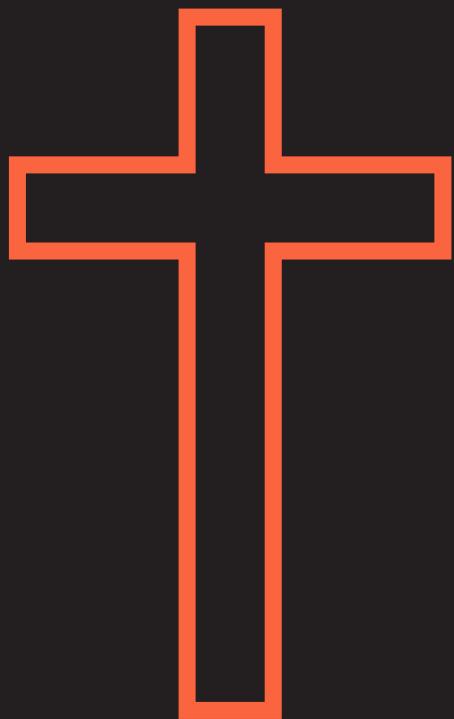




I AM 3RD DEVOTIONAL
JAM SESSION
JESUS AND ME



03 - 04

About Centenary + Letter to Parents

05- 06

Jam Session 1: Investing

07 - 08

Jam Session 2: Persisting

09 - 10

Jam Session 3: Being Coachable

11 - 12

Jam Session 4: Dribbling

13 - 14

Jam Session 5: Shooting

15 - 16

Jam Session 6: Defense

17 - 18

Jam Session 7: Rebounding

19 - 20

Jam Session 8: Passing

21 - 22

Jam Session 9: Teamwork

23 - 24

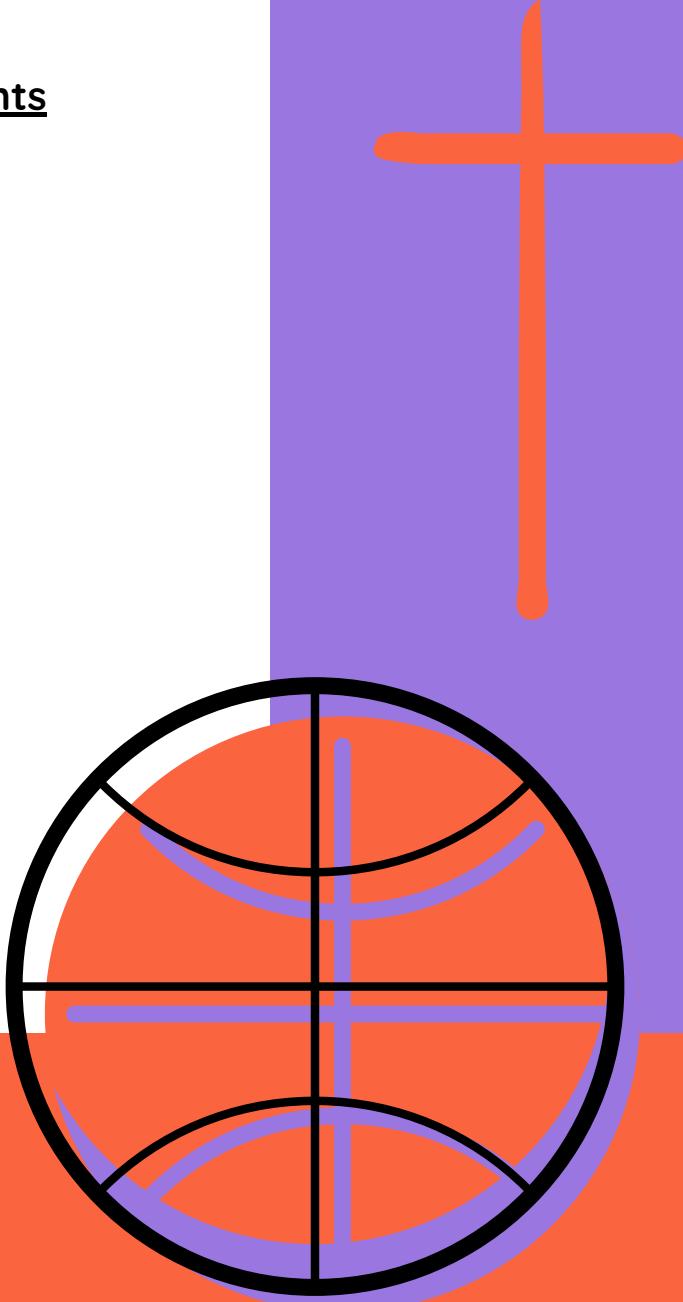
Jam Session 10: Encouragement

25

Contact Us

26

Thank You





VISION STATEMENT:

Centenary is a Kingdom community empowered by God to make disciples for the transformation of the world.

We are a multi-generational church built on 150 years of history and Wesleyan tradition, seeking to model and live out the love of Christ for the generations to come.

We are a church on mission, impacting our community and the world with service to others. We are a praying community, seeking the transformational power of the Holy Spirit. We are a people of grace, following the example of Christ as we love one another. We are worshippers, gathered for the unified glorification of our Creator God, our Savior Jesus Christ, and the Holy Spirit.

We are people of generosity who give back that which God first has given us. We are rooted in the word of scripture and the truth of Biblical teaching. We are boldly proclaiming the good news of the Gospels throughout our community - in schools, in neighborhoods, on the soccer field, and on the basketball court.

We are casual. We are serious about relationships. We are growing. We are teaching, We are learning. We are sons and daughters of the Living Lord, and we pray you will join us for this great adventure of living out the call of Christ to love one another as he has loved us. We are the body of Christ. We are Centenary.

CENTENARY VALUES...

LIVE in a vital relationship with God through Jesus Christ and in loving community with one another. (Luke 10:27)

LISTEN to God's word as authoritative for life. (Hebrews 4:12)

WORSHIP God together authentically. (Romans 12:1-2)

SHARE the reality of God's changing power with others. (Acts 1:8)

SERVE in the face of injustice, reaching out to those who are hurting, and look to help where needed. (Matthew 25:40)

GIVE generously of time, talent, and resources in response to God's overwhelming Generosity. (Acts 25:35)



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LETTER TO PARENTS

Dear I am 3rd Players, Parents, and Coaches,

We are excited that you have decided to participate in I am 3rd Basketball! This season we hope all players will learn the fundamentals of basketball, coming away with a deeper understanding of the game. In addition, we hope you meet friends, further relationships, and find community within your team.

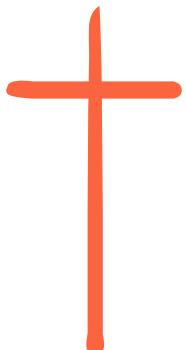
Our prayer for your family and yourself is that you would gain a deeper understanding of what it means to follow Christ. We encourage you to spend quality time as a family: talking about life, learning more about each other, and growing closer together. Take advantage of the time you will spend together as a family at games and practices this season. Our desire is that I Am 3rd Basketball is not just another thing you do during the week, but rather that it becomes an amazing time for you and your family to spend together and create memories that will last for a lifetime. Finally, we hope that the weekly devotions will help your family learn more about Jesus Christ, His life, His purpose, and His relevance in our lives. We pray that your family will explore Jesus Christ with us, seeking who He is, and understanding His importance in our lives.

We are continually grateful for the support of White, Greer and Maggard Orthodontics and their partnership with I Am 3rd. They have given generously to the I Am 3rd program for many years, and this Basketball season they have continued to provide the league with financial gifts that contribute greatly to an amazing basketball league experience for all I Am 3rd participants!

We hope you have a great season!

In Christ,

I AM 3rd Sports
Centenary UMC



JAM SESSION 1 : INVESTING

1 Thessalonians 2:8

"Because we loved you so much, we were delighted to share with you not only the gospel of God, but our lives as well."

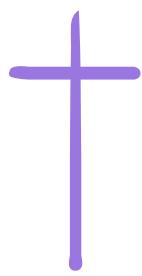


THE MESSAGE

When we decided to play basketball this season, we had to make the decision to invest time into practicing with our team and playing the games. We had to accept and decide to do these things before we registered. To help our team, we also must invest time in our own personal skills. We need to practice on our own, outside of team practices, to get better. As we work and improve, it challenges our teammates to do the same. Playing basketball takes a lot of investment, and it really doesn't make sense to play if we aren't willing to invest the time.

In the same way, we should be willing to invest time in Jesus. We can do this by getting to know Him better, not only through our devotions at practices and games, but also by devoting time on our own. We can spend time reading the Bible and talking to adults and others who know Jesus. As we begin to understand Jesus more, through the Bible and the Holy Spirit, we will start to see the extravagant love God has for us and the way He invests in us. He sent Jesus to live among us, to save and restore us, and to model what it means to invest in others. When we follow Jesus, we are called to follow His example by investing in others and sharing the good news of the Gospel with them. There is no bigger investment we can make than investing in a relationship with Jesus and sharing it with others.

PRAY EVERYDAY



JAM SESSION 1 : INVESTING

1 Thessalonians 2:8

"Because we loved you so much, we were delighted to share with you not only the gospel of God, but our lives as well."



WEEKLY CHALLENGE

Try to get to know someone new at school, on your team, or in your neighborhood. Take some time to hang out and invest in their life. Try to get to know Jesus more, as well. Take some time each day to read the Bible and learn more about Him that you can then share with others.

SOMETHING TO THINK ABOUT

K – 3RD GRADE

Why is it important to invest time in basketball on your own?

Why is it important to invest time in Jesus?

What is one way we can invest more time in basketball and in following Jesus?

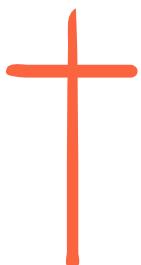
4TH GRADE & UP

What are some benefits we will receive if we invest time into basketball? School? Friends? Family?

Why is investing our lives in following Jesus even more beneficial?

How would our lives look different if we invested significant time with Jesus?

PRAY EVERYDAY



JAM SESSION 2: PERSISTING

Deuteronomy 4:29

"But from there you will search again for the Lord your God. And if you search for Him with all your heart and soul, you will find Him."

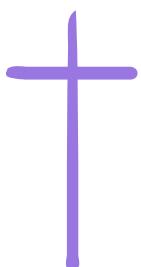


THE MESSAGE

Generally, when we want to be better at something like basketball, or anything else, it typically doesn't happen overnight. Instead, it takes a lot of time and persistence. Persistence simply means not giving up. It takes practice and a determined heart and mind to become good at something. Some of the greatest inventions of all time took years of trying and failing and not giving up despite difficult circumstances.

This is also true and necessary as a Christian. Following Christ doesn't mean we will be perfect, or our lives will be easy. However, it is through our imperfections and hardships that we must be persistent in following God so that we can be shaped and molded to become more like Jesus. When we persist in looking for God, we will find Him all the more. You may lose a game or experience a tough time in your life, but that doesn't mean you should give up. We should persist not only in basketball, but also in following God. Let's seek God persistently this week, knowing that as we do, we will find Him.

PRAY EVERYDAY



JAM SESSION 2 : PERSISTING

Deuteronomy 4:29

"But from there you will search again for the Lord your God. And if you search for Him with all your heart and soul, you will find Him."



WEEKLY CHALLENGE

Try to pick up a new basketball skill this week or make it a goal to improve on one. Whatever it is, be persistent and don't give up. At the same time, create a new habit of reading the Bible each day, or improve your concentration if you're already reading it. Remember how important it is to be persistent in following Jesus.

SOMETHING TO THINK ABOUT

K – 3RD GRADE

Why is it important to not give up?

What is something you haven't given up on that you became better at?

Why is it important to be persistent (not give up) in following Jesus?

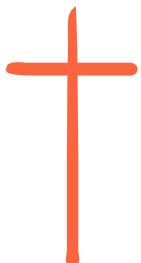
4TH GRADE & UP

What are some things you have given up on? Why?

Why is it important to be persistent in following Jesus?

How would your life look different if you were persistent in following Jesus?

PRAY EVERYDAY



JAM SESSION 3: BEING COACHABLE

Luke 6:40

"The student is not above the teacher, but everyone who is fully trained will be like their teacher."

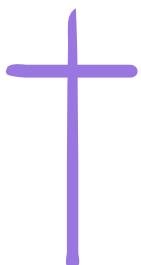


THE MESSAGE

Your basketball coach is your teacher, instructing and training you in your basketball skills. The coach helps you build your personal skills and well as learn how to work together as a team. Your coach can see things you aren't able to see while you are on the court and give you good instruction on how to play to win!

It's also important to listen to your life coach, Jesus Christ. The gospels (Matthew, Mark, Luke, and John) are full of coaching hints and instructions from Jesus, the ultimate teacher. You can listen to Jesus by paying attention to His Word, the Bible. Reading the Bible can train, strengthen, and encourage you to live a life oriented around God's purposes and best plan for you!

PRAY EVERYDAY



JAM SESSION 3: BEING COACHABLE

Luke 6:40

"The student is not above the teacher, but everyone who is fully trained will be like their teacher."



WEEKLY CHALLENGE

Think about the instructions your coach has been giving you, focus on them, and put them into practice. Think about the instructions you've learned from the Bible, focus on why they're important, and practice applying them to your daily life.

SOMETHING TO THINK ABOUT

K – 3RD GRADE

What makes someone a good coach?

Why is it important to follow your coach's instructions?

Why is it important to follow Jesus?

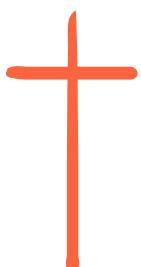
4TH GRADE & UP

What are some qualities of a good coach?

Is Jesus a good coach? Why or why not?

How can you follow the "coaching" of Jesus, and why is it important?

PRAY EVERYDAY



JAM SESSION 4: DRIBBLING

Hebrews 12:11

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."



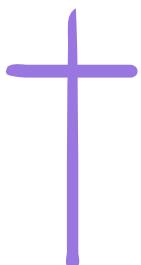
THE MESSAGE

In the book of Hebrews, the apostle Paul is talking to church people about discipline. Discipline can be uncomfortable, and we don't like it at the time. Sometimes parents have to discipline their children to help them learn. Sometimes coaches have to discipline the team to get them ready for a tough game. One form of discipline is self-discipline. According to Merriam-Webster, self-discipline means "the correction or regulation of oneself for the sake of improvement."

Dribbling the ball is a tedious skill to learn, and it takes lots of discipline. You practice handling the ball, moving the ball up and down the court, and maintaining control of the ball both forward and behind you. Your coach will lead you in dribbling skills at team practices and encourage you to practice at home. Mastering dribbling skills takes a daily commitment to get better; it takes self-discipline.

Self-discipline is also necessary when it comes to following the example of Jesus. To live in peace and improve our relationship with God and others, we practice every day through reading God's word, praying, and seeking forgiveness. These things are called spiritual disciplines. If you practice spiritual disciplines, the Bible promises you will have God's peace in your life.

PRAY EVERYDAY



JAM SESSION 4: DRIBBLING

Hebrews 12:11

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."



WEEKLY CHALLENGE

Read Hebrews 12: 1-17, found in the New Testament of the Bible. How do these verses help you as you train and discipline yourself in a life with God?

SOMETHING TO THINK ABOUT

K – 3RD GRADE

What is something that's been hard for you to learn?

How can you improve at something that's hard?

How can you improve your relationship with Jesus and others?

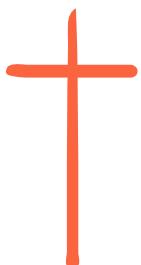
4TH GRADE & UP

What's an example of something that you needed discipline to learn?

Which basketball discipline do you hope to develop?

What spiritual disciplines do you need to practice to develop peace in your life?

PRAY EVERYDAY



JAM SESSION 5: SHOOTING

Colossians 1:10-11

"...so that you may live a life worthy of the Lord and please Him in every way, bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to His glorious might so that you may have great endurance and patience...."

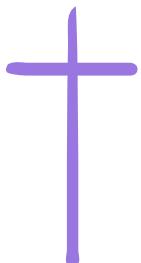


THE MESSAGE

Colossians is a short letter the apostle Paul wrote to the church in that city. In these verses, he reminds people that when we live to please God, we will receive God's strength, endurance, and patience. Learning to become a good shot in basketball takes all three! You need strength for the jump shot, patience for the free throw, and endurance for the game. The "fruit" of your practice will be growth in your skills and success on the court. As you develop a consistent aim for the backboard, your shooting accuracy will improve.

The same can be said for your relationship with God. When your aim is to please God, instead of yourself, you'll gain a better understanding of who God is, how much God loves you, and all the different ways God wants to bless your life. God will give you power in every area of your life, endurance to get through the hard times, and patience to wait for the answers to your prayers.

PRAY EVERYDAY



JAM SESSION 5: SHOOTING

Colossians 1:10-11

“...so that you may live a life worthy of the Lord and please Him in every way, bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience....”



WEEKLY CHALLENGE

Challenge: Read Colossians 1. Think about the word “fruitful” and what it means in your life.

SOMETHING TO THINK ABOUT

K – 3RD GRADE

What is the most difficult basketball shot for you?

What are you thankful for today?

Where do you notice God helping you in your life?

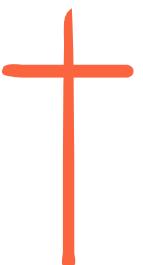
4TH GRADE & UP

What is the most difficult basketball shot for you?

Which characteristic is most difficult for you in your faith: strength, endurance, or patience?

Where do you sense God's power in your life?

PRAY EVERYDAY



JAM SESSION 6: DEFENSE

Philippians 1:7

"It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me."

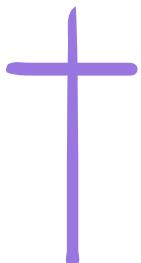


THE MESSAGE

A good defense is about mastering basketball's basic skills, being quick, and keeping pressure on the ball so it's difficult for the other team to pass and shoot. Defense is also about being a strong team player, following the coach's strategies, and devoting 100% of your effort to working together with your teammates. Practicing defensive moves helps you anticipate what others on the team, as well as your opponents, will do. This prepares you to do your best!

In this chapter from Philippians in the New Testament, Paul is reminding his friends that he's part of their team. He's quick to defend the Gospel, which is the message of God's hope and peace found in Jesus. And the pressure Paul feels is anchored in grace, which is a way of saying God is always there to love and help you. Remember that God is preparing you to be a team player for the Lord!

PRAY EVERYDAY



JAM SESSION 6: DEFENSE

Philippians 1:7

"It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me."



WEEKLY CHALLENGE

Read Philippians 1. What does this chapter teach you about God's love?

SOMETHING TO THINK ABOUT

K – 3RD GRADE

What is the hardest part about defense in basketball?

Why is it important to defend your teammates?

How does God defend you in your life?

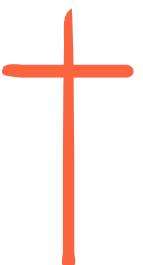
4TH GRADE & UP

What's the most difficult aspect of defensive play for you?

Why is defending your teammates important?

What does the word "grace" mean to you, and where do you see God's grace in your life?

PRAY EVERYDAY



JAM SESSION 7: REBOUNDING

1 Corinthians 9:25

"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever."

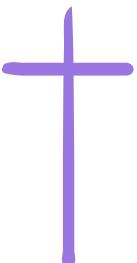


THE MESSAGE

Those who are good at rebounding help the team's offense as well as the defense. Rebounding takes strength and intelligence, learning to jump higher than your opponent, reading the actions of others around you, and wanting the ball more than they do so you can box them out. It also requires some natural height, but ultimately, being good at this skill is the result of training.

Being faithful as a Christian also comes through training. When you want Jesus more than anything else in life, you train yourself by reading the Bible, praying, loving God, and loving others. According to the apostle Paul in these words from his first letter to the church in Corinth, your reward is an eternal crown, a heavenly home with God. It is something that will last forever, not simply for a day, a week, or a season. As you serve on God's team, keep training for your eternal home.

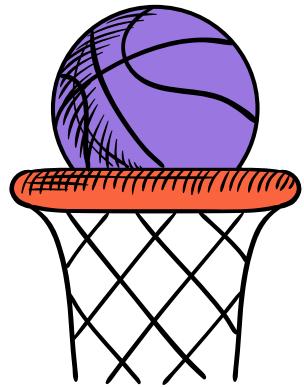
PRAY EVERYDAY



JAM SESSION 7: REBOUNDING

1 Corinthians 9:25

"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever."



WEEKLY CHALLENGE

Read I Corinthians 9:15-27 (a letter written by Paul to the church in Corinth). If faith in God is a race, what do you hope will be the prize for you?

SOMETHING TO THINK ABOUT

K – 3RD GRADE

Are you naturally good at rebounding in basketball, or does it take training?

What are some ways you could train to become a faithful Christian?

What does it mean to get a heavenly crown?

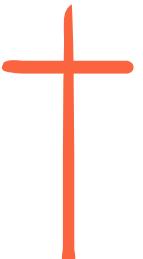
4TH GRADE & UP

Do you, personally, need more training in offensive or defensive rebounding?

Are you training to run a race of faith? In what ways?

What does the idea of a “heavenly crown” mean to you?

PRAY EVERYDAY



JAM SESSION 8: PASSING

2 Thessalonians 2:15

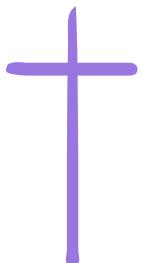
"So then, brothers and sisters, stand firm and hold fast to the teachings we passed on to you, whether by word of mouth or by letter."



THE MESSAGE

Passing involves two players on the same team who share the ball with accuracy and the right speed to move the ball back and forth across the court. There are several kinds of passes, including a bounce, overhead, and chest pass. Mastering these passes requires practice, along with a willingness to share the ball. Teams that pass the ball well have a better chance of scoring and winning than teams with players who want to keep the ball to themselves.

In Paul's letter to the church in Thessalonica, he talks about passing the teachings of Christ along to others through words and letters. To be faithful followers of Jesus, God will ask you to share your faith with others, passing along the lessons you have learned about God's love, hope and peace. Ask God to give you boldness, as well as the right words, to share your faith story with others.



PRAY EVERYDAY

JAM SESSION 8: PASSING

2 Thessalonians 2:15

"So then, brothers and sisters, stand firm and hold fast to the teachings we passed on to you, whether by word of mouth or by letter."



WEEKLY CHALLENGE

Read 2 Thessalonians 2:13-17, Paul's letter to the church in Thessalonica. What does it mean to you to stand firm in your faith?

SOMETHING TO THINK ABOUT

K – 3RD GRADE

What's your favorite type of pass?

Is it hard for you to share the ball with others when you're playing the game?

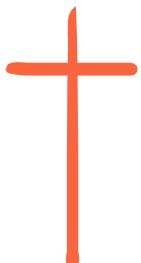
Do you remember someone sharing stories about Jesus with you? Do you ever share those stories with others?

4TH GRADE & UP

Does your team need to practice passing the ball?

Do you want to keep the ball to yourself during a game, or are you good at "sharing" it with others on your team?

Do you find it easy to share your faith with others around you, or do you need more practice?



PRAY EVERYDAY

JAM SESSION 9: TEAMWORK

I Corinthians 1:10

"I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought."

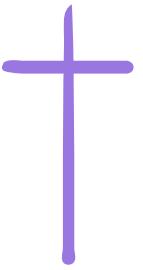


THE MESSAGE

To be an effective and successful basketball team, players must work together, listen to the coach and one another, and recognize that one player can't do it all - shoot, dribble, pass and rebound. The coach can see all the different talents on the team and instruct the players to be united. This way, everyone can do their best, contribute their skills, and, hopefully, win a few games.

This is also true in life. Jesus knows our gifts and abilities, and He helps us work together with other believers as part of the body of Christ, called the Church. When we set aside our differences and work to show God's love and bring glory to Him, then others see Christ alive in us. God will help you be a great team player on and off the basketball court!

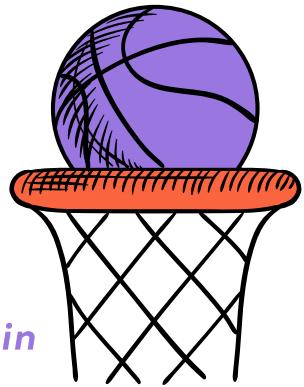
PRAY EVERYDAY



JAM SESSION 9: TEAMWORK

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"I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought."



WEEKLY CHALLENGE

Read 1 Corinthians 1, the first chapter of Paul's letter to the church in Corinth. What does it mean to be wise?

SOMETHING TO THINK ABOUT

K – 3RD GRADE

Are you a good listener?

How do you get over disagreements with your teammates?

What gifts has God given you that you can use to work well with other people?

4TH GRADE & UP

Are you good at listening to others, even when you disagree with them?

What are some ways you can help your team work together?

What gifts has God given you, and how can you use those to bring glory to Him?

PRAY EVERYDAY



JAM SESSION 10: ENCOURAGEMENT

Philemon 1:17

"Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people."

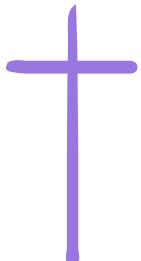


THE MESSAGE

Ultimately, learning to play basketball, or being part of any team sport, is not just about winning games, but it's also about winning in the game of life. Qualities you need to have in order to play well with others include learning to forgive, getting over disagreements, speaking truthful words with kindness, and sharing positivity. These are the same qualities that can help you live peacefully with others and be a good citizen and a good neighbor.

As you practice your sport—whether it's basketball or any other sport or game—practice the skills of loving others well. Make it a priority to be kind and joyful, using words and actions aimed at refreshing others and building up their confidence. This is what encouragement means. If you are an encourager, not only will you be a blessing to others, but God will bless you for your kindness.

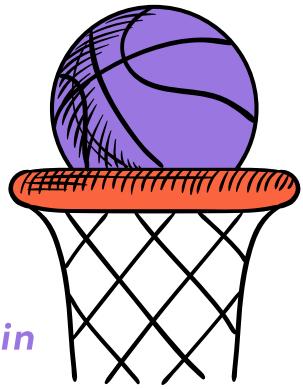
PRAY EVERYDAY



JAM SESSION 10: ENCOURAGEMENT

I Corinthians 1:10

"I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought."



WEEKLY CHALLENGE

Read the book of Philemon (it's just one chapter). What is the main message of this book?

SOMETHING TO THINK ABOUT

K – 3RD GRADE

How do you feel when others speak kind words to you?

Who was the last person you encouraged through kind words or actions?

How are some ways you can encourage your teammates?

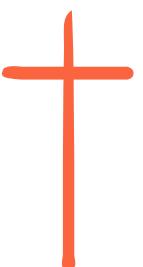
4TH GRADE & UP

Do you tend to be more encouraging or more critical of your teammates when they make a mistake?

Do you ever congratulate players on another team when they do something well?

How can you show the love of Christ and be more encouraging to those around you?

PRAY EVERYDAY



CONTACT US:



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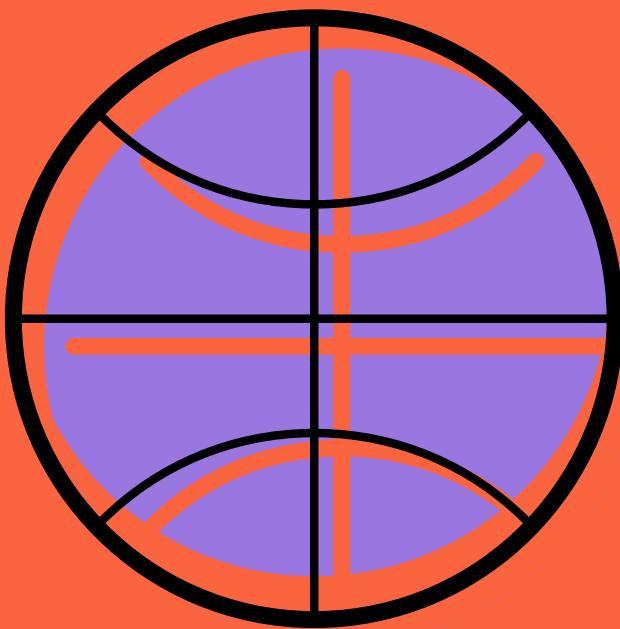


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