



2023 – 2024 Atom and Peewee Divisions

Week 1

Theme: TEAMWORK

What to say:

Hockey is a sport that we play with other people. Can you imagine trying to play hockey all by yourself? Imagine being the only one on the team. It might be fun for a while. But soon, it would get boring.

When we play, we play *together*. When we win, we win *together*. When we lose, we lose *together*.

We're all a part of a team. And everyone on the team matters.

The Bible is God's message to us. In Ephesians 4:16 Paul said this: "From [Christ] the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."

In the church, everyone has a role to play. That's like hockey. Look around at each other. Everyone has a role to play. Everyone has work to do. Everyone matters.

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Thank you that we get to play hockey. Remind us that we all matter. Make us into a great team. In Jesus' name we pray, Amen.

Week 2

Theme: BE AN ENCOURAGEMENT

What to say:

The Bible is God's message to us.

A man named Paul said that Christians should do certain things while waiting for Jesus to come back. In 1 Thessalonians 5:11 he said: "encourage one another and build each other up, just as in fact you are doing."

When we play hockey, it's important to *encourage one another*.

What are some things you could say that would encourage your teammates? [Ask for examples. If they have trouble coming up with ideas, have a few suggestions ready.]

Those are great ideas. When someone encourages you and cheers you on, it makes you feel good and helps you to keep doing your best.

❖ **Practical tip:** *Today on the ice, try to cheer on your teammates as much as possible.*

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Thank you for teammates. Help us to be good encouragers. Help us to cheer on our teammates. In Jesus' name we pray, Amen.

Week 3

Theme: OUR EQUIPMENT

What to say:

What might happen if you didn't wear a helmet or shin pads? [Take answers; if possible, hold up a helmet or shin pad as a prop.]

I think we would all agree that equipment is important.

Christians also have equipment. Most of it is invisible, but it is even more important than our hockey equipment.

The Bible is God's message to us. In Ephesians 6:14-17 Paul describes the armour of God, which is a lot like equipment: "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God."

God tells us that our equipment is truth, righteousness (which means living in a way that is right with God and others), the good news of peace in Christ, faith, salvation, and the word of God, which is the Bible.

When we live with this armour, we are ready for battle in the world against the Devil. Just how you need equipment in hockey to give you protection and strength, so you need God's armour for your life.

❖ **Practical tip:** *Make sure your home has a Bible. If you don't already do so, start to read it together.*

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We praise and thank you for your truth, righteousness, good news of peace in Christ, faith, salvation, and word. Help us to trust and follow Christ, and to wear your armour. In Jesus' name we pray, Amen.

Week 4

Theme: RULES

What to say:

What are some of the rules in hockey? [Take answers.]

Why do we have rules? [Take answers. Some might be: to make it fair, to keep people safe, etc.]

Rules are everywhere. We have rules for hockey. You probably also have rules for your family or home as well like 'Tell the truth,' 'Do your best,' or 'Do your chores.'

God gives us rules as well. They are called commandments. The Bible is God's message to us. According to Jesus, here is the most important commandment from Mark 12:30-31: "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Hockey has rules. Life has commandments. God loves us and wants the best for us. It's how we are supposed to live as his people. When we do, everything is better.

❖ **Practical tip:** *Talk to your parents (or whoever you live with) about the greatest commandment. Then brainstorm ideas about how to live it out.*

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. As we play hockey today help us follow the rules. Even more importantly, help us learn and follow your commandments. In Jesus' name we pray, Amen.

Week 5

Theme: WORK HARD AND PRACTICE

What to say:

I want to start by telling you two things you've been doing really well over the past few weeks:

Thing one: _____

Thing two: _____

Why do you think you're doing well at those things? [Take answers.]

Yes, the reason you're doing well at those things is because you have been working hard and practicing!

The Bible is God's message to us. Proverbs 6:6 says: "Go to the ant, you sluggard; consider its ways and be wise!"

This verse reminds us that ants work hard (even though they are very small). Each ant has a job to do and works hard. Did you know that an ant can carry ten to fifty times their own body weight. That's a lot! That would be like a person who weighs 100 pounds being able to carry between 1000 and 5000 pounds!

You might not be able to do that, but you can work hard and practice. When you do that, not only will you improve, but you will help your teammates too.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us work hard and practice no matter what position we play and no matter how long we have been praying. We want to do our best for you. In Jesus' name we pray, Amen.

Week 6

Theme: PART OF THE TEAM

What to say:

What are the different positions in hockey? [Take answers. Goalie, defense, etc.]

What would happen if everyone tried to play centre all the time, including the goalie? [Take answers.]

What would happen if everyone tried to play defense all the time, including the forwards? [Take answers.]

You're right. It wouldn't go very well. Each position is important. It's also important that everyone try to play their own position. We all have to do our part. That is what helps the team.

The Bible is God's message to us. In 1 Corinthians 12:21 Paul describes the church and how everyone is important, even when they have different roles to play. He compares it to a body. He writes: "The eye cannot say to the hand, 'I don't need you!' And the head cannot say to the feet, 'I don't need you!'"

It's a funny way to say it, but it's true. Just like all your body parts are important for your body, and just how all the different people are important in the church, so are all the different positions in hockey important to the team.

Just think of scoring a goal. Yes, there is the person who took the shot, but there is also the person who passed it to them, the defence-man who made a good move before that, the goalie in your own end who blocked a shot before that, the coach who gave instructions before that, and the people who tied your skates before that!

Today, play your positions well. We all contribute to the team in important ways.

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Thank you for giving us different strengths and talents. Help us to contribute to our churches and families. And help us play our positions well today in hockey. In Jesus' name we pray, Amen.

Week 7

Theme: LISTEN TO THE COACH - LISTEN TO GOD

What to say:

When you're playing hockey, it's important to listen to what the coach is telling you.

The coach has a game plan. If we follow his or her instructions, we will be better team mates and have a greater chance of success.

The Bible is God's message to us. It tells us that listening is essential. We should listen to God (Proverbs 3:5-6), to our parents (Ephesians 6:1), and to our pastors and church leaders (Hebrews 13:17; Ephesians 4:11).

Just like our coaches, all of them have important things to say to us which are Good for us -- especially God! It's easy to think that we already have all the answers; but that isn't always true. God has put people in our lives to help and guide us.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us be good listeners -- to our coaches, to our parents, to our pastors and church leaders, and especially to you. In Jesus' name we pray, Amen.

Week 8

Theme: BE A GOOD SPORT

What to say:

In hockey, sometimes we win and sometimes we lose.

We all like to win. But that's not actually what matters most.

What matters most is that we tried our best.

Here is something else that is very important: HOW we played the game. Did we work as a team? Did we remember what we learned in practice? Did we listen to the coaches? Did we play fairly?

We want to play in a way which glorifies God regardless of whether we won or lost.

We can be jealous when other people win and we lose.

Being a good sport is being kind no matter what. But a sore loser makes fun of the other team, always blames the refs (even if they didn't do anything wrong), or keeps complaining when they lose.

That's why it's important to be a good sport in all situations.

The Bible is God's message to us. It's where we learn about everything that matters most. In it we learn about Paul. He had been beaten up, shipwrecked and starving for food. Despite all that he said: "I have learned to be content whatever the circumstances" (Philippians 4:11). Wow!

We can have the same attitude. We can be content no matter what happens--even if we lose a game, struggle in school, or are jealous--because we have Christ, just like Paul.

❖ **Practical tip:** *If you're feeling jealous this week, pray to God and tell him three things you are thankful for.*

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to play the game well and to be good sports no matter what. Teach us how to be content no matter our circumstances. In Jesus' name we pray, Amen.

Week 9

Theme: BE PREPARED

What to say:

When we are waiting on the bench for our next shift on the ice, it's important that we are paying attention to the game and what is going on so we will know when it's our turn.

If we are fooling around we might miss seeing a goal or something important.

The Bible is God's message to us. It also has a lot to say about being ready--especially about being ready for the return of Jesus. In Mark 13:35 he says: "keep watch because you do not know when the owner of the house will come back—whether in the evening, or at midnight..." The owner of the house is Jesus!

One day he will return to the earth as our Judge and Saviour. It could happen at any time. That's why we need to be ready. We need to place our trust in who he is and what he has done for us on the cross (giving his life for ours), and live in a way that is pleasing to him.

On the bench we always need to be paying attention and ready for our turn on the ice. In life, we also need to be ready for the return of Jesus.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to always be ready and alert. By the power of your Spirit, help us live each day by trusting in you and living in a way that pleases you. In Jesus' name we pray, Amen.

Week 10

Theme: EYE ON THE PRIZE

What to say:

When we're playing hockey there are a lot things to focus on -- the puck, the players, our position, the rules, and what your Coach is saying. It can sometimes be confusing!

That's why we need to stay *focused*.

The Bible is God's message to us. Hebrews 12:1-2 explains how we should stay focused in life as well: "And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

When you "fix your eyes" on something you are paying attention to it. You're not letting yourself be distracted.

How do we fix our eyes on Jesus? We do this by believing in him, learning his teachings, doing what he says, praying, and going to church.

Do you have any other ideas about how to keep focused on Jesus? [Take answers. If they struggle have a few ideas ready like 'reading the Bible' or 'serving others.']

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. As we play hockey, help us to stay focused. In life, keep us focused on who matters most, Jesus, and the choices he wants us to make. In his name we pray, Amen.

Week 11

Theme: SHOWING UP

What to say:

You can't have a hockey team with one player. There are a lot of us. We have different positions and responsibilities.

Something we don't talk about very often is the importance of simply showing up. Our teammates are relying on us!

There are times when we are out-of-town or sick. That's okay. It happens. Perhaps we have another commitment at church or with our family. That's okay too.

But if we're healthy we should show up.

If we simply don't want to come, that is letting our team down.

That's why we should always try to make it to the rink, and to be on time. If we can't, we should notify our coaches so they can plan.

It's all about being responsible for our actions and commitments. It's also about thinking of others.

The Bible is God's message to us. In Matthew 7:12 Jesus says: "do to others what you would have them do to you..."

If you like it when people are reliable, then *you* should be reliable. If you like it when people support the team, then *you* should support the team.

We're stronger together. Let's do our best to show up and to be on time. When we can't, let the coaches know.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Make us responsible teammates who respect the time and commitment of others. Remind us to treat others the way we would want to be treated. In Jesus' name we pray, Amen.

Week 12

Theme: The Fruit of the Spirit

What you say:

If we want to be the best players we can be, we need to practice our skills, exercise, and eat well.

But in the Barrie Christian Hockey League, *we also want to grow our character*, meaning that we want to do our best to become the people God created us to be, to be more like Jesus.

The Bible is God's message to us. In Galatians 5, Paul described how God's Spirit works within us: "the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Picture an apple tree in your mind. How do you know it is an apple tree? [Take answers.]
Right: Because it has apples! In a similar way, these fruit of the Spirit show others that we are becoming more like Jesus.

In the upcoming weeks we are going to learn more about the fruit of the Spirit.

For today remember this: Christians are to live in a way that is good, loving and true.

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to better understand the fruit of the Spirit, and to be open to the ways you are growing our character to be more like Jesus. In his name we pray, Amen.

Week 13

Theme: Love

What you say:

Last week we started talking about the Fruit of the Spirit.

As mentioned, we're going to look at one of the fruit each week. The first on the list is love.

It is not often that we link the words "love" and "hockey" (except when we say, "We love hockey"). But there are lots of ways we can demonstrate love, even when we put our skates on.

In the Bible, love is more than a feeling. It is seeking God's best for someone. So when Jesus says to "love your neighbour" in Mark 12:31 he is telling us to seek God's best for the people around us.

Here are some ways we can do this even on the ice: We can show patience and encouragement to our teammates when they are feeling down. Or we can be kind to our opponents, whether we are winning or losing.

What are a few ideas about how we can love others this week as we go through our everyday lives? [Take answers.]

When we are loving, we are becoming more like Christ.

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to be more loving, which is more like Christ. In his name we pray, Amen.

Week 14

Theme: Joy

What you say:

We've been talking about the "fruit of the Spirit" from Galatians 5:22-23 in the Bible (which is God's message to us).

This is how the Holy Spirit works through us as followers of Christ: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Last week we talked about love. This week we are going to talk about joy.

Joy is kind of like happiness, but a bit different. Happiness comes and goes. It is based on what happens around us.

But joy is deeper than that. Joy is a deep knowledge that we belong to God, that he is good, and that he provides for us no matter what.

That's why we can have joy even if we haven't scored many goals, if we're having a bad week at school, or something tough happens at home. We still belong to God; he is still good; and he still provides for us no matter what.

❖ **Practical tip:** *Talk to your parents or guardians about the difference between joy and happiness. It will be an interesting and meaningful conversation!*

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to be more loving, which is more like Christ. In his name we pray, Amen.

Week 15

Theme: Peace

What you say:

We've been talking about the Fruit of the Spirit. These are ways the Holy Spirit works through God's people as we become more like Jesus.

As mentioned, we're going to look at one of the fruit each week.

This week is peace.

When we hear the word "peace," we usually think of world peace, or simply not fighting.

To be honest, hockey doesn't have a reputation for being peaceful. It can get pretty rough sometimes!

But as God's people we can have peace when we trust that God is in control of the world and our lives.

When we lose a game, God is still in control. When we feel sad about something, God is still in control. When we are unsure about our future, God is still in control. When we make a mistake, God is still in control.

The Bible is God's message to us. Here is what it says in Isaiah 26:3: "You will keep in perfect peace those whose minds are steadfast, because they trust in you." The more you trust God, the more you experience his peace in the different parts of your life.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to be more at peace knowing that you are in control. In Jesus' name we pray, Amen.

Week 16

Theme: Patience

What you say:

We've been talking about the Fruit of the Spirit. These are ways the Holy Spirit works through God's people as we become more like Jesus.

In a penalty shot situation, your coach will sometimes talk about *patience*. "Be patient, wait for the goalie to make his move, then you can make yours..."

Being patient is one of the Fruit of the Spirit. It is waiting for the right moment. It is the ability to stay calm and focused.

Even during regular play, we want you to be patient. We want you to make good decisions instead of random reactions.

Off the ice, being patient helps you make friends. It can help you end an argument in a way that makes everyone feel better. When we are patient with others, people are more likely to listen to us and help us out. When we are patient, we demonstrate what God is like because God is so patient with us all the time.

This week, try to be patient with the people around you. And if you lash out at someone or lose your temper, ask them and God to forgive you.

Weekly Challenge: When someone asks you to be patient this week, make sure you are. When you are asked to be patient, please be understanding.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to be more patient with others because you have been so patient with us. In Jesus' name we pray, Amen.

Week 17

Theme: Kindness

Optional prop: a piece of hockey equipment (example: a shin pad or glove)

What you say:

We've been talking about the Fruit of the Spirit. These are ways the Holy Spirit works through God's people as we become more like Jesus.

Today's focus is *kindness*.

Has anyone here ever started to get ready for hockey and realized they forgot a piece of equipment at home? Maybe like this shin pad or glove? [Hold up.]

It's happened to all of us. We forgot to pack our neck guard or water bottle or one of our gloves. It is so frustrating!

What usually happens is that a teammate lends us what we need. There are other times when someone else is the person who forgot something, and you're the one who helps out.

Kindness is one of those words people use a lot. But what does it mean? It means helping people in a practical way. If they need something, you help them with it.

By sacrificing his life for ours on the cross, Jesus did us the ultimate kindness. Since God has been so kind to us, we are kind to others.

This week, I want to challenge you to do something. Show kindness to someone you don't normally hang out with. If they need something, help them with it. You never know how much difference you can make in someone's life.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to be kind toward others. Since you help us so much, help us help others. In Jesus' name we pray, Amen.

Week 18

Theme: Goodness

What you say:

We've been talking about the Fruit of the Spirit. These are ways the Holy Spirit works through God's people as we become more like Jesus.

Today our focus is *goodness*.

Most people have heard about Wayne Gretzky. He is the all-time points leader in the NHL.

He scored lots and lots of goals. But he is known even more for passing the puck. Can anyone guess how many assists Gretzky got in his entire NHL career? [Take guesses.]

1963! And that doesn't even include the playoffs!

The joke in the NHL at that time was that even a fire hydrant could score 40 goals if he was on a line with Wayne Gretzky. That's how good he was at passing!

A part of what made him good was how generous he was with the puck.

We can be generous too.

On the ice we can be generous by passing the puck to others and by encouraging our goalie with our words. In our everyday lives we can give food to people who are hungry. We can even give our time to a neighbour who needs help in their yard.

This week, look for ways to be generous.

Let's pray

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to be generous with others. Since you are so generous with us, help us to be generous with others. In Jesus' name we pray, Amen.

Week 19

Theme: Faithfulness

What you say:

We've been talking about the Fruit of the Spirit. These are ways the Holy Spirit works through God's people as we become more like Jesus.

Today our focus is *faithfulness*.

Give me an example of a promise you might make to someone. [Take answers.]

It's good to keep our promises. If we're being honest, we don't always do that.

Faithfulness is about being true to your word. It's about being loyal—to God and to the people around you.

When someone says you are a "faithful teammate" they probably mean that you are dependable. If someone says you are a "faithful friend" they probably mean that you stand by them no matter what.

The Bible is God's message to us. It teaches how God is always faithful. He is always faithful to his people and never breaks his word.

Let's be faithful too. Let's be teammates and people who are true to our word, who keep our promises, and are loyal to God and others.

This week, if you make a promise, keep it!

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to be faithful. We live in a world with a lot of broken promises. We want to be different. Make us faithful. In Jesus' name we pray, Amen.

Week 20

Theme: Gentleness

What you say:

We've been talking about the Fruit of the Spirit. These are ways the Holy Spirit works through God's people as we become more like Jesus.

Today our focus is *gentleness*.

Gentleness is not usually something we associate with hockey. We often think about hard shots and fast skating. If you watch hockey on TV or online you've probably seen some huge body checks and even some fights!

But gentleness still fits into the picture. For example, you need gentle hands to stickhandle in tricky situations.

In life, gentleness is about being humble. It's thinking about the needs of others. It is the opposite of being boastful and arrogant.

We can show gentleness with our words when we're trying to solve a problem with someone. If you just yell and accuse, you are probably going to make things worse. Using words that are respectful, honest and kind, are one way we can show gentleness.

This week, when you are talking with people, be sure to be respectful and gentle. In Matthew 7:12 in the Bible Jesus says we should "do to others what you would have them do to you." If you want people to talk to *you* like that, you should talk to *them* like that as well.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to be gentle. We live in a world with a lot of harsh words and harsh actions. Help us to be respectful, honest and kind with our words. In Jesus' name we pray, Amen.

Week 21

Theme: Self-Control

What to say:

We've been talking about the Fruit of the Spirit. These are ways the Holy Spirit works through God's people as we become more like Jesus.

Today our focus is *self-control*.

Raise your hand if you've ever taken a penalty in a game? Raise your hand if you've ever taken *more* than one penalty in a game?

Penalties happen. That's hockey. Sometimes you don't mean to take a penalty, but it still happens.

But there are other times when you lash out because you are undisciplined. You lose your temper and do something that is not good for the team (and often for the other player).

Self-control is just that: controlling yourself. It's knowing what you should or shouldn't do, regardless of what you feel.

Proverbs 25:28 in the Bible says: "Like a city whose walls are broken through is a person who lacks self-control." In other words, if you can't control yourself you welcome destruction into your life!

This week in your everyday life, when you get upset about something, take a deep breath, count to 10, and ask God to help you respond in a good way.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to have self-control so that we can make the best choices. This will help us, our teammates, our friends, and our families. In Jesus' name we pray, Amen.

Week 22

Theme: Being a Show Off

What you say:

A show off is someone who always thinks they are the best. And they want others to know it.

They are always bragging and saying things like, "No one else is as good as me." Show offs often think they are the best player on the team and that no one else is as important as they are.

They don't seem to care about the other players and sometimes even make fun of others. They sometimes hog the puck and never pass.

It's all connected to pride. In the Bible, pride is a massive sin. In James 4:6 we are even told that "God opposes the proud..." Wow, God *opposes* those who are proud and who always put themselves first. Proverbs 16:18 even says that "Pride goes before destruction..." Yikes!

Christians should praise God, not themselves. It's about how great he is, not about how great we think we are.

Today, be confident, but don't pretend you're better than you are. Share the puck, encourage others, and be a good teammate.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to grow in Christian character. Help us to have a confident but realistic view of ourselves. Help us to put others first. In Jesus' name we pray, Amen.

Week 23

Theme: The Gospel ABC's

What to say:

Well, our season and our journey as a team is at the end.

First, I want to say how proud I am of all of you. You have worked hard this season.

Second, because this is the Barrie Christian Hockey League, we do not want to end the season without talking to you about the most important reason for our league being here: Jesus.

We hear His words in the Bible, at church, Sunday School, Kids Clubs, Youth Group, or in family devotionals. He is the most important person in history and He invites us to trust and follow him on an amazing journey through life and beyond.

So how do we start this journey? The ABC's can be helpful:

Admit: Admit we have sinned. Admit we have not done the things God has asked us to do. And ask God to forgive us and make us new.

Believe: Believe in Jesus Christ as God's Son and in what he has done for us on the cross, giving his life for ours to pay the price for our sin. Believe that he is the Lord of our life, and that he is with us.

Choose: Choose to follow Jesus and to make Him the one who is in charge of our lives.

Admit, believe, choose.

We are going to pray in a moment. If you have never decided to follow Jesus, and you want to, you can speak to me, to one of the other coaches, to your parents, or a pastor at a church you know. We would love to talk to you about what it means to follow Jesus, and the amazing difference he makes in our lives. If you have decided to follow Jesus before, we would love to help you continue on your journey of faith, just like we have loved helping you grow as a hockey player.

Prayer and invitation