



Be Strong and Courageous

Agape Athletics

2025-2026

We can take great encouragement from God's words to Joshua as he faced the daunting task of taking over leadership of the Israelites after Moses died. He encouraged and reminded Joshua multiple times to "*Be strong and courageous*" (Joshua 1:9) as he prepared to lead them into the Promised Land.

We want to embrace this same point of view as we approach the 2025-2026 athletic seasons at Agape. As coaches, we need to *demonstrate* Joshua's unwavering faith and trust in God's plan and in His leadership. Additionally, we need to *teach* our student athletes how to grow in their faith and learn to trust through the platform of athletics so they can become strong and courageous ambassadors in the world.

We recognize that our coaches are extremely busy, but we believe it is important to reinforce this Biblical concept of being strong and courageous on a regular basis. To that end, we have created the following outline as a guideline for coaches to use throughout the 2025-2026 seasons.

The outline consists of 13 sections, one for each week of the season. It focuses on one aspect of being strong and courageous, along with a key reference verse. It also includes additional encouragement from that verse as well as a few application ideas. We are asking coaches to take a few moments (5 minutes max) at the beginning of each practice and prior to each game to reinforce what God's Word tells us about being strong and courageous.

Consistency is important, so a framework is provided at the end of this document. Please review and present the information in a consistent format so that the focus remains on the content rather than how it is delivered.

We are truly thankful for your willingness to coach and teach our young athletes and we are confident this regular reinforcement will lead to spiritual growth for ourselves and our athletes. Feel free to add your personal touch as you continue to encourage our athletes to be strong and courageous, in both sports and everyday life.

Please do not hesitate to contact us if you have any questions or suggestions for improvement.

Yours in Christ,

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Be Strong and Courageous (Joshua 1:9)				
Week	Reference	And...	Because...	Application
Week 1	1Chr 28:10	Do the work	<i>"The Lord has chosen you"</i> for this purpose	<ul style="list-style-type: none"> • We have to recognize God has selected us purposefully to be a part of this adventure • We can't just sit back and expect God to take care of everything; we have to practice hard, do the drills, get in shape, etc. in order to be successful
Week 2	2Chr 15:7	Do not give up	<i>"Your work will be rewarded"</i>	<ul style="list-style-type: none"> • Even when we're tired or we don't feel like working, we cannot give up; we must continue to press on • Being faithful in doing the work will lead to success as believers in Christ
Week 3	Deut 31:6	Do not be afraid	<i>"He will never leave you nor forsake you"</i>	<ul style="list-style-type: none"> • We don't need to be afraid because God promises to be with us always • He also promises never to abandon us, regardless of the circumstances
Week 4	Deut 31:7	Do not be discouraged	<i>"The Lord Himself goes before you"</i>	<ul style="list-style-type: none"> • In addition to knowing God will never leave us, we need to remember that God promises to go before us into the contest • He promises that His purposes will be carried out, His plans will be fulfilled
Week 5	2Sam 10:12	Fight bravely	<i>"The Lord will do what is good in His sight"</i>	<ul style="list-style-type: none"> • Our responsibility is to do our best and fight bravely and courageously • Win or lose, the outcome is in God's hands; either way, it is for our good (Rom 8:28)
Week 6	2Chr 32:7	Do not be afraid or discouraged	<i>"There is a greater power with us"</i>	<ul style="list-style-type: none"> • Another reason not to be afraid or discouraged is because we aren't relying on our own strength for success • God is stronger and more powerful than the opponent we are facing



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Week	Reference	And...	Because...	Application
Week 7	Isa 35:4	Do not fear	<i>"He will come to save you"</i>	<ul style="list-style-type: none">• In spite of the circumstances, we need to remember that God promises to help us• We simply need to trust Him and wait for Him
Week 8	1Chr 28:20	Do not be afraid or discouraged	Others <i>"will help you in all the work"</i>	<ul style="list-style-type: none">• Not only is God with us, we can lean on others to help us (teammates)• But, we still need to do the work (practice, prepare, etc.)
Week 9	Deut 31:23	Fulfill God's plan	<i>"I Myself will be with you"</i>	<ul style="list-style-type: none">• We each have a God-given responsibility to do the task God has assigned us• We have a specific purpose to carry out God's plans with God's help
Week 10	Josh 1:7	Obey all the Law	<i>"You may be successful wherever you go"</i>	<ul style="list-style-type: none">• Success also depends on our faithfulness to God's laws• We cannot expect success if we dabble in sin and aren't obedient
Week 11	1Cor 16:13	Do everything in love	We must <i>"stand firm in the faith"</i>	<ul style="list-style-type: none">• Love is the cornerstone of our faith• We can be competitive and driven to be successful in sports and in life, but hatred and anger have no place in God's purposes
Week 12	Psa 27:14	Wait for the Lord	We must <i>"take heart"</i>	<ul style="list-style-type: none">• Even when the timing doesn't seem right to us, we need to wait for Him to carry out His plans• We need to remember that God's timing is perfect
Week 13	2Tim 2:1	Compete according to the rules (vs 5)	<i>"Of the grace that is in Christ Jesus"</i>	<ul style="list-style-type: none">• The source of our strength and ability to compete is found in Jesus Christ



Weekly Devotional (5–10 minutes)

Each devotional should follow this simple format to provide consistency, biblical clarity, and spiritual depth.

1. Open in Prayer

Begin by asking God for wisdom, open hearts, and strength to live according to His Word.

2. Read the Passage Aloud

Clearly and slowly read the designated verse(s) for the week.

3. Truth from the Word

Share 2–3 key points from the Scripture. Keep it focused on:

- Who God is
- What He has done
- What this teaches us about strength and courage through Him

This is not a time for personal opinion or non-scriptural-based material.

4. Ask a Question

Use one or more of these biblically aligned prompts:

- What does this passage show us about God's character?
- How can we utilize this week of practices and games to deepen our understanding of God?
- What does courage look like today, in practice, in the classroom, or at home?

Allow time for brief responses from athletes. If no one answers, restate the truth simply and move on.

5. Share a Personal Testimony

If it clearly reinforces the passage, you may share a brief personal experience where God taught you a lesson related to that theme. Keep it focused on God's faithfulness.

6. Re-read the Verse

Reinforce the truth by reading the verse again.

7. Close in Prayer

Pray for:



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- Strength and courage for the day
- Unity as a team
- Hearts that honor Christ in all we do

Final Notes for Coaches

- Keep it Scripture-centered.
- Avoid motivational or self-help phrases not rooted in God's Word.
- Trust that God's Word is powerful (Isaiah 55:11).

You don't need to be a Bible teacher—just a willing vessel.