THE PREGAME CARD

FREE · PRINT IT

Print it, fold it, and stick it in your bag or your locker. Use it on the bus, in the tunnel, or right before you play.

✂ CUT ON THE DASHED LINE · FOLD ON THE CENTER LINE

YOUR THREE-LINE GAME PLAN



THE 90-DAY CHRISTIAN SPORTS DEVOTIONAL FOR TEEN BOYS
DR. JEREMY ROBERTS · JEREMYROBERTS.ORG

1 LINE ONE IS A BREATH AND A WORD.

Breathe out slowly, one time. Then say your word, the one from the verse you picked.

MY WORD: _____

2 LINE TWO IS A PRAYER.

Keep it to a sentence or two. Tell God where you are, and ask for help on the next play.

MY PRAYER: _____

3 LINE THREE IS YOUR NEXT-PLAY SENTENCE.

Say what you'll do next, like "Get back on defense" or "Thank my coach."

MY NEXT PLAY: _____

✂ SPARE CARD

YOUR THREE-LINE GAME PLAN



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MY PRAYER: _____

3 LINE THREE IS YOUR NEXT-PLAY SENTENCE.

Say what you'll do next, like "Get back on defense" or "Thank my coach."

MY NEXT PLAY: _____

Run it before a game, before a test, or before a hard talk with a parent. It works on bad days too. The goal is to remember you're not alone out there, even on days you don't feel brave.

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AFTER THE GAME:

FIVE QUESTIONS FOR PARENTS AND COACHES

Hold off on the replay. Give him time to cool down, then pick one or two of these. Listen more than you talk.

1. What was your favorite moment today?
2. When did you feel the most pressure, and what helped you get through it?
3. Was there a play you'd like to do over? What did you learn from it?
4. How did you treat your teammates, coaches, and the other team today?
5. Where did you notice God today, on the field or off it?

Whatever the score, end with "I love watching you play."



Free card and more at JeremyRoberts.org/Books