

# HEAD COACH

## UNIT 3



THE ONLY  
LIMITATIONS WE  
HAVE ARE WHAT  
WE PUT ON  
OURSELVES.

*(Jesus said) "...Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."*

*Matthew 17:20*

## DEAR TEACHERS,

We pray that God blesses each one of you as you serve Him and minister to children around the world. You are making a difference, and changing lives for eternity!

We have a surprise for you. You may think you signed up to be a Sunday school teacher, but your job description has now changed to COACH! That is right, this year we will be studying the Bible with a boxing theme and we hope to have some fun with sports.

Beloved teacher, start right now! Be a coach instead of a teacher, and it will help inspire you to care deeply about each student in your class, and their progress as they strive to become a champion.

We will be studying the fruit of the Spirit. However, we are not only looking at the fruit, but also at the many sins of our flesh that fight against the fruit of the Spirit. Your goal is to help your students become champions. To do this, they need to not only memorize the memory verses and learn the Bible stories, but they also need to put the fruit of the Spirit into action in their everyday lives. This is a much harder challenge for you as coaches.

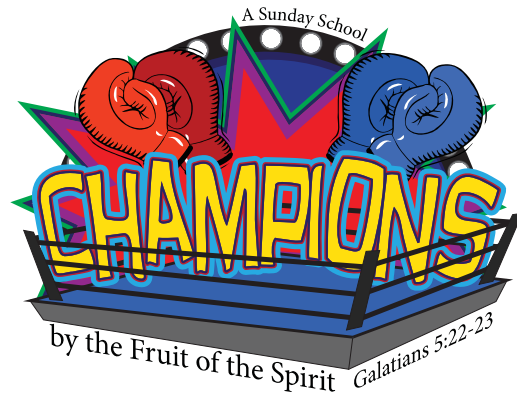
Using the boxing theme, when your students are in your Sunday school class, let us imagine that they are in training. They are working out, and learning more about God and learning how to fight against sin. Your church therefore, is the training center.

When your students are out in the world, they are actually "In the ring!" This is where they will actually fight against their own sinful desires. Their homes and schools, therefore, are the actual competitions and boxing matches. This is because at church, we are all good at pretending and giving the right answers. Please do not let any child think he has won a match because of his memorization or learning at church. That is training. The real fight is in their life. They can win matches if they put into practice the lessons during the week.

Your final job as their coach is to reward them and encourage them when they succeed. Prepare some awards to be able to hand out. Give them a hug or a special shout of encouragement for each "punch," round, or match won. The behavior you reward will be the behavior you receive as your students strive to please you, their coach.

We hope you can have a good time dressing as a coach, decorating your class as a sports training center, and having some fun award ceremonies. Success in living the fruit of the Spirit will come, just as it does in sports, to those who are willing to work harder than anyone else. You CAN inspire your students to work hard and become champions. Just believe in them when no one else does, and watch God do miracles in their lives!

May our Lord God inspire you, as you take on this challenge of coaching your students in the fruit of the Spirit. We pray you break all limitations put on Sunday school teachers, and become a real coach in the lives of your students.



# COACHES



## SMALL GROUPS

Create small groups of 3-7 children. Each small group needs a coach. The coaches do not need to attend class every week, but need to check in with their students or "athletes" each week. Assign one of your main leaders to be the head coach and to organize and inspire all the coaches.

Divide your class into small groups to help your students actually do the assignments during the week. Most Sunday school programs are at church, and do not require homework during the week. However, your students cannot "knockout" sin in their lives by learning about it. They must actually get "In the ring" and fight the actual sin that they face during the week. Honestly, without someone checking up on them, this will be almost impossible to do. Please do not "trust their word" and accept when students say they did an assignment. If you become lax about this program, you will be training your students to tell you lies. However, just imagine with me that if you can actually coach your students, and track that they are doing the homework, you will see real change in their lives. In just 1 year, you can turn their lives around! Your students will not be memorizing the fruit of the Spirit, but will be actually learning to LIVE it!



## RESPONSIBILITIES FOR COACHES

### COACH:

- Coach 3-5 children.
- Meet with students for 5 minutes before and after class each week to discuss assignment and encourage them to become champions.
- Call/text students weekly to remind them of the assignment. (Suggested=Tuesday)
- Call/text students a second time weekly to get report of assignment done. (Suggested=Friday)
- Keep track of assignments done for children in small group and report to head coach weekly.

### HEAD COACH:

- Meet with all the coaches for 5 minutes before class each week to discuss assignment and encourage them to coach faithfully their students.
- Call/text coaches weekly to remind them of the assignment. (Suggested=Tuesday)
- Call/text coaches a second time weekly to get report of assignments done. (Suggested=Friday)
- Keep track of assignments done for all students.
- Host monthly inspirational meetings for coaches and their families.



## RECRUITING

It may sound like a challenge to recruit more leaders so that you have enough coaches for small groups. However, this does not need to be that difficult. Here are some ideas to make finding coaches EASY:

- Ask coaches to serve for only 1 month. Each month covers one fruit of the Spirit. When asking adults for their commitment, if you only are asking for 1 month, many will be more willing to sign up. After the first month, if you make it easy and fun, they will want to sign up again!
- Allow coaches to attend church as normal, but arrive at church 10 minutes early to meet with their students. Your coaches could attend your Sunday school class only once during the month, and the other weeks attend church as normal with the adults.
- Text students instead of calling. Help your coaches set up automatic texts for the whole month, so that they can easily be in contact with their students. Do not forget that instead of traditional calling, you can also use Facebook accounts, Twitter, WhatsApp, etc.



- Create a place at church for coaches to store a few items. In order to look "sporty" your coaches could wear sport caps or have whistles and water bottles. Instead of having to remember each week to bring these items, allow them to keep them at church. This way your coaches can wear their regular church clothes, and just pull on a few "sport" items to look like coaches.
- Make the monthly meeting for coaches extra inspirational, so that they want to continue participating in the program as the year progresses.
- Allow for larger groups if necessary. (With the help of group notifications on Facebook, it would not be that difficult for someone to coach 10 students.)



## AWARD CEREMONIES

A very important part of being a coach is helping your students feel like winners. This means you need to define what behavior you are looking for, and reward that behavior. We recommend rewarding the students when they have done the homework assignments, where they put the lesson into action during the week. Attendance and memorization are "training" and doing the assignments during the week would actually be the competition. Encourage your students that training is very important if they want to win. However, the real world competition is where they actually do win.

One idea is to have an award ceremony at the end of each month, when you finish studying each fruit of the Spirit. For example, FAITHFULNESS has 7 weeks of study. Those who did the assignment at least 3 weeks could win the bronze medal, silver for 5 weeks, and the gold medal for all 7 weeks. You could adjust how your students win the medals after the first month, as some villages or areas of town will need more challenging assignments than others will. Some zones will be more evangelistic, and you will need easier assignments so that they stay encouraged and want to continue with your class.

At the end of the year, have a larger award for those who won several awards throughout the year. This could be a trophy or a nicer medal. Make the awards even more special by giving them to your students on stage in front of the adults in church!

Smaller weekly rewards:

- Hugs
- High-fives
- Stickers on their shirt
- Stamp on a hand
- Small candy

Larger rewards at end of month:

- Award ceremony with gold, silver and bronze medals given to the children. (Bronze for 3 weeks of assignments finished, silver for 4 weeks, and gold for 5 weeks. Alternatively, you could give bronze for 2 punches, silver for 3 punches and gold for 4 punches per week.)
- A party at your home
- Certificates
- Something given in large church in front of the adults
- Trophies



## INSPIRATIONAL MEETINGS

The main job of the head coach is to keep the coaches motivated. One important way to do this is to host a monthly inspirational meeting. You can provide a meal, pray together, look at sports data and see how it can apply to our Christian lives. In addition, you can check out Olympic athletes or watch an inspirational sports movie together with popcorn or other yummy foods. Discuss with your coaches the idea that if it was worth it for the athletes to work hard, then isn't it worth even more for us to work for spiritual and eternal gain?



Each coach helps 6 children for 7 weeks for the fruit of Faithfulness. Record their progress here. Make photocopies as needed.

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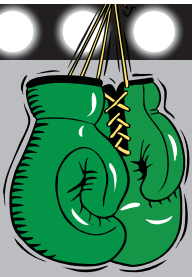
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# CHAMPIONS

## FAITHFULNESS

### 1 FAITHFULNESS VS IDOLATRY

Bible story: The Ark is captured  
1 Samuel 5:1-12, 6, 7:3



#### MEMORY VERSE

"You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below." Exodus 20:4

### 2 FAITHFULNESS VS DISLOYALTY

Bible story: Shadrach, Meshach and Abednego  
Daniel 3:1-21



#### MEMORY VERSE

"Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name." Psalm 86:11

### 3 FAITHFULNESS VS HESITATION

Bible story: The Lord calls Samuel  
1 Samuel 3:1-21



#### MEMORY VERSE

"Now faith is confidence in what we hope for and assurance about what we do not see." Hebrews 11:1

### 4 FAITHFULNESS VS DISOBEDIENCE

Bible story: Spies in Canaan  
Numbers 13:1-3, 17-33, 14:1-11

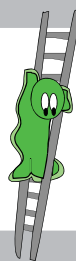


#### MEMORY VERSE

"But Moses said, 'Why are you disobeying the Lord's command? This will not succeed!'" Numbers 14:41

### 5 FAITHFULNESS VS WITHHOLDING

Bible story: Abraham and Isaac  
Genesis 22:1-18



#### MEMORY VERSE

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." Hebrews 11:6



## HOMEWORK ASSIGNMENTS (IN THE RING)

Discuss last week's homework assignment, and give your students the following week's assignment. They are located in the student books and on the match cards. Remind your students that only those who do the assignment can become champions. None of us will become a champion from attending church or memorizing the Bible, but in LIVING it! We recommend you create small groups with coaches to help the students track their assignments. (See more in small groups section.)

Doing the homework assignment once during the week will obviously not "knockout" that sin, just as one punch will not knockout an opponent in boxing. Using this analogy is helpful to show the students that if they actually want to become champions, they need to "throw more punches" during the week. Have your coaches keep track of how many "punches" the students achieve during the week and encourage competition. Each "punch" is an instance where they did the assignment during the week. To make the punches more fun, use these four different types of punches: jab, hook, cross and uppercut.



## HOMEWORK ASSIGNMENTS

### IN THE RING

Choose an activity to NOT participate in because it may have idolatry. It may be a custom to remove your shoes, a parade to not participate in, a sports game you choose not to attend, or not buying flowers when others do.



### IN THE RING

Find a time this week to openly admit at school or in the community that you are a Christian, and that you believe in Jesus Christ. Afterwards, rejoice that you were loyal, despite any peer pressure you faced.



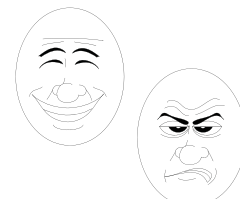
### IN THE RING

Ask God to speak to you this week, and to have you to do something. Practice obeying immediately without hesitation. If you forget and hesitate, ask God for another assignment.



### IN THE RING

Choose 2 assignments from God to do this week. The first being something God asked you NOT to do, and the other something God asked you to do. Obey God in both items to win against disobedience.



### IN THE RING

Is there something that God is asking you to give up this week? Take a moment to think about what that is, and then pray that God gives you the strength to give it up. It could be tea, Facebook, or a favorite food. To win this fight, choose to give that item up all week long.



## MATCH CARDS

Pass out the attendance reward, a card with the week's match fight on it. Encourage your students to attend all year, and collect all the cards! These cards are available to download and print very economically. You can also use the cards to play a memory game, matching the assignments to each sin.



**6 FAITHFULNESS VS UNRELIABILITY**

Bible story: Noah and the Ark  
Genesis 5:32, 6:1-22, 7:1-12

**MEMORY VERSE**

"But someone will say, 'You have faith; I have deeds.' Show me your faith without deeds, and I will show you my faith by my deeds." James 2:18

**7 FAITHFULNESS VS DOUBT**

Bible story: Jesus appears to Thomas  
John 20:24-31

**MEMORY VERSE**

"Then Jesus told him, 'Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.'" John 20:29

**8 GENTLENESS VS DISSENSION**

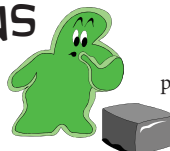
Bible story: Abraham and Lot separate  
Genesis 13:1-18

**MEMORY VERSE**

"Be completely humble and gentle; be patient, bearing with one another in love." Ephesians 4:2

**9 GENTLENESS VS TRADITIONS**

Bible story: Clean and unclean  
Matthew 15:1-20

**MEMORY VERSE**

"Do not cause anyone to stumble, whether Jews, Greeks or the church of God— even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved." 1 Corinthians 10:32-33

**10 GENTLENESS VS BITTERNESS**

Bible story: Cain and Abel  
Genesis 4:1-16

**MEMORY VERSE**

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice." Ephesians 4:31

**11 SELF-CONTROL VS TEMPTATIONS**

Bible story: Jesus is tempted  
Matthew 4:1-11

**MEMORY VERSE**

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." 1 Corinthians 10:13

**12 SELF-CONTROL VS LYING**

Bible story: Jacob steals Esau's blessing  
Genesis 27:1-36

**MEMORY VERSE**

"A lying tongue hates those it hurts, and a flattering mouth works ruin." Proverbs 26:28

**13 SELF-CONTROL VS LAZINESS**

Bible story: The wise and foolish builders  
Matthew 7:24-27

**MEMORY VERSE**

"If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them." James 4:17



## 6 IN THE RING

Choose an area of your life to be reliable to God. Choose something to do for God one day this week, and make sure to be reliable in it. When you finish, choose another promise to God for a day, and set what day to do it. Make sure to complete your promise.



## 7 IN THE RING

Choose to believe God this week on something that He promised you that seems impossible. Tell God that you are willing to wait until He completes His promise. To demonstrate your willingness to wait, go stand in any line, one where you do not need to be! Write down how many minutes you waited in the line so that you can report it back to your coach.



## 8 IN THE RING

Allow another person to win when you disagree over something. You can choose to disagree, but you must stop yourself from fighting with them over it. Allow them to have their opinion.



## 9 IN THE RING

Choose kindness to someone over one of your traditions. This could mean understanding when they break your tradition, and not making a comment about it. Make sure not to hurt anyone else, or bring attention to yourself with this assignment.



## 10 IN THE RING

Choose something or someone that you are angry with, and forgive them. Take a moment in prayer, and actually say out loud, "I forgive you."



## 11 IN THE RING

Resist a temptation, and if you can, use scripture like Jesus did. Maintain control of your desires, and do not allow yourself to give into that temptation.



## 12 IN THE RING

Everyone lies, even if only a little. Remember back to a lie that you have told this year. Go to that person, tell them the truth, and tell them you are sorry for lying.



## 13 IN THE RING

Fight against your laziness this week, by choosing something to do that you do not want to do. Make sure to complete it, and share your testimony with a friend.



Each coach helps 6 children for 3 weeks for the fruit of Gentleness. Record their progress here. Make photocopies as needed.

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Each coach helps 6 children for 3 weeks for the fruit of Self-control . Record their progress here. Make photocopies as needed.

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# Do you know any...



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Head Coach Champions  
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