

CONNECT Sports
BASKETBALL
& Cheer



DEVOTIONAL
2019

**Connecting
To Christ**

Welcome to Connect Sports! Through Connect Sports, families and community come together to rejoice in the fellowship of Jesus Christ. This devotional book is designed to encourage and help parents develop the spiritual growth of our youth. Excellence in sports starts within each of us. If we know who we are and whose we are, we can build and develop with the excellence that God has created within each of us.

Each lesson contains a fun lesson to help them relate scripture to their every day lives as well as a biblical story to share the importance, benefits and consequences of Jesus' teachings. God is the same today as He was yesterday. Helping our students see how God works within their daily lives is key to helping them understand scripture.

We hope you enjoy the lessons yourself while you develop new gifts within the hearts and lives of our youth.

	Christ Connection	Scripture Connection
1	Getting to know your team	
2	God	In the beginning God created the heavens and the earth. Genesis 1:1.
3	Noah	For we live by faith, not by sight. 2 Corinthians 5:7
4	Ruth	I can do all this through Him who gives me strength. Philippians 4:13.
5	Slave Girl	I can do all this through Him who gives me strength. Philippians 4:13.
6	Shadrach, Meschach, and Abednego	(a) Be strong and courageous. Do not be afraid or terrified because of them, (b) for the Lord your God goes with you; He will never leave you nor forsake you. Deuteronomy 31:6
7	Esther	(a) Be strong and courageous. Do not be afraid or terrified because of them, (b) for the Lord your God goes with you; He will never leave you nor forsake you. Deuteronomy 31:6
8	Jesus	For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16
9	Paul	For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16
10	Be someone's hero!	

Week #1 - Getting to Know Your Team!

Memory Scripture

None today.

Bible Hero Connection

We who are strong have an obligation to bear with the failings of the weak, and not to please ourselves. Let each of us please his neighbor for it is good to build him up! Romans 15:1-2

Objects Needed for Lesson

A basketball and a place for your players to sit in a large circle.

Presentation

Greetings! What an exciting season we have ahead of us! I am so excited you all are here and would like to get to know all of you better. Since you are a team, it is important that you each get to know each other too.

To get started, I would like all of us to sit in a circle. I am going to pass this basketball to someone in this circle. If you are the person who receives it, you need to share your name and also share who your favorite superhero is!

After you have shared your name and superhero, you will then pass the basketball to a player who has not shared their name and they will share the same.

When we are done, we will then start at the beginning and see if you can remember the name of the person who you passed the ball to! Better yet, if you can remember their superhero!

Time to Connect Coach!

The reason I asked each of you to name your superhero is that many people never get to hear about the greatest heroes of all time. They are the heroes before most of the heroes mentioned in this circle existed! They are biblical heroes. A band of heroes that lived and help form our very existence. Men and women with courage and hearts that could withstand great trials, great wars and some of the greatest challenges known to man. These heroes led with their hearts and the courage that God gave them. They also made the way for you to be that same kind of hero to those around you. Yes, YOU are called to be a hero. The bible tells us how to be one. For example, in the bible it reads:

Read Out Loud: Romans 15: 1-2

When others are weak or in need, we should uplift them and help them to get back on their feet. When they are feeling sad because of a misfortune, we must lift them up with kind words of encouragement. God's Word teaches us more than just how to build "things", His word teaches us how to build character and self-esteem. He teaches us how to build up others!



Pray with your team

that they may learn and understand how they can be someone's hero through following God's word.

Week 2, Devotion #1 - God, Hero of our Universe!

Memory Scripture

In the beginning God created the heavens and the earth.

Genesis 1:1. **(Hand out card for Genesis 1:1. Please ENCOURAGE them to memorize this verse at home)**

Bible Hero Connection

Genesis 1:1—2:3 (see Appendix A)

Presentation

There are many Hero's in the Bible. Throughout this season we are going to learn about many of them. First, let's try an experiment. First, stand up and do a few jumping jacks to limber up. Maybe some sit-ups and push-ups too. Go ahead, take your time. Done? Good. Now close your eyes, take a deep breath . . . and create an ocean! Now open your eyes. Did it work? No? Okay, maybe try something smaller, like a mountain. Ready, go!

What's that? You couldn't do that either? Well, let's go super small. Try creating an acorn or a fly or even a lady bug. Perhaps you should wave a magic wand and say "Hocus-pocus" or "Abracadabra."

It didn't work? Well, good try anyway. It is not surprising. After all, you are only human, and humans do not possess the power to create something out of nothing. However, there is someone who can: God.

Time to Connect Coach!

Genesis 1:1 says, “In the beginning God created the heavens and the earth.” That’s the Bible’s way of saying that before time or life began, God existed and He created everything. He created the sun, moon, stars, planets, and galaxies. He created the earth and everything in it —the oceans, rivers, land mountains, trees, plants, animals and humans. He created *everything!*

Remember how you could not create even the tiniest creature? Now consider God’s incredible power and limitless creative abilities. He created the entire universe simply by speaking. If He created everything, that means He rules everything too. He can tell His creation what to do because nothing would exist if it weren’t for Him. He is an indescribably AWESOME and POWERFUL God! He is the hero of our universe!

Read Out Loud: Genesis 1:1—2:3

This is so important to believe. What we believe about the universe’s beginning affects everything else in our lives. If you believe in an all-powerful, all-knowing Creator, that means you were created for a reason and you do answer to a higher authority.



You understand that life isn’t all about you. It’s about serving the God who created you and learning more about Him! It’s a wonderful life with meaning and purpose!

Pray with your team that they may learn and understand more about the Hero of the Universe!

Week 3, Devotion #2 - Noah, Hero of Great Faith

Memory Scripture

For we live by faith, not by sight. 2 Corinthians 5:7

(Hand out card for 2 Corinthians 5:7. Please ENCOURAGE them to memorize this verse at home)

Bible Hero Connection:

Genesis 5:32—9:17 (See Appendix B)

Presentation

Have you ever had someone tell you to do something you knew was wrong? Did you do the right thing anyway? It was tough wasn't it? Well, today I want to talk about Noah, a hero of great faith. Last week we learned that God had created the earth and everything in it, including people. Well after several generations, the people started behaving badly, VERY badly. Like a fast-spreading plague, sin had completely infested the earth. Mankind's wickedness and rebellion grieved God. So God told Noah, the only righteous man alive, that He was going to cleanse the earth with a worldwide flood. Then God commanded Noah to build an ark so he and his family would be saved.

Noah probably wondered, Flood? Ark? What are those? After all, Noah certainly had never seen a flood or an ark before. As Noah worked, people passing by must have given him strange looks and maybe even taunted him: "There is that crazy Noah. What on earth is he building?!"

Time to Connect Coach!

Genesis 6:22 says, that despite all the taunting, “Noah did everything exactly as God had commanded him.” Noah lived by faith, not by sight.

Human sight is an amazing thing. Our eyes are information collectors. When they see something, they send that information to our brains through the optic nerve. Then our brains process the information, make decisions, and send our bodies into action by telling our nerves and muscles how to respond. Without sight, it is hard to believe or do things. If God asks us to believe and obey without seeing, It is called faith and we can not please God without it. When God told Noah about the ark and the flood, Noah couldn't see what God was planning. He had no idea what a flood was or how to build an ark. He just had to believe and obey. This made Noah a hero of faith!

Tell the story of Noah from Genesis 5:32—9:17 In Your Own Words

Ask: What does it mean to be righteous?

Why was Noah righteous?

What does it mean to have faith?



Pray with your team

that they may learn how to make good decisions that are pleasing to God.

Week 4, Devotion #3 - Ruth, an Others First Hero!

Memory Scripture

I can do all this through Him who gives me strength. Philippians 4:13.
(Hand out card for Philippians 4:13. Please ENCOURAGE them to memorize this verse at home)

Bible Hero Connection: Book of Ruth

Presentation

Ruth had married an Israelite man named Mahlon, who had traveled to Moab with his father (Elimelech), mother (Naomi), and brother (Kilion) to escape a famine in Israel. After more than 10 years of living in Moab, Elimelech, Mahlon and Kilion died leaving Naomi without a husband or son. This was bad news for Naomi. Back then, society did not favor women having jobs (especially older women). Left alone, Naomi was in danger of going homeless and hungry. So she decided to return to Israel, where her countrymen could support her. She told her two widowed daughters-in-law, Ruth and Orpah, to go back to their families. Ruth would not leave Naomi. This brave young woman saw the trouble her mother-in-law was in and made one of the most beautiful promises in the Bible: "Wherever you go, I will go; wherever you live, I will live. Your people will be my people and your God will be my God".

Ruth had strength of heart and courage only a woman of God could have.

Time to Connect Coach!

Ruth did not conquer nations, part seas or slay giants. She was still a great hero for God. Her heroism was seen in a loving heart that put others first.

We should follow Ruth's example. Opportunities to put others first are all around us. It could be as simple as sharing your favorite toy with your sibling or as unique as helping needy orphans in a developing country.

Whatever you do, the important thing is to show godly humility by considering others better than yourself. Is it always easy? No way. However, it is what God expects of His children.

Read the memory Scripture: **Philippians 4:13**

Ask: What does it mean to be strong? Is being strong only about muscles? No, it also describes someone with courage. It is easy to put yourself first, but it takes a hero to put others first.



Why was Ruth courageous?

Is there someone at school that needs you to be a friend to them? Maybe someone like Naomi who needed a friend? This week let them know you care.

Pray with your team that they may learn how to be strong and courageous like Ruth.

Week 5, Devotion #4 - The Jewish Slave Girl A Hero of Forgiveness!

Memory Scripture

I can do all this through Him who gives me strength. Philippians 4:13.

Bible Hero Connection: 2 Kings 5

Presentation

The Bible tells a short, but wonderful story of a little Jewish girl. Her story is so brief, the Bible does not even mention her name. However, her heroic act of kindness has been remembered for thousands of years through Scripture.

Life was very difficult for this girl. She lived in the ninth century BC, when Israel was at war with lots of neighboring countries like Aram, Ammon and Moab. During one particular raid on Israel, the Arameans plundered an Israelite town and took captives, including this girl. Naaman, the Aramean army's top general, made this girl his wife's personal servant. Naaman was a very powerful man, but he had an awful skin disease called leprosy. The slave girl could have made fun of Naaman or remained silent and simply rejoiced in Naaman's misery. After all, he was the enemy — the leader of the army that had attacked her country and turned her world upside down. Instead, the girl did something shocking: she encouraged Naaman to visit Elisha, Israel's mighty prophet who had miraculously healed others through God's power, so he could be cured. It was a remarkable act of kindness that probably stunned Naaman!

Time to Connect Coach!

Have you ever had enemies? It can seem downright impossible to get along with them. They never seem to do anything friendly to you, so it seems ridiculous to do anything kind to them. However, that is exactly what the Bible tells us to do. Take the little slave girl's example. She had every reason to hate Naaman and do everything she could to harm him. Instead, she showed him amazing kindness. She was a girl who did something big for God! Guess what happened? Naaman put his faith in the Lord! After God healed Naaman's leprosy through Elisha, Naaman exclaimed, "Now I know that there is no God in all the world except in Israel" (2Kings 5:15). All because a little slave girl decided to show kindness to her enemy.

Read the memory Scripture: Philippians 4:13

Ask: Have you ever had someone be mean to you at school? Did you ever wonder why they were mean? If you saw them short on lunch money would you lend them some? What if that simple act of kindness was all it took to turn them around? Sometimes people are mean because they are hurting. Someone has hurt them. It



takes strength and courage to help mean people. Think of them as hurting, not mean and know God wants to heal them.

Pray with your team that they may learn how to be strong and help others, even when they are not kind.

Week 6, Devotion #5 - Shadrach, Meshach and Abednego—Heroes of Courage!

Memory Scripture

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.” Deuteronomy 31:6

(Hand out card for Deuteronomy 31:6. Please ENCOURAGE them to memorize this verse at home)

Bible Hero Connection: Daniel 3

Presentation

The Bible tells the story of Shadrach, Meshach, and Abednego. From the book of Daniel, Chapter 3, the Bible tells us a story of three Jewish boys who refused to bow down to the King of Babylon, King Nebuchadnezzar. The three men grew wise and respected as high appointed officials in Babylon. Other Babylonian officials who were jealous of Shadrach, Meshach and Abednego were able to get King Nebuchadnezzar to command that all people bow down to a golden statue. When the three men refused to bow down and worship the idol and god of Babylon, King Nebuchadnezzar had them thrown into the fiery furnace which was heated seven times hotter than normal. Shadrach, Meshach and Abednego had faith that God would save them. When King Nebuchadnezzar looked into the fire he saw four men walking around in the furnace unharmed - Shadrach, Meshach and Abednego, and the Son of God! King Nebuchadnezzar brought the young men out of the flames, promoted them to a higher office and decreed that the God of Israel be worshipped!

Time to Connect Coach!

Like King Nebuchadnezzar, sometimes there are bullies in our lives that ask us to follow them. They threaten us with harm and are sometimes so mean that they convince others to go along with them to be hurtful. Shadrach, Meshach and Abednego were good friends. They banded together and supported each other. They gave each other strength to stand firm in the face of the biggest bully in the kingdom, King Nebuchadnezzar! The bible wants us to do what is right and stand up for our friends.

After they were saved from the fiery furnace, the king realized that God was with them. They were promoted. Like the bullies in school, if you stand firm in what you believe they will see that God gives you strength that they don't have! Be kind to them and invite them to church so they can know your God!

Read Deuteronomy 31:6 (This weeks Memory Scripture)

Ask: Is there someone in school that you know other kids pick on that you could be a friend to? Have you seen someone being picked on? What do you think Shadrach, Meshach and Abednego would do in your situation?

Pray with your team that they may learn how to be strong



and help others, even when others are not kind to them.

Week 7, Devotion #6 Esther - A Hero Who Saved a Nation

Memory Scripture

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you." Deuteronomy 31:6

Bible Hero Connection: Book of Esther

Presentation

The Bible tells the story of Esther. Esther lived in the mid-fifth century BC, when the Persian Empire was at the height of its power. She was a beautiful Jewish girl who was an exile in the Persian capital of Susa. By God's will, she became King Xerxes's queen and discovered a terrible plot by a wicked man named Haman to kill all of the Jews in Persia!

There was only one thing for Esther to do. She would approach Xerxes and plead for the lives of her fellow Jews. However, it was not that simple. In ancient Persia, you couldn't just stroll into the king's throne room and ask a favor. If you displeased the king at all, you could be executed! It was a terribly risky move. Esther knew what she had to do for the good of her people, even if it meant her own death. So she made up her mind: Even though it is against the law, I will go in to see the king. If I must die, I must die!"

God was with Esther and He protected Esther. Xerxes showed her favor and had the mean man, Haman, executed. Esther's courage saved the Jews!

Time to Connect Coach!

Like Esther, sometimes we find out that something bad is going to happen in school. Even worse, sometimes we find out someone's terrible plot to hurt someone! God wants us to protect others around us. He wants us to stand up for what is right. Esther stood up for what was right and shared Haman's terrible plot. God wants you too to share terrible plots to harm others with your teachers, parents or those in charge. Never be afraid to tell the truth or stand up for someone weaker than you. God wants you to be someone's hero!

Read Deuteronomy 31:6 (This week's Memory Scripture)

Ask: Have you ever known about something that someone was going to do that was bad? Did you tell someone? What do you think Queen Esther would do in your situation?

Challenge: This week I want you to keep an eye out for others who you may need to stick up for! God made you to be a hero. Be someone's hero this week!

Pray with your team that they may learn how to be strong



and help others. Keep them safe and show them someone they can protect from harm. Pray that they find courage to do the right thing.

Week 8, Devotion #7 Jesus - A Hero of Heros!

Memory Scripture

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16 **(Hand out card for John 3:16. Please ENCOURAGE them to memorize this verse at home)**

Bible Hero Connection: Matthew 1:23

Presentation

The Chronicles of Narnia tell a story of magical, make-believe world ruled by the great lion Aslan, where a family of British children encounter many exciting adventures. It is filled with mythological beings that are half human, half animals like centaurs and minotaurs. It's fun to read about and cool to see them in the movies! Did you know that the Bible also tells the story of a person who is more than human? His identity might surprise you! His name is Jesus.

As the Son of God, Jesus lived in heaven before He was born a human in a manger. Jesus' birth on earth was a wonderful miracle. This marvelous mystery is captured in the name "Immanuel," which means "God is with us." Unlike Narnia's mythological creatures, Jesus didn't come to earth as half man and half something else. He came as fully God and fully man. Jesus experienced everything during His human life here on earth. That is why He, and no one else, could die for our sins on the cross. When He did, He opened a way for us too to go to heaven one day!

Time to Connect Coach!

Yes, Jesus is the Savior, but what exactly does He save us from? Space aliens? Man-eating monkeys? Eating broccoli for dinner? No, Jesus came to save us from sin and death! Lots of people do not realize they need to be saved from anything, but the Bible says that every human is a sinner (Romans 3:23) meaning everyone breaks God's laws. Left to ourselves we would all be doomed to hell because sin separates us from God. We need a Savior, someone to take away our sins forever. That person is Jesus. As the sinless Son of God, He was uniquely qualified to pay the penalty that we deserve. He did not just die for us, but came back to life! By doing so, He conquered sin and death once and for all!

Read John 3:16 (This weeks Memory Scripture)

Ask: If you could have Jesus as your Hero for all time would you? If you knew He could save you from hell would you let Him? Did you know that all you have to do is believe in Him like the scripture says to accept Him as your forever Hero? How many here would like to ask Jesus to be your forever hero?



Pray with your team! Would you like to accept Jesus as your hero? It is as easy as ABC! Jesus we **Admit** we are sinners, we **Believe** You died for us and took our sins away and we **Commit** our lives to You! If you accepted Christ today, please see me for a brief moment.

Week 9, Devotion #8 Paul, bad guy gone Hero!

Memory Scripture

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. John 3:16

Bible Hero Connection: Acts 9:1-30

Presentation

The Bible tells a story of a man so terrible and evil that he once held coats for an angry mob so they could pick up and stone a man. That man was a godly leader in the early church. He was being stoned to death because of his faith. As Stephen's life ended, Saul nodded in sinister approval. Wicked Saul made it his life mission to destroy Christianity. He traveled far and wide, searching for followers of Jesus to imprison.

God had other plans for Saul. One day, as Saul was traveling toward the city of Damascus to persecute the local believers, the risen Jesus suddenly appeared to Saul, knocking him down and blinding him with brilliant glory. That moment changed Saul forever. **Saul then changed his name to Paul!** He went from a devoted Jesus hater to a devoted Jesus follower. He dedicated his life to spreading the gospel worldwide, taking at least three missionary trips and writing 13 New Testament books of the Bible!

God's power changed Paul and made him a completely new man! He went from villain to a victorious, valiant hero!

Time to Connect Coach!

We have all heard about the Grinch that stole Christmas, well Saul was ten times meaner than that! Do you remember when the Grinch changed? Yes, he saw acts of kindness and love and his heart grew and changed him. The town of Whoville showed so much love in the face of tragedy that the Grinch was overwhelmed. God wants us to show that kind of love. The way to win over any evil is to show them love.

The Grinch thought he was so undesirable that no one could love him. He thought that after all the horrible things he did that now one could forgive him!

Saul was the same way. He thought that after hurting Stephen and so many others that there was no way God would forgive him, but HE did!

Our memory verse reads "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." WOW! That means whatever you may have done whether you have lied, cheated and stolen or as terrible as Saul, God will forgive you!

Paul was so grateful for God's forgiveness that he went on to share the good news with others! Ask: do you know anyone that you could share the good news of Jesus with?!



Pray with your team

that they may find someone this week that they can be a hero for and share the good news of Jesus with.

Week 10—Commissioning Heroes!

Memory Scripture : None this week!

Bible Hero Connection: None this week!

Presentation

This season we learned about several biblical heroes! I would like all of you to sit in a circle on the floor just like we did on our very first practice.

I am going to pass the basketball to one of you and I want you to tell me who your favorite hero was that we learned about this season and why.

Once you say who your hero was, pass the ball to someone. That person must then share who their favorite hero is. They will pass the ball to someone and continue the pattern until everyone has shared who their heroes are.

Play the game until everyone has had a turn

God wants each of you to be a hero to someone. Think of the heroes we learned about and tell me what was your favorite super power was. Example:

Ruth, put others first!

Shadrach, Meshach and Abednego— they had great courage!

The Jewish Slave Girl - forgave others!

Time to Connect Coach!

Like the heroes that we learned about, each of you are different in your own way and need to pray that God will help you develop your own special gifts.

I know you will be great and I hope to see you again soon!

Pray with your team that they may continue to grow in God and learn more about Him.



Appendix A

Genesis 1:1—2:3

The Beginning

1 In the beginning God created the heavens and the earth. **2** Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. **3** And God said, "Let there be light," and there was light. **4** God saw that the light was good, and he separated the light from the darkness. **5** God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day. **6** And God said, "Let there be a vault between the waters to separate water from water." **7** So God made the vault and separated the water under the vault from the water above it. And it was so. **8** God called the vault "sky." And there was evening, and there was morning—the second day. **9** And God said, "Let the water under the sky be gathered to one place and let dry ground appear." And it was so. **10** God called the dry ground "land," and the gathered waters he called "seas." And God saw that it was good. **11** Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. **12** The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. **13** And there was evening, and there was morning—the third day. **14** And God said, "Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times, and days and years, **15** and let them be lights in the vault of the sky to give light on the earth." And it was so. **16** God made two great lights—the greater light to govern the day and the lesser light to govern the night. He also made the stars. **17** God set them in the vault of the sky to give light on the earth, **18** to govern the day and the night, and to separate light from darkness. And God saw that it was good. **19** And there was evening, and there was morning—the fourth day.

Genesis 1:1-2:3 Continued

20 And God said, "Let the water teem with living creatures, and let birds fly above the earth across the vault of the sky." 21 So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good. 22 God blessed them and said, "Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth." 23 And there was evening, and there was morning—the fifth day. 24 And God said, "Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind." And it was so. 25 God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good. 26 Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,^[a] and over all the creatures that move along the ground." 27 So God created mankind in his own image, in the image of God he created them; male and female he created them. 28 God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." 29 Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. 30 And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so. 31 God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

2 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Appendix B

Genesis 5:32—9:17

32 After Noah was 500 years old, he became the father of Shem, Ham and Japheth.

Wickedness in the World

6 When human beings began to increase in number on the earth and daughters were born to them, ² the sons of God saw that the daughters of humans were beautiful, and they married any of them they chose.³ Then the Lord said, “My Spirit will not contend with ^[a] humans forever, for they are mortal^[b]; their days will be a hundred and twenty years.”⁴ The Nephilim were on the earth in those days—and also afterward—when the sons of God went to the daughters of humans and had children by them. They were the heroes of old, men of renown. ⁵ The Lord saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time. ⁶ The Lord regretted that he had made human beings on the earth, and his heart was deeply troubled.⁷ So the Lord said, “I will wipe from the face of the earth the human race I have created—and with them the animals, the birds and the creatures that move along the ground—for I regret that I have made them.” ⁸ But Noah found favor in the eyes of the Lord.

Noah and the Flood

⁹ This is the account of Noah and his family.

Noah was a righteous man, blameless among the people of his time, and he walked faithfully with God. ¹⁰ Noah had three sons: Shem, Ham and Japheth.

¹¹ Now the earth was corrupt in God’s sight and was full of violence.¹² God saw how corrupt the earth had become, for all the people on earth had corrupted their ways. ¹³ So God said to Noah, “I am going to put an end to all people, for the earth is filled with violence because of them. I am surely going to destroy both them and the earth. ¹⁴ So make yourself an ark of cypress ^[c] wood; make rooms in it and coat it with pitch inside and out. ¹⁵ This is how you are to build it: The ark is to be three hundred cubits long, fifty cubits wide and thirty cubits high.^[d] ¹⁶ Make a roof for it, leaving below the roof an opening one cubit ^[e] high all around.^[f] Put a door in the side of the ark and make lower, middle and upper decks.

Genesis 5:32-9:17 Continued

17 I am going to bring floodwaters on the earth to destroy all life under the heavens, every creature that has the breath of life in it. Everything on earth will perish. 18 But I will establish my covenant with you, and you will enter the ark—you and your sons and your wife and your sons' wives with you. 19 You are to bring into the ark two of all living creatures, male and female, to keep them alive with you. 20 Two of every kind of bird, of every kind of animal and of every kind of creature that moves along the ground will come to you to be kept alive. 21 You are to take every kind of food that is to be eaten and store it away as food for you and for them." 22 Noah did everything just as God commanded him.

7 The Lord then said to Noah, "Go into the ark, you and your whole family, because I have found you righteous in this generation. 2 Take with you seven pairs of every kind of clean animal, a male and its mate, and one pair of every kind of unclean animal, a male and its mate, 3 and also seven pairs of every kind of bird, male and female, to keep their various kinds alive throughout the earth. 4 Seven days from now I will send rain on the earth for forty days and forty nights, and I will wipe from the face of the earth every living creature I have made." 5 And Noah did all that the Lord commanded him. 6 Noah was six hundred years old when the floodwaters came on the earth. 7 And Noah and his sons and his wife and his sons' wives entered the ark to escape the waters of the flood. 8 Pairs of clean and unclean animals, of birds and of all creatures that move along the ground, 9 male and female, came to Noah and entered the ark, as God had commanded Noah. 10 And after the seven days the floodwaters came on the earth. 11 In the six hundredth year of Noah's life, on the seventeenth day of the second month—on that day all the springs of the great deep burst forth, and the floodgates of the heavens were opened. 12 And rain fell on the earth forty days and forty nights. 13 On that very day Noah and his sons, Shem, Ham and Japheth, together with his wife and the wives of his three sons, entered the ark. 14 They had with them every wild animal according to its kind, all livestock according to their kinds, every creature that moves along the ground according to its kind and every bird according to its kind, everything with wings. 15 Pairs of all creatures that have the breath of life in them came to Noah and entered the ark.

Appendix B—Continued

Genesis 5:32—9:17 Continued

16 The animals going in were male and female of every living thing, as God had commanded Noah. Then the Lord shut him in. 17 For forty days the flood kept coming on the earth, and as the waters increased they lifted the ark high above the earth. 18 The waters rose and increased greatly on the earth, and the ark floated on the surface of the water. 19 They rose greatly on the earth, and all the high mountains under the entire heavens were covered. 20 The waters rose and covered the mountains to a depth of more than fifteen cubits.^{[g][h]} 21 Every living thing that moved on land perished—birds, livestock, wild animals, all the creatures that swarm over the earth, and all mankind. 22 Everything on dry land that had the breath of life in its nostrils died. 23 Every living thing on the face of the earth was wiped out; people and animals and the creatures that move along the ground and the birds were wiped from the earth. Only Noah was left, and those with him in the ark. 24 The waters flooded the earth for a hundred and fifty days.

8 But God remembered Noah and all the wild animals and the livestock that were with him in the ark, and he sent a wind over the earth, and the waters receded. 2 Now the springs of the deep and the floodgates of the heavens had been closed, and the rain had stopped falling from the sky. 3 The water receded steadily from the earth. At the end of the hundred and fifty days the water had gone down, 4 and on the seventeenth day of the seventh month the ark came to rest on the mountains of Ararat. 5 The waters continued to recede until the tenth month, and on the first day of the tenth month the tops of the mountains became visible. 6 After forty days Noah opened a window he had made in the ark 7 and sent out a raven, and it kept flying back and forth until the water had dried up from the earth. 8 Then he sent out a dove to see if the water had receded from the surface of the ground. 9 But the dove could find nowhere to perch because there was water over all the surface of the earth; so it returned to Noah in the ark. He reached out his hand and took the dove and brought it back to himself in the ark. 10 He waited seven more days and again sent out the dove from the ark.

Genesis 5:32-9:17 Continued

11 When the dove returned to him in the evening, there in its beak was a freshly plucked olive leaf! Then Noah knew that the water had receded from the earth. 12 He waited seven more days and sent the dove out again, but this time it did not return to him. 13 By the first day of the first month of Noah's six hundred and first year, the water had dried up from the earth. Noah then removed the covering from the ark and saw that the surface of the ground was dry. 14 By the twenty-seventh day of the second month the earth was completely dry. 15 Then God said to Noah, 16 "Come out of the ark, you and your wife and your sons and their wives. 17 Bring out every kind of living creature that is with you—the birds, the animals, and all the creatures that move along the ground—so they can multiply on the earth and be fruitful and increase in number on it." 18 So Noah came out, together with his sons and his wife and his sons' wives. 19 All the animals and all the creatures that move along the ground and all the birds—everything that moves on land—came out of the ark, one kind after another. 20 Then Noah built an altar to the Lord and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it. 21 The Lord smelled the pleasing aroma and said in his heart: "Never again will I curse the ground because of humans, even though every inclination of the human heart is evil from childhood. And never again will I destroy all living creatures, as I have done. 22 "As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease."

God's Covenant With Noah

9 Then God blessed Noah and his sons, saying to them, "Be fruitful and increase in number and fill the earth. 2 The fear and dread of you will fall on all the beasts of the earth, and on all the birds in the sky, on every creature that moves along the ground, and on all the fish in the sea; they are given into your hands. 3 Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.

Appendix B

Genesis 5:32—9:17 Continued

4 “But you must not eat meat that has its lifeblood still in it. 5 And for your lifeblood I will surely demand an accounting. I will demand an accounting from every animal. And from each human being, too, I will demand an accounting for the life of another human being.

6 “Whoever sheds human blood,
by humans shall their blood be shed;
for in the image of God
has God made mankind.

7 As for you, be fruitful and increase in number; multiply on the earth and increase upon it.”

8 Then God said to Noah and to his sons with him: 9 “I now establish my covenant with you and with your descendants after you 10 and with every living creature that was with you—the birds, the livestock and all the wild animals, all those that came out of the ark with you—every living creature on earth. 11 I establish my covenant with you: Never again will all life be destroyed by the waters of a flood; never again will there be a flood to destroy the earth.”

12 And God said, “This is the sign of the covenant I am making between me and you and every living creature with you, a covenant for all generations to come: 13 I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth. 14 Whenever I bring clouds over the earth and the rainbow appears in the clouds, 15 I will remember my covenant between me and you and all living creatures of every kind. Never again will the waters become a flood to destroy all life. 16 Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth.”

17 So God said to Noah, “This is the sign of the covenant I have established between me and all life on the earth.”



Connecting Families and Community in Christ Through Sports

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