

# CITIUS ALTIUS FORTIUS

Lessons from  
the Olympics



JULY 28 - AUGUST 11

# CITIUS ALTIUS FORTIUS

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**FASTER  
HIGHER  
STRONGER**

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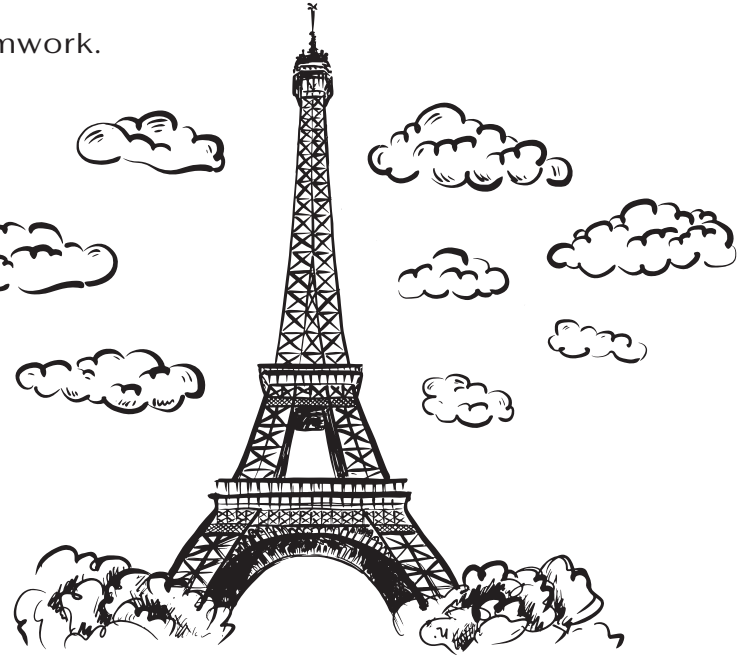
The motto for the Olympics – *Citius, Altius, Fortius* – was written by a French priest. Father Henri Didon had a youth sports ministry in Paris. He believed sports taught children many valuable lessons about life and faith. Paul agreed.

*Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.*

***1 Corinthians 9:24-25***

**The Olympics** bring together the greatest athletes of the world to compete for their countries. Every four years, we witness moments of extraordinary athletic feats, remarkable comebacks, and heartbreaking disappointments. These moments teach us something about life and faith too. Following Jesus requires discipline, perseverance, and teamwork.

As the athletes compete in Paris, we'll follow along and explore what these games for a gold medal teach us about winning *an eternal prize.*



# DISCIPLINE

Week 1

## WARM UP

God,

Give me the strength and perseverance to cultivate discipline in my life.

Help me stay focused on my goals and make wise choices that bring me closer to You.

Keep me from getting distracted by lesser things so I can do greater things with You.

God, give me more discipline in...

Amen.

# GET IN THE GAME

*Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are **disciplined in their training**. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.*

**1 Corinthians 9:24-27 NLT**

- How is life like running a race? What is the prize you are currently running for?
- In what ways do we train ourselves spiritually?
- What does life look like when we lack discipline? What does life look like when we have strong discipline?



## COOL DOWN

Michael Phelps gives success  
tips on 'greatness'



Nick Symmonds- The  
**Making** of an Olympian



What can we learn about discipline  
from Olympians that can help us grow closer to God?

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## THE PODIUM

*I have fought the good fight, I have finished the race, I have kept the faith.*  
2 Timothy 4:7 NIV

What are some areas in your life where you are lacking discipline?

How will you practice greater discipline this week?

# PERSEVERANCE

Week 2

## **WARM UP**

God,

Give me the strength to continue moving forward when I want to give up.

Develop resilience in me when I face challenges and pick me back up when I fall.

Help me to persevere so I can continue to pursue the dreams and goals You have given me.

God, give me more perseverance so I can keep...

Amen.



# GET IN THE GAME

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And **let us run with perseverance** the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

**Hebrews 12:1-3 NIV**

- What are some of things that hinder you or the sins that entangle you that make running your race harder?
- How does “fixing our eyes on Jesus” help us run with greater perseverance?
- How can a “great cloud of witnesses”, or a community of encouragers and supporters, help us run with greater perseverance?



## COOL DOWN

Dave Wottle - The greatest  
comeback



Kerri Strug **wins gold**  
on vault with an injury



What can we learn about perseverance  
from these Olympic moments?

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## THE PODIUM

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. Romans 5:3-4 NIV

In which area of your life do you need help or strength to persevere?

How can you develop more perseverance this week? What do you need from God?  
What do you need to do? Who can help you?

# TEAMWORK

Week 3

## WARM UP

God,

I want to set aside my own pride and ego so I can experience the advantages of teamwork.

Place people in my life that make me better and point me to You.

Thank You for the gifts you've given me.

Thank You for the gifts you've given others.

Teach me to collaborate well so I can better serve and love the world.

God, make me a better teammate by...

Amen.

# GET IN THE GAME

*Two people are better off than one, for they can **help each other succeed.***

*If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.*

**Ecclesiastes 4:9-12 NLT**

- How can two people “help each other succeed”? How have you experienced this?
- What does a “triple-braided cord” friendship look like? Do you have a friendship that is a “triple-braided cord”? How could you include God in your relationships?
- What teammates do you currently have in your life? What roles do they fill in your life?



## COOL DOWN

Derek Redmond & Father  
**finish** the race



Cedric Dubler **sacrifices**  
for his teammate



What can we learn about teamwork  
from these Olympic moments?

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## THE PODIUM

*Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other.*

Romans 12:4-5 NLT

In what areas of your life do you need to practice more teamwork instead of doing it solo?

Who could join you as a teammate in this area?

How will you invite them to help you?