



**FELLOWSHIP OF
CHRISTIAN
ATHLETES**

Will Lansman Testimony Study Guide

Warm Up

- What areas of your life do you put your Identity that take away from your true identity as a son/daughter of God?

Work Out

- How can putting your identity in athletics hurt you as an athlete?
- How does putting your identity in Christ free you up from the pressures of achieving athletically?
- Give one example of what it would be to play sports with sports being your identity compared to if you placed your identity in Christ as an athlete?

Cool Down

- What is one step you could take to start down the path of putting your identity in Christ and not into athletics?