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Hockey Ministries International thanks the participants featured in the HMI pages of the Remember the Little Things Handbook for their willingness to share their personal stories of faith in Jesus Christ. The athletes, coaches and media personalities themselves are the subject of much public scrutiny - tests which like all of us, they may pass or they may fail. But at Hockey Ministries we know that our God is a loving and forgiving God, and we trust in Him to lead us in ways that will strengthen us to serve Him and humanity to His eternal glory.

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# INTRODUCTION



## Compete

Boston Garden...April 22, 2024 Post Play-Off Game Interviews:

“I loved our resolve tonight,” **Toronto coach Sheldon Keefe** said. There’s some things piling up that weren’t really going our way, but the guys stayed with it. So, great effort here on the road tonight, and really good team win.”

“I don’t think our urgency was where it needed to be to prevail tonight,” **Bruins coach Jim Montgomery** said. I didn’t think puck management was a detriment to us, I just don’t think we won enough wall battles to get out of our end successfully.”

From the above comments it’s easy to conclude that the Toronto Maple Leafs won the game. What key word did coach Keefe use to describe the attitude of his team? \_\_\_\_\_ On the other hand, the Bruins coach used a word to demonstrate what was missing on his team. What word did he use? \_\_\_\_\_

The word that we have selected for our Handbook theme this year is, COMPETE. Discuss the similarities between our word, compete, and the two key words coaches mentioned above (\_\_\_\_\_; \_\_\_\_\_). Coach Montgomery mentioned that the Bruins didn’t win enough wall battles. From the following list put a check mark beside other plays which would show a high level of compete.

- Take a hit to make a play
- Backcheck your opponent right to your net
- Drive the net for a rebound

- \_\_\_ Pursue a player ahead of you even if he has a 3-stride lead
- \_\_\_ Defend a teammate when the goons are giving a hard time
- \_\_\_ Stand up for what you believe despite heckling teammates
- \_\_\_ Persevere despite being down by 4 goals
- \_\_\_ Train hard even though you haven't been in line-up for 5 straight games
- \_\_\_ Play a position you are not used to
- \_\_\_ Jump over the boards and get into the play

Think about the following: What drives a pro or a youth hockey player to compete? Can compete be learned and developed? Is there something within the heart of an athlete; a driving force that inspires him to bring his best game every time? Is it a mystery or are there ways of defining the meaning and developing a compete attitude? Can anyone rise to the level of compete or is that level reserved for a certain few?

We have selected 5 attitudes which we believe will help any athlete develop a more focused resolve to excel in sports and in life. Here they are:

- Be Happy
- Be humble
- Be Courageous
- Be Confident
- Be Persevering



As you read this booklet you will be asked to consider how the compete attitude impacts all aspects of your life...at the rink, at home, at school, at church or wherever you are. The qualities of joy, humility, courage, confidence and perseverance can have a very positive impact on how you live and interact with family, friends, fellow students and teammates. Can you

think of situations in life in which having the above 5 qualities would be a great benefit to you?

As you go through this study you will meet real characters in the Bible who lived out these qualities.

People like Paul, David and Joseph will show how their relationship with God helped them to rise to new levels of compete as they faced challenges which were bigger than they could handle alone.

In chapter two you will encounter Jesus, God's beloved Son, who perfectly demonstrated the compete qualities we are discussing in this booklet. In that chapter we point out that He exemplified the greatest love known to man and the deepest level of humility ever in all of time and eternity. You will learn how He left His glorious home in heaven and came to earth to give His life on the cross for our sins. In so doing He made it possible for us to experience forgiveness for our sins and have a relationship with Him. As a result of having Christ as part of our lives He promises us eternal life with Him when we die.

Before moving along to chapter one, reflect on and discuss the following passage:

**“...let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting Him, He endured the cross, disregarding its shame. Now He is seated in the position of honour beside God's throne.”** (Hebrews 12:2-3)



**PRO  
TIPS**

**Skating and Balance Tip by  
Shawn Allard NHL  
Skills Coach**

*Both on and off the ice a hockey skater needs to be in a state of balance. In this Handbook we will give you five things to focus on when trying to achieve skating balance on ice.*



# CHAPTER ONE



## Be Happy...have fun in the game



“A survey of 10,000 young people revealed that having fun was at the top of the list of their reasons for participating in sports.”\*

Fun is the biggest least understood secret to your success. It's the personal ticket to reaching your full athletic potential...if you want to play well have fun first.”

(Competitive Advantage, 2015)



*“Just play. Have fun. Enjoy the game.”* Michael Jordan

1. **What do you think...Is having fun a big deal for an athlete or not really?**

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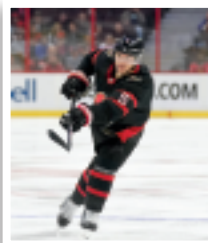
*“I believe that my passion for hockey comes from having fun. I get enjoyment from scoring goals, big hits, winning and there is even fun in having a real tough practice.”*

Nick Holden, Ottawa Senators

2. **List 4 things that are fun for Nick:**

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Dave Reginek / Detroit Red Wings

*“When you improve it’s the progress that makes the game fun”.* (David Booth, former Detroit Red Wing)

3. **What makes the game fun for David:**

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4. **Discuss the fun side of hockey for you?**

5. **If you were having fun playing hockey, do you think you would...**  
(circle your answer Yes/No)

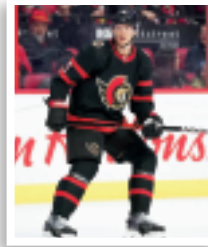
- want to get to the rink early (Yes/No)
- feel better (Yes/No)
- sleep better (Yes/No)
- prepare better (Yes/No)
- play better (Yes/No)
- try harder (Yes/No)
- feel loose (Yes/No)
- not worry (Yes/No)
- try new moves (Yes/No)
- keep going when things get tough (Yes/No)
- look forward to being with teammates (Yes/No)



*“But if all of a sudden it’s not fun playing hockey then it becomes hard to block shots and take a big hit.”* Nick Holden

6. **When the fun is gone what is hard for Nick?**

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7. **So, if you are not having fun would you:** (Circle your answer)

- want to get to the rink early or not really care?
- feel better or worse?
- sleep better or worse?
- prepare better or not at all?
- play better or worse?
- try harder or not at all?
- feel loose or tight?
- not worry or be anxious?
- try new moves or just go through the motions?
- keep going when things get tough or give up easily?
- look forward to being with teammates or rather stay at home?





8. Discuss some of the fun stealers in the game for you.



People ask: 'does God give much thought to sports?'

To answer the question let's be reminded that God wrote the Bible and yes there are some very important passages about sports and athletes. Check out the following:



**“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...”** (1 Corinthians 9:24-27)

**“I have fought the good fight. I have finished the race...”** (2 Timothy 4:7)

**“...but I focus on one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God through Jesus Christ, is calling us.”** (Philippians 3:13-14)



**“...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eye on Jesus, the champion who initiates and perfects our faith.”** (Hebrews 12: 1-2)

9. So, God knows about sports and athletes. From the above verses make a list of His descriptions of athletes:

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There is another very important quality that God sees in an athlete.

**“God has made a home in the heavens for the sun...it rejoices like a great athlete eager to run the race.”** (Psalm 19:4-5)

10. How does this verse describe a great runner?

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11. Think deep, what does the word rejoice mean?

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12. Read the following verse... What two things are connected?

**“...the joy of the Lord is your strength.”** (Nehemiah 8:10)

13. Have you ever wondered: ‘Does the Lord know who we really are?’

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Check the following verses:

**“O Lord you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I am far away...You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous-how well I know it.”** (Psalm 139: 1-2, 13-14)



14. Now how would you answer the above question?

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15. Are we each given certain gifts and abilities?

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16. Were we each uniquely made for a purpose?

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17. **Discuss how this truth impacts Detroit Red Wing, Jeff Petry:**

*“... I always tried to remind myself that God made me the way I am to play the way I play. That constant reminder to just be myself and play the way He designed me to play reassured me and gave me the confidence I needed.”*

18. **Make a list of some things that can get you down about hockey and life?**

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19. **Is it possible for the Lord to help you to push back during down times? \_\_\_\_\_**

**Does He provide a way to experience His joy? \_\_\_\_\_**

The Apostle Paul suffered many difficult challenges:

**“...I have worked harder, been put in prison more often, been whipped times without number, faced death again and again. Five different times the Jewish leaders gave me thirty-nine lashes. Three times I was beaten with rods. Once I was stoned.”** (2 Corinthians 11:23-25)

On one occasion because of Paul and Silas, the whole city of Philippi was in an uproar. A mob formed against them and the city officials ordered them stripped and severely beaten with wooden rods and thrown into the inner dungeon with their feet clamped in the stocks. (See Acts 16:16ff)



20. **How would you have reacted?**

**Read on...**

**“Around midnight Paul and Silas were praying and singing hymns to God...suddenly there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off...the jailer assumed that all the prisoners had escaped and drew his sword to kill himself... but when he realized all the prisoners were still there, he ran and fell at Paul’s feet and said what must I do to be saved? ...And they replied believe in the Lord Jesus Christ and you will be saved... and the jailer and all his household believed and were saved...and the entire household rejoiced because they believed in God.”** (Acts 16:25ff)



21. **How did Paul and Silas react?** \_\_\_\_\_
22. **What did the jailer and his family do?** \_\_\_\_\_
23. **Life can be tough for us. Maybe not thrown in prison but is there help when we are overwhelmed with difficulties?** \_\_\_\_\_

Paul who wrote letters while in prison, many of which form part of the New Testament, says **YES! There is a way out.**

24. **From the following verses underline some things we can do to keep smiling?**

- “Always be full of joy in the Lord. I say it again-rejoice.” (Philippians 4:4).
- “I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit.” (Romans 15:13)
- “Rejoice in our confident hope. Be patient in trouble, and keep on praying.” (Romans 12:12)
- “Let the Holy Spirit guide your lives...But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” (Galatians 5:16, 22-23)

25. Here are some more Bible verses which give more clues about pushing back in challenging times. Next to the verses write the correct number from the answers below:

- a) “...when troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow.” (James 1:2-3) Answer: \_\_\_\_\_
- b) “This is the day the Lord has made, let us rejoice and be glad in it.” (Psalm 118:24) Answer: \_\_\_\_\_
- c) “The precepts (words) of the Lord are right giving joy to the heart.” (Psalm 19:8) Answer: \_\_\_\_\_
- d) “...In His presence is fullness of joy...” (Psalm 16:11) Answer: \_\_\_\_\_
- e) “Let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the Champion who initiates and perfects our faith. Because of the joy awaiting Him, He endured the cross disregarding its shame. Now He is seated in the place of honour beside God’s throne.” (Hebrews 12:2) Answer: \_\_\_\_\_



f) “Shout with joy to the Lord, all the earth. Worship the Lord with gladness. Come before Him, singing with joy.” (Psalm 100:1-2) Answer:

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**Answers:**

1. Choose to be glad every day
2. Keep eyes on Jesus
3. Read God’s Word
4. Spend time talking with and listening to God
5. Sing and worship the Lord
6. Consider troubles an opportunity to grow stronger

**26. For Further thought and discussion:**

**An Athlete Who Chose Joy**

Brazilian long-distance runner, Vanderlei de Lima, went to Athens in 2004 to compete in the Olympic marathon. He was attempting to be the first Brazilian to win an Olympic gold medal in the marathon. With 4 miles to go he was in first place. But suddenly a spectator by the name of Neil Horan accosted him and knocked him into the crowd. The assault cost him precious time and his hope for a gold medal. Pushed off course, de Lima bounced back finishing the race in third place-winning the bronze medal. He crossed the finish line **with a wide smile on his face and dancing**. He later said that when he entered the stadium, he was so happy that he had forgotten the episode. Because of his joyful attitude and response to the assault, in addition to the bronze medal, Vanderlei, de Lima, was honoured by being presented with the Pierre de Coubertin medal for showing the true Olympic spirit.

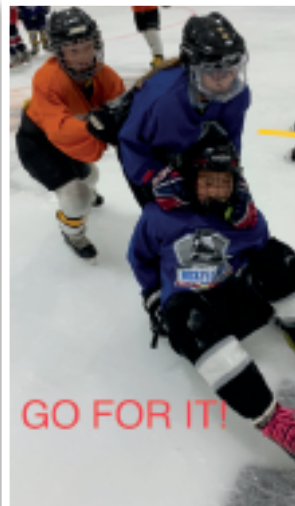
(Parts of this article from the Heart of an Athlete by Our Daily Bread, 2019)

**27. Is it possible to choose joy?**

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**28. If God’s Word brings joy to our hearts, what should we do?**

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## **PRO TIPS**

### **Skating and Balance Tip by Shawn Allard NHL Skills Coach**

**Work on your Posture:** Good posture ensures great balance. Ensure you're on the flat of your blades with great ankle, knee and hip flexion. Keep that spine nice and flat with your head up and stick on the ice. You want to feel like your weight is on the balls of your feet.



## CHAPTER TWO



# Be Humble . . . submit to God and serve your teammates

1. **Question:** Have you ever been on or watched a team that lacked team spirit? \_\_\_\_\_

2. **Check any of the following if you think they describe that team:**

\_\_\_\_ Selfishness

\_\_\_\_ Disagreements

\_\_\_\_ Confusion

\_\_\_\_ No common goal

\_\_\_\_ Lack of trust in teammates or coach

\_\_\_\_ Excessive pride in individual achievements

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3. **How do you think a team with the above character would perform?**

\_\_\_\_ Great

\_\_\_\_ Fair

\_\_\_\_ Poor



4. Do you think the Bible has anything to say about team spirit?  
\_\_\_\_\_

5. Read the following and underline words that describe real team spirit:

**“...agreeing wholeheartedly with each other... and working together with one mind and purpose. Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too.”** (Philippians 2:2-4)

6. List the Do’s:

\_\_\_\_\_  
\_\_\_\_\_

7. List the Don’ts:

\_\_\_\_\_  
\_\_\_\_\_

8. From the following underline words that describe Katie’s humility:

*“Realizing that my success is not my own, but a gift from God makes humility effortless. I give all the glory to Him because there is so much in a hockey game out of my control and in His hands. When things go right it wasn’t me. It was God. Giving Him the praise takes my focus off myself and frees up time and energy to invest in encouraging my teammates and serving those around me.”* Katie Kaufman, St. Cloud State hockey player



Kevin Leblanc

9. From the following quotes discuss how Kevin’s and Joel’s faith in Christ affects their lives:

*“My personal faith in Christ keeps me level-headed and His teachings remind me to stay humble and work hard-no matter what the outcome.”*

(Kevin Leblanc, San Jose Sharks)



*"My favourite verse is John 3:30: 'He must become greater; I must become less.' This is not thinking less of yourself, but thinking of yourself- less."* (Joel Hanley, now with Calgary Flames)

10. **Read the following stories and discuss what you would do?**



In 150 years of Major League Baseball there have been only 24 pitchers who have thrown a perfect game. In a game in Detroit in 2010 Pitcher Armando Galaragga of the Detroit Tigers had one batter left to put out in the 9th inning to complete a perfect game.



Joel Hanley

The last batter hit a ground ball which was picked up and thrown to first base for the out. Unfortunately, the ump called the runner safe. The video replay showed the runner was out and the umpire had made a mistake. Nevertheless, the call on the field could not be changed. The Umpire, Jim Joyce, felt badly and apologized. He has called it the biggest mistake in umpiring history. But how did, pitcher Armando respond? He was invited to the umpires' room after the game, walked up to Joyce and while hugging him says, 'We are all human.' No criticism, but rather sympathy and concern. "A lot of positive has come from this" Joyce said. "And I can't say enough about how Armando has handled this." **How Would you have Responded?**

**Jordan Bohannon** could have broken a 25-year-old record for free throws at the university of Iowa but intentionally missed his last opportunity. The reason, the record holder for free throws, Chris Steet, had been killed in a car accident after setting the record. Jordan felt it was more important to honour Chris Street's record than to set his own.

**Would you have missed the basket on purpose?** \_\_\_\_\_



Image by master1305 on Freepik

## 11. Consider this hockey illustration:

You are new to your team. No one is aware of your background in hockey. No one knows that you had played in the highest league for your age in Finland...that you were the leading scorer on your team and won the scoring championship for all bantam players in the country. Scouts from many teams had you on their lists.

Unfortunately, your dad's job made it necessary for you to move to a small town in Canada where you signed on to play with a local team in Alberta. No one knows about your hockey background. You try your very best to make friends. You encourage your teammates; stay out on the ice after practice to help some guys who need to improve; often ask your parents to drive players to games and practices; bring energy bars and Gatorade to hand out after games; regularly invite players over to your house to play sports and enjoy time together. Still, for some strange reason your fellow players seem to ignore you. You feel like an outcast. And then someone tells you that a teammate who is extremely full of himself and rude to you, often makes fun of the way you play and of your accent as you try to speak English and he is the one who is turning the players against you. Really, he is more of an enemy than a teammate... you feel isolated and alone most of the time.



Then in an early season game the score is tied with only a minute left. Suddenly the coach sends you over the boards and into action. The puck is dumped into the corner to the left of the opposing goalie. You notice one of your players racing for the front of the net. Yes, the same player who has treated you so badly. He is all alone. You know that if you can get him the puck, he would have a great chance of scoring the game winning goal. However, between you and the puck in the corner is a monster defenceman...huge and mean. You know that you can beat him. But you are also very aware that you are going to take a crushing blow from the giant defenceman if you win the race for the puck.

**12. So, what would you do? Would you take the hit to make the pass to your disloyal teammate or pretend to trip on the way to the puck and let the D win the battle. Why?**

### 13. Question: What Would Jesus Do?



Before the creation of the world God had determined that Jesus would give His life as a sacrifice for the sins of the world. **But** consider what this would mean. The Lord Jesus Christ was the Creator of the universe; the Eternal Son of God and the King of heaven. For Him to die on the cross would mean that He would need a body. This would require His leaving His home in heaven and going to planet earth and becoming a baby by being born in a stable to Mary. Here on earth, He would live a humble life, heal the sick, give sight to the blind, multiply a few loaves and fish to feed thousands at one time, walk on water,

hush winds and stop storms, cast out demons and preach life-changing messages. However, as His time on earth came to and end, fulfilling His Father's plan would mean dealing with the forces of evil lined up against Him; being betrayed by one of His own small band of followers; being deserted by His disciples and humiliated by His team leader who denied that He even knew Him. And finally, as powerful rulers and forces turned on Jesus He would be falsely accused, tried, condemned and crucified on a Roman cross.

14. Question: Would Jesus be willing? From the following verses circle ways in which Jesus willingly obeyed His Father in heaven and showed true humility. Note the downward steps He took.

“Though He (Jesus) was God, He did not think of equality with God as something to cling to.

Instead, He gave up his divine privileges; He took the humble position of a slave and was born as a human being. When He appeared in human form, He humbled Himself in obedience to God and died a criminal's death on a cross.” (Philippians 2:5-8)

15. **From the following Bible passages discuss what Jesus did and how He suffered**

- “And they brought Jesus to a place called Golgotha... Then the soldiers nailed him to the cross... It was nine o'clock in the morning when they crucified him. A sign announced the charge against him. It read, “The King of the Jews.” Two revolutionaries were crucified with him, one on his right and one on his left. The people passing by shouted abuse, shaking their heads in mockery. ‘Ha! Look at you now!’ they yelled at him. ‘You said you were going to destroy the Temple and rebuild it in three days. Well then, save yourself and come down from the cross!’ The leading priests and teachers of religious law also mocked Jesus. ‘He saved others,’ they scoffed, ‘but he can’t save himself! Let

this Messiah, this King of Israel, come down from the cross so we can see it and believe him!’ Even the men who were crucified with Jesus ridiculed him. At noon, darkness fell across the whole land until three o’clock. Then at three o’clock Jesus called out with a loud voice... ‘My God, my God, why have you abandoned me?’ Then Jesus uttered another loud cry and breathed his last.” (Mark 15:22)

“He was despised and rejected—a man of sorrows, acquainted with deep grief. ...He was despised, and we did not care. He was oppressed and treated harshly, yet he never said a word. He was led like a lamb to the slaughter. And as a sheep is silent before the shearers, he did not open his mouth. Unjustly condemned, he was led away. But he was buried like a criminal; he was put in a rich man’s grave...” (Isaiah 53:3)

#### 16. Question: Why Did Jesus Die on the Cross?

**Underline the reasons from following verses:**

- “Christ suffered for our sins once for all time. He never sinned, but He died for sinners to bring you safely home to God...” (1 Peter 3:18)
- “For God made Christ who had never sinned, to be the offering for our sin, so that we could be made right with God through Christ.” (2 Corinthians 5:21)
- “For God was in Christ reconciling the world to Himself no longer counting people’s sins against them...” (2 Corinthians 5:19)
- “...Christ came into the world to save sinners.” (1 Timothy 1:15)
- Jesus said: “I have come to give my life a ransom for many.” (Mark 10:45)
- John the Baptist said: “Look the lamb of God who takes away the sin of the world.” (John 1:29)
- “You shall call His name Jesus for He will save His people from their sins.” (Matthew 1:21)



#### 17. Question: What is our Problem?

**Jesus knew that not only those who put Him on the cross but all lost sinners without His sacrificial death would be separated from God for all eternity. And therefore He cried out from the cross: “Father, forgive them for they don’t know what they are doing.”** (Luke 23:34)

**From the following verses, underline words that show our failures:**

- “All have sinned and fall short of the glory of God.” (Romans 3:23)
- “But your iniquities have separated you from God; Your sins have hidden His face from you so he will not hear.” (Isaiah 59:2)
- “But He was pierced for our rebellion, crushed for our sins” (Isaiah 53:5)
- All of us, like sheep, have strayed away. We have left God’s paths to follow our own. (Isaiah 53:6)
- “Once you were dead (spiritually) because of your disobedience and your many sins.” (Ephesians 2:1)

**18. Question: What can We do to be Made Right with God?**

**Underline key words from these verses:**

**“For God loved the world so much that He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life.”** (John 3:16)

**“But to all who believed in Him and accepted Him, he gave the right to become children of God.”** (John 1:12)

**“Here I am. I stand at the door and knock. If anyone hears my voice and opens the door, I will come in...”** (Revelation 3:20)

**“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved.”** (Romans 10:9)



Read how Tague Thompson and Ryan Carpenter responded to God’s love:

*“...I began to comprehend the sacrifice Christ made by dying on the cross for our sins and how He lived a perfect life. Realizing I was a sinner I repented of my sins and received Christ and from that point on I was determined to live for the Lord.”* Tague Thompson, Buffalo Sabres

*“I wanted forgiveness for my sin and a way to change. I realized that Jesus offered all I was looking for. I really began a journey with Him understanding His love and grace and His great sacrifice on the cross.”* Ryan Carpenter, San Jose Sharks

**19. Question: What will You Do?**

The Bible says that before receiving Christ we are dead in our sins- and even slaves to sin...and guilty before God. But God still loves us. His love



is so deep that there are no qualifications needed for His love. He leaves no one out. He loves before we make the first move toward Him.

If you would like to experience His love and be at peace with God and receive His forgiveness for your sins you can invite Jesus into your life by praying a simple prayer like this:

“Dear Father, I have sinned and fallen short of Your standards. Please forgive me. I know that I have hurt You and others. I am sorry. I repent of my sins. I want to stop sinning and live a righteous life. Thank You for sending Jesus to die for my sins. He paid my penalty. Thank You for raising Him from the dead. Thank You that Jesus is alive forever and He is here knocking at the door of my heart. I confess my sins and wrongdoings and invite You, Jesus, to come into my life. Thank You for coming in. Thank you for forgiving my sins. Thank You that I have been born again to a new life in Christ. In Jesus’ name. Amen”

## 20. If you prayed that prayer:

- Thank Jesus for forgiving your sins and coming into your life.
- Determine to turn from your sinful ways and give your all for Jesus.
- Tell your counsellor, parents, a friend and a teammate what you did.
- Complete the following:



I, \_\_\_\_\_ accepted Jesus Christ  
as my personal Saviour on \_\_\_\_\_ 2024  
at \_\_\_\_\_ Christian Hockey Camp.



**PRO  
TIPS**

**Skating and Balance Tip by  
Shawn Allard NHL  
Skills Coach**

***Widen your Stance in Traffic:*** When in battle situations competing for pucks, widen out your stance a little bit. This will allow you to have a wider base of support, helping you maintain balance in contact type situations.

## CHAPTER THREE



# Be Courageous... win the battles

1. For discussion:
  - When you think of the word courage what comes to mind?
  - Is there someone you know or have read about who you would say is courageous? \_\_\_\_\_
  - Why?
2. Read the following story and discuss T.J. Oshie's courage through the pressure of having to score.

During the Sochi Winter Olympics team USA faced Russia in a crucial game. A win would secure USA a spot in the quarterfinals. The game ended tied at 2. Time for a shootout. In the Olympics, teams select three shooters following which any player can shoot as many times as coaches want. Russia's goalie was Sergei Bobrovsky, winner of the Vezina trophy (NHL's best goalie) the season before. America's T.J. Oshie opened the scoring with the first attempt. The next two American players missed. And Oshie got called to shoot again. He was the only USA player to shoot for the rest of the shootout. Can you imagine the pressure? You are representing your team and your country. The team's success or failure depends on you. Goalie Jonathan Quick had to be great, but Oshie had to score for the win. Oshie scored 4 times in 6 attempts giving team USA a 3-2 win. (Just for reference the top NHL shootout percentage among active players is still lower than Oshie's 66.7% from that game!)



**James Reimer**  
(now with Detroit Red Wings)

3. Discuss Detroit Red Wings' goalie James Reimer's Statement: "Courage does not mean that fear is not present... but rather that a person is able to control his fear and to act and to speak in a certain way based on his convictions. My faith has been tested so many times. A few years ago, I had a concussion and when I came back, I couldn't stop a puck...I really struggled with how to do life when I was constantly under-performing. But then, I went back to those

words: "You of little faith, why did you doubt Me?-meaning, 'Just trust Me and have faith. My renewed faith in God and in the support group that He has built up around me (most importantly my wife) helped get me through this time."

From the above comments by James Reimer

- Does courage mean that fear is not present? \_\_\_\_\_
- How did Jesus words help James? \_\_\_\_\_
- Why is it important to have supportive friends? \_\_\_\_\_

- 
4. It takes courage to stand up and give everything you have under intimidating circumstances. The Bible has many stories of courage. Is there one that you like? \_\_\_\_\_
5. Read the following incredible story of faith and courage. In the Old Testament book of 1 Samuel, the army of Israel was in a predicament... at war with the Philistines. Both armies were on mountainsides facing one another with a valley in between. Making a move against the enemy would require going down into the valley and then fighting your enemy as you climb the hill with them waiting for you. Not a good battle plan. The Philistines proposed a single combat solution. Each army to send just one soldier. The two warriors would meet and battle one another. The warrior that won the contest would claim victory for his whole army. The losing warrior's army would have to surrender. For the Philistines this was a brilliant strategy. How could they lose? Their warrior was giant: **"Then Goliath, a Philistine champion from Gath, came out of the Philistine ranks to face the forces of Israel. He was over nine feet tall! He wore a bronze helmet, and his bronze coat of mail weighed 125 pounds. He also wore bronze leg armor, and he carried a bronze javelin on his shoulder. The shaft of his spear was as heavy and thick as a weaver's beam, tipped with an iron spearhead that weighed 15 pounds. His armor bearer walked ahead of him carrying a shield"** (1 Samuel 17:4-7).
6. Would you volunteer to go fight that guy? \_\_\_\_\_



7. Are you surprised that the Bible says that the Israelite king (Saul) and all Israel **“were terrified and deeply shaken.”**? \_\_\_\_\_
8. In 1 Samuel 9:2 we learn that King Saul was Israel’s biggest guy? Should he have volunteered to fight Goliath? \_\_\_\_\_
9. In hockey have you ever faced a tough opposing player, team or situation that made you fearful? \_\_\_\_\_
10. What made you anxious? Your opponents’:
  - \_\_\_\_\_ Size?
  - \_\_\_\_\_ Speed?
  - \_\_\_\_\_ Record?
  - \_\_\_\_\_ Talent?
  - \_\_\_\_\_ Confidence?
  - \_\_\_\_\_ Taunts?



11. How did you respond? \_\_\_\_\_
12. Goliath challenged the Israelites. No one wanted to fight him. He taunted them for 40 days every morning and every evening (17:16) Meanwhile, Jesse sent his son, David, a young teenaged shepherd, to the front lines to check on his older brothers, deliver some food, and report on the battle. David saw and heard Goliath and volunteered to fight. He said to King Saul: **“Don’t worry about this Philistine. I’ll go fight him!” (17:32)**  
**“The Lord...will rescue me from this Philistine!”** Where did David’s courage come from? \_\_\_\_\_

**Saul finally consented, ‘All right, go ahead,’ he said. “And the Lord be with you!” (17:37)**

13. Can you imagine the thoughts going through David’s head?
  - \_\_\_\_\_ Is this the right thing to do?
  - \_\_\_\_\_ Do my own warriors believe that I can beat this gorilla?
  - \_\_\_\_\_ Will the Philistines laugh to see a teenager challenging their trained monster soldier?

14. Read Winnipeg Jets, Mark Scheifele, comments:  
**“Something that has... changed my outlook on a lot of things is knowing that I have God there at all times... I have that faith and I know he’s there listening to me. I don’t worry about what anyone else says—whatever anyone else’s opinion is about me. But I hope... everyone sees that I am different, and that difference is that I have God in my life.”**

15. What does Mark say about God’s presence in his life?  
 \_\_\_\_\_

16. How does that change his view on the words and opinions of others?

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17. What does Mark hope that others see in him at the end of the day and why?

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**Mark strives to be different and David certainly was.** It takes a special level of courage to volunteer to fight a giant with David's weapon of choice. He skips out on wearing armour and using a sword and instead grabbed his slingshot and five stones.



18. While Goliath threatened and taunted David responded: **“Today the Lord will conquer you...this is the Lord’s battle, and He will give you to us”** (17:46-47).

Let’s see how the battle went:

19. **“As Goliath moved closer to attack, David quickly ran out to meet him. Reaching into his shepherd’s bag and taking out a stone, he hurled it with his sling and hit the Philistine**

**in the forehead. The stone sank in, and Goliath stumbled and fell face down to the ground. So, David triumphed over the Philistine with only a sling and a stone, for he had no sword”** (vv.48-50).

20. **Put a check mark if you agree with the following Comments:**

David’s whole source of confidence and courage came from knowing that God was with him! David had put his faith and trust in God (Like Mark Scheifele above). \_\_\_\_\_

We can face some pretty big giants in our lives. Maybe not 9-foot soldiers, but some of our struggles and fears can feel like we are up against an impossible enemy. \_\_\_\_\_ We have to remember that when we have God in our hearts then we are never alone. \_\_\_\_\_

David didn’t need a sword or heavy armor to defeat Goliath. His sling was sufficient, he used it well and God gave him the win.

The story of David and Goliath can help us to better understand that we can experience victory in our lives through a relationship with Jesus Christ. Read what Annie Carmean, St. Mary’s University of Minnesota has to say:

“My faith in Christ has been tested. While experiencing pain and enduring tests...I questioned why I had to suffer...I came to realize that God uses struggles to help each one of us grow so that we might become better people.”-Annie Carmean/ St. Mary’s University of Minnesota

21. What does Annie do when she is exhausted?

\_\_\_\_\_

22. How did she come to realize?

\_\_\_\_\_

23. How can God help us? Read the following and fill in spaces below the verses:

- “Don’t be afraid, for I am with you. Don’t be discouraged for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

What will God do for you? (Isaiah 41:10)

\_\_\_\_\_

\_\_\_\_\_

- “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (Philippians 4:6-7)

What should we avoid doing? \_\_\_\_\_

What should we do? \_\_\_\_\_

\_\_\_\_\_

What will God do for us? \_\_\_\_\_

- “Your word is a lamp to guide my feet and a light for my path.” (Psalm 119:105)

What will God’s word do for us? \_\_\_\_\_

\_\_\_\_\_

**“I learned that trusting in Christ frees us from worry. It’s not that you don’t plan and work, but you trust that Christ loves you and knows what’s best...”Former Detroit Red Wing, David Booth**





## **PRO TIPS**

### **Skating and Balance Tip by Shawn Allard NHL Skills Coach**

**Do Static and Dynamic Exercises:** You can start working on your skating balance with static (non-movement) exercises like stationary balancing on 1 foot or shifting your weight from 1 leg to the other and then progress to dynamic (Movement based) exercises like holding your knee up or going knee down between the blue lines.



## CHAPTER FOUR



# Be Confident... trust God and your abilities

1. Confidence is a big word in hockey. What do you think it means?
2. Discuss this goal by Nathan McKinnon:

In January of 2024, the Colorado Avalanche were hosting the LA Kings. Late in the first, Avalanche forward Nathan McKinnon received a pass on the left wing as he entered the LA zone. Quickly cutting to the middle of the ice he was able to stick handle in between two Kings defenders as he made his way to the top of the right circle. He then unleashed a blistering snapshot back the other way beating LA goaltender Cam Talbot low blocker side. Everything was done so quickly that the goal wasn't fully appreciated until you saw the slow-motion replay. Once McKinnon picked the puck up at the blue line he never once looked at the net. From the quick lateral move to the middle of the ice, to the speedy stickhandling between opposing sticks, to the laser-like release of the puck he never once took a look to see where the net was. An incredible goal that extended his home point streak to 25 games.

3. Do you agree with the following comment? \_\_\_\_\_

“As a hockey player, the game seems to open up for you when you are playing with confidence. It is a freeing feeling when you can trust in your abilities to get the job done.”

Why? \_\_\_\_\_

4. How would you describe the feeling of playing with confidence?  
\_\_\_\_\_

5. Can too much confidence be a bad thing? \_\_\_\_\_ Have you ever gone into a game feeling overconfident? – You were convinced that you would win, but ended up losing? \_\_\_\_\_ Why do you think you lost? \_\_\_\_\_



6. From the following list check things that give you confidence:
- \_\_\_\_\_ Focusing on having fun
  - \_\_\_\_\_ Hearing a word of encouragement from your coach or teammate
  - \_\_\_\_\_ Remembering good performances in past games
  - \_\_\_\_\_ Being well prepared
  - \_\_\_\_\_ Faithfully and repeatedly improving skills through practice
  - \_\_\_\_\_ Knowing that someone who cares will be watching
  - \_\_\_\_\_ Praying before and during the game
  - \_\_\_\_\_ Being aware that God is with you on the ice
7. Discuss some situations, comments or people that have caused you to lose your confidence.
8. Have you played with someone whose confidence caused him to be arrogant and too good for the rest of the team? \_\_\_\_\_  
Discuss how you might help this player.
9. Is it possible to be confident and successful on ice but at the same time be humble and a team player? \_\_\_\_\_ Discuss your answer.
10. Confident players don't let a bad performances bring them down. They don't give up. They have a way of rebounding with a strong game. The following is a real- life example:



“Washington Capitals goaltender Charlie Lindgren had a tough outing in February of 2024 where he was pulled after allowing 3 goals on 9 shots in the first period. Was that the end of Charlie? No, he got the start the next game in Boston where he recorded a shutout. “

**In this Chapter we are going to discover that as we get to know God better, He becomes a source of true confidence to us both on and off the ice.**

Read the following comments by Jack Becker/Texas Stars:

“My relationship with God is my foundation. I have confidence to pursue my passions because my identity is in Him. I know I’m more than what I do. My faith in Christ gives me perspective and strengthens me to both overcome obstacles and be thankful in my success.” Jack Becker/ Texas Stars



11. What does Jack’s confidence allow him to do? \_\_\_\_\_

12. What else does Jack’s confident faith give him? \_\_\_\_\_

### **The Bible and Confidence in God**

13. From following verses underline things that can give you greater confidence in God:

“For God gave us a spirit not of fear but of power and love and self-control” (2 Tim. 1:7).

“And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.” (Phil. 1:6).



“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” (1 Cor. 10:13).

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.” (Rom.5:1).

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9).

14. Read the following statement:

“People who wrote the above verses saw Jesus personally and heard His words. Have you ever thought that 2,000 years later, we also have God’s words? They are recorded in the Bible. As we read and listen to His words in the Bible and get to know Him better, our confidence in Him will increase” Do you agree? \_\_\_\_\_



Jim Nill, Dallas Stars General Manager, had this to say about his trust in the Bible:

“The Bible has played a key role in strengthening my faith. It went from a book I had no interest in reading in my early years to the book, I can’t put down now. The Bible is my everyday guide for life. A passage that has been meaningful to me is **James 1:2-6:**

**“For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.”** (James 1:2-6 NLT)

15. In times of testing what can we ask God for? \_\_\_\_\_
16. Does God want us to have confidence when we ask for help?  
\_\_\_\_\_
17. How does the Bible describe someone who doubts? \_\_\_\_\_
18. Is doubt the opposite of confidence? \_\_\_\_\_ Explain.  
\_\_\_\_\_
19. How can we pray with greater confidence? \_\_\_\_\_
20. From the verse below what did God promise Joshua? \_\_\_\_\_

**“...Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”** (Joshua 1:9 ESV)

21. From the following verse what can we do to benefit from God's promises?  
\_\_\_\_\_  
\_\_\_\_\_

**“Without wavering let us hold tightly to the hope we say we have, for God can be trusted to keep His promise.”** (Hebrews 10:23)



22. What does God say about Himself? \_\_\_\_\_
23. Are you confident that God keeps His promises? \_\_\_\_\_
24. Read this quote: “My faith has had a huge impact on how I approach the game of hockey. It allows me to play without stress or fear and to truly enjoy and appreciate the game. I know God is watching over me and keeping me safe. He has a plan for me. I only control what I can, and God will take care of the rest. This allows me to keep perspective through all the ups and downs hockey throws at me.” Conor Timmins/ Toronto Maple Leafs
25. Underline the benefits that Conor receives from his confidence in God.



26. Read the following on Jesus. Do you think that as you get to know Him better and pray that He will help you to be more confident? \_\_\_\_\_

Why? \_\_\_\_\_

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### **Jesus Defined Confidence**

Jesus Christ, God's Son, explained and demonstrated confidence in everything He did, said and thought during His 33 years on earth. He was confident in His Father, Himself, His mission, and the team that joined Him and would carry on the message of salvation after He left our planet.

He had unwavering trust in His Father's love for Him. The Father assured Him of this love and called out to Him in a loud voice from heaven in front of a crowd of people: "This is my Son whom I love. With Him I am well pleased." (see Matthew 4:17)

He obediently and confidently fulfilled His Father's mission for Him, to seek and to save that which was lost. Near the end of His life, He said to His Father, "I have glorified you by completing the work you gave Me to do". And in His dying breath on the cross- He cried out "it is finished" confidently declaring that the price for sins for all time was paid in full.

The night before His crucifixion He showed perfect trust as He prayed and asked His Father to remove the cup of suffering that awaited Him, but willingly submitted to His Father, "not my will but thine be done." And the next day as He hung on the cross, dying, He gave Himself to His Father's care, "Into Your hands I commit my spirit."

Jesus trusted His Father to give Him Words to preach and teach, to give Him power to perform miracles, to guide Him in His selection of His disciples, to enable Him in His battles against Satan, to strengthen Him to endure the cross, to receive His sacrifice for the sins of the world, to raise Him from the dead and to bring Him home to heaven and seat Him on His throne at His right hand.



## **PRO TIPS**

### **Skating and Balance Tip by Shawn Allard NHL Skills Coach**

**Focus on Balancing through Movement Patterns.** When we play the game, we execute various movement patterns to score the big GOAL! Ensure that you are focusing on training the balance of your transitions by going from one movement to the other to really see the overall flow of your game grow!



## CHAPTER FIVE



# Be Persevering . . . keep pressing for the goal

1. If you had to describe what it means to persevere what would you write?

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2. Discuss why perseverance is important?
3. Read the following:

Nashville, Tennessee, April 28, 2024. NHL Playoff Game 4  
Vancouver Battles Back to Beat Predators in Overtime

Two goals down with 3 minutes to play, Vancouver pulled their goalie for an extra attacker.

The game would have been out of reach had Nashville forward, Colton Sissons, hit the open net instead of the goal post at 18:10. However, an incredible performance by the Canucks and Brock Boeser who scored twice, the last one with 8 seconds on the clock, tied the game and forced overtime. (Boeser scored at 17:11 on a snap shot and then at 19:52 picked up his own rebound and pushed it across the line to tie the game).

After the game Boeser made the following comments: "I think there have been times this year when we shown a lot of character...I think that has prepared us for this moment...the message is you can't give up until the final horn, and we didn't give up there. We continued to battle back and we felt that momentum shift once we tied it up. We were feeling really good going into overtime.

4. From the above story would you agree that character is something that develops through adversity? \_\_\_\_\_  
Discuss your answer

5. What was the message delivered by Boeser? \_\_\_\_\_
6. Read the following and answer questions below:



“When things are not going my way, when victory seems hopeless, when I am exhausted and don’t want to press on... that is when I lean on the Lord for strength. God can work miracles, and that helps me persevere because I know I have the miracle-working power of God within me through the Holy Spirit.” Katie Kaufman St. Cloud State University Huskies

Who does Katie Kaufman lean on? \_\_\_\_\_

How does that help her? \_\_\_\_\_

In life we are all going to face difficulties and failures. But how we respond to those problems can tell us a lot about who we are on the inside.

### Jealousy in the Ranks

One person in the Bible who faced many difficulties was Joseph, the youngest of 11 brothers. The Bible says that his father, Jacob, “loved Joseph more than any of his other children” (Gen. 37:3). Can you imagine the jealousy in that family?

7. Discuss how a friend would feel if he was told that his parents loved a brother or sister more than him.

### Joseph Sold as a Slave

In the beginning of Joseph’s story, we are told three times that his brothers “hated” him. The brothers were so jealous of Joseph that they were originally planning to kill him but decided on a different plan. They threw Joseph into a pit and sold him to a group of travelling slave traders. Joseph was taken to Egypt and thus the roller coaster of life continued with many drops to follow.

### Joseph in Egypt

In Egypt, he was bought by an Egyptian officer named Potiphar.

**“The Lord was with Joseph, so he succeeded in everything he did as he served in the home of his Egyptian master. Potiphar noticed this and realized that the Lord was with Joseph, giving him success in everything he did. This pleased Potiphar, so he soon made Joseph his personal attendant. He put him in charge of his entire household and everything he owned”** (Gen.39:3-4)

Things started to turn around for Joseph. His work ethic and character were noticed by his bosses. He was a man who had faith in God.

8. The Bible points out the source of Joseph’s strength. Read the following and underline and discuss what the source was:



Genesis 39:2- The Lord was with Joseph, so he succeeded...

Genesis 39:3- Potiphar noticed this and realized the Lord was with Joseph

Genesis 39:21- But the Lord was with Joseph in the prison and showed him his faithful love.

Genesis 39:23- The Lord was with him and caused everything he did to succeed.

Notice that it says that Joseph succeeded in everything he did because \_\_\_\_\_

9. From the following verse can we be assured that if we have a relationship with God, that He will never leave us? \_\_\_\_\_

**“...God has said, ‘I will never fail you. I will never abandon you’”** (Hebrews 13:5)

10. And what can we count on as we call on God? \_\_\_\_\_

**“The Lord is close to all who call on him, yes, to all who call on him in truth”** (Psalm 145:18)

11. From the following quote by Kevin Labanc what two things does his faith in Christ do for him?  
\_\_\_\_\_  
\_\_\_\_\_



12. “My personal faith in Christ keeps me level-headed and his teaching reminds me to stay humble and work hard – **no matter the outcome.**”-Kevin Labanc/ San Jose Sharks

Things were going well for Joseph in Potiphar's house. Hard work led to rewards. But then, Potiphar's wife falsely accused Joseph. As a result, he was thrown into prison because Potiphar believed the lies about him. Quickly things went from very good to very bad.

13. Have you ever been accused of something you didn't do or say?

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How did you feel? \_\_\_\_\_

How did you respond? \_\_\_\_\_

### **Joseph is in Prison**

After awhile, two high officials, the cup-bearer and the baker who worked for the King (Pharaoh) were also thrown into prison. While there, they each had a dream. God gave Joseph the meaning of the dreams. The baker's dream was a bad one with a very bad ending, but the cupbearer's dream was a good one. Joseph predicted that the cupbearer would be freed from prison and get his job back as an important official to Pharaoh. Joseph asked the cupbearer to remember him. Joseph's predictions came true! The cup-bearer was freed and restored to his old job. "Pharaoh's chief cup-bearer, however, forgot all about Joseph, never giving him another thought" (Genesis 40:23).

Another setback for Joseph... He begins to lose hope, but God was not finished with him.

14. Have you ever played in a game or watched a game that saw major swings in momentum? High highs and low lows? Maybe you were part of a big comeback or a monumental collapse? What about a tough penalty call that completely changed the direction of the game? Share some examples.

Describe how you felt in those moments? \_\_\_\_\_

How did you manage to control your emotions? Or maybe you didn't?

---

### **Joseph Waiting**

Joseph waited and waited...and waited some more for two years. Finally, something happened- the King had a dream—two dreams actually. They were strange and confusing. They bothered Pharaoh. He believed there was deeper meaning and wanted an explanation. At this point the cupbearer finally remembered Joseph and the promise he made. He told Pharaoh that Joseph had interpreted his dream. Pharaoh asked for Joseph and with God's help, Joseph interpreted Pharaoh's dreams. Joseph rightly predicted that Egypt was going to experience seven years of plenty- lots of food followed by seven years of famine- really hard for the people.

## Joseph Lifted Up

Joseph suggested that they put someone in charge of planning how to save food in the first seven years to use for the seven years of famine. And Pharaoh picked Joseph to be that leader. At 30 years old he was out of prison and back into a leadership role again! He was given a new name. He got married and had children. Pharaoh decreed that **“only I, sitting on my throne, will have a rank higher than yours”** (Gen. 41:40b).



What a story! Joseph, went from being sold as a slave in Egypt to being second in command to the king! One of the most powerful men on the planet. Talk about a comeback. Let's take a time out to think about a crazy comeback in the NHL. The biggest comeback in NHL history was the St. Louis Blues! This comeback happened about 19 years before they won the Stanley Cup.

It took place on November 9th, 2000 in Toronto. St. Louis were behind 5-0 heading into the third period. It was nearly 5 minutes into the third period before the Blues got their first goal. Score 5-1 with 15:17 remaining. By the time 3 minutes and 49 seconds had gone by it was a 5-3 hockey game. The Blues would get two more tying the hockey game with 24 seconds left! In overtime the Blues needed only 16 seconds to end the game 6-5. 6 unanswered goals in 15:32 of hockey!

The TV broadcasters were shocked: “That is one of the greatest comebacks you’re going to see! The hearse was at their bench. That’s [what] it looked like at the end of two periods and the St. Louis Blues with an amazing comeback...”

15. What does it take to keep trying to press forward when things feel hopeless? \_\_\_\_\_



How many times have you heard players after a big win talk about believing that the victory was possible. Hopelessness comes when you stop believing that there is a way out.

People with a personal faith in Christ believe there is hope. Read this quote from Dallas Stars' General Manager **Jim Nill** and discuss the source of his strength and how he is able to persevere:

“Every day there are going to be trials, struggles, and decisions to make, but to know that God is always there to give me strength is all I really need.”

## Joseph's Brothers Show Up

The famine affects Joseph's family. So, Jacob sent his sons to Egypt to buy grain. Joseph comes face to face with his brothers. The tables have turned. Joseph is now in charge. The brothers don't recognize him. See Genesis 42-45 for the complete story.

## Joseph Forgives

"Joseph could stand it no longer... he was alone with his brothers when he told them who he was... he broke down and wept... so loudly the Egyptians could hear him, and word of it quickly carried to Pharaoh's palace. 'I am Joseph!' he said to his brothers. 'Is my father still alive?' But his brothers were speechless! They were stunned to realize that Joseph was standing there in front of them. 'Please, come closer,' he said to them. So, they came closer. And he said again, 'I am Joseph, your brother, whom you sold into slavery in Egypt. But don't be upset, and don't be angry with yourselves for selling me to this place. It was God who sent me here ahead of you to preserve your lives... God has sent me ahead of you to keep you and your families alive and to preserve many survivors. So, it was God who sent me here, not you! And he is the one who made me an adviser to Pharaoh—the manager of his entire palace and the governor of all Egypt.'" (Gen. 45:1-5,7-8).

16. Put yourself in Joseph's shoes. Your brothers faked your death and sold you into slavery. You suffered as a result. What would you do when you came face to face with your brothers?

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17. How did Joseph react? \_\_\_\_\_
18. What do you notice about the way Joseph ends his speech to his brothers? Does he have an explanation for everything that happened in his life (Read verse 7)? \_\_\_\_\_

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Joseph sees that God's plan for him was so much bigger than the difficulties he went through. God knew what He was doing all along and he used Joseph in a powerful way to save many lives.



19. Discuss the comments by Buffalo Sabres forward Tage Thompson and Connor Timmins, Toronto Maple Leafs

“My personal faith in Christ has been tested through injuries—especially injuries I sustained during important times in my career. Here again I affirm the importance of having good Christian friends as they faithfully remind me that **God is at work even during these challenges.**” Tage Thompson



“Every hockey player has his or her share of adversity. I’ve had to deal with injuries. At times **it was hard not to question my faith and wonder why these things were happening to me...** I was reminded to keep my faith in God and that everything happens for a reason...**the adversity I have faced has only brought me closer to God and made my success that much better.**” Connor Timmins



### **Skating and Balance Tip by Shawn Allard NHL Skills Coach**

**Concentrate on Skating Balance with the Puck:** *The game is played with and without the puck so it's important to train skating balance with and without it. Once skating balance is achieved in various movement patterns, add the puck and replicate game situations, this is going to be the key to help you continue to improve and have FUN playing the game!*

# FIVE IMPORTANT BIBLE VERSES TO MEMORIZE



## Jesus is Light

- “God is light. In Him there is no darkness at all.” (1 John 1:5)



## Missing the Target

- “For everyone has sinned; we all fall short of God’s glorious standard.” (Romans 3:23)



## Jesus is Love

- “For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.” (2 Corinthians 5:21)



## Jesus is Life

- “But to all who did receive Him, who believed in His name, He gave the right to become children of God.” (John 1:12)



## With Jesus in Heaven

- “I have written this to you who believe in the Son of God that you may know you have eternal life.” (1 John 5:13)

# QUIZ

## HMI Handbook Quiz Questions

Who is the only current NHLer to score 4 goals in a period?

- a) Nathan MacKinnon (COL)
- b) Tage Thompson (BUF)
- c) Brad Marchand (BOS)
- d) Matthew Tkachuk (FLA)

What current NHLer has the highest career shootout percentage at 64.7%?

(There has to be a minimum 10 shootout attempts)

- a) Aleksander Barkov (FLA)
- b) Jason Robertson (Dal)
- c) Shea Theodore (VGK)
- d) Trevor Zegras (ANA)

Who led the NHL in plus/minus in the 2023-2024 season?

- a) Gustav Forsling (FLA)
- b) Evan Bouchard (EDM)
- c) Josh Morrissey (WPG)
- d) Filip Hronek (VAN)

Which of the following goaltenders had 6 shutouts in the 2023-2024 season?

- a) Thatcher Demko (VAN)
- b) Charlie Lindgren (WSH)
- c) David Rittich (LAK)
- d) Joey Daccord (SEA)

Connor McDavid had 100 assists in the 2023-2024 season.

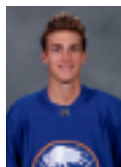
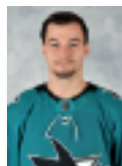
Who was the other player with 100 assists?

- a) Nathan MacKinnon (COL)
- b) Quinn Hughes (VAN)
- c) Nikita Kucherov (TBL)
- d) Artemi Panarin (NYR)

# THE BIBLE, GOD'S PLAYBOOK FOR LIFE

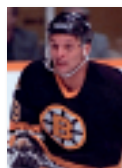
*The Bible is God's message of love to us. As we read and study this inspired book we receive encouragement, peace, joy and direction. It lights our way and guides our path. Because God wants what is best for our lives we can trust what he says and rely on the promises He makes in His Word. Have a look again at the comments some of the featured athletes made about the Bible:*

*"My favourite verse is Romans 8:28: 'And we know that for those who love God all things work together for good, for those who are called according to His purpose.' God can transform any situation."* Kevin Labanc



*"Jeremiah 29:11 reads: 'For I know the plans I have for you, says the lord. They are plans for good and not for disaster, to give you a future and a hope.' It is most reassuring to know that the God who created all things has set in motion a plan for my life."* Tage Thompson

*"I go to the Bible a great deal and the words are jumping off the pages. Every day I get up and say, 'Well, what are we going to do today, Lord? What do you have in store for me?'" Bible verses that have really stuck especially in difficult times or making difficult decisions are John 3:16, Romans 8:28 and Philippians 1:6."* Ray Neufeld



*"My favourite verse is John 3:30: 'He (Jesus) must become greater; I must become less.' This does not mean thinking less of yourself, but thinking of yourself-less."* Joel Hanley

*Stanley Cup winner and former NHL All Star, Chico Resch was caught by surprise: "Once I thought the Bible was hard to read; a book about dusty old people and stories and not very useful for today's living. Surprise! Surprise! Their situations and struggles are identical to ours today! I found that nothing in all the world gives satisfaction like reading God's Word and living to please Him. Need answers? Look for God's solutions; they're found in Bible-the Book for all people of all times! I found that nothing in all the world gives satisfaction like reading God's Word and living to please Him."*



# **THE BIBLE, GOD'S PLAYBOOK FOR LIFE**

The Bible is our Playbook for Life. To understand and apply the principles of the Bible requires planning and discipline. Use the following outline to increase the impact of the Bible in your life.

## ***Learn... As You Study the Bible***

In Acts 17:11 and 2 Timothy 2:15 we are taught to study the Bible making sure we understand what it says. It helps to ask: 'Who wrote the passage? To whom was it written and what is the lesson or theme? Taking notes and memorizing important verses anchors our understanding.

## ***Listen... As God Speaks through the Bible***

We can improve our spiritual ears by setting aside time every day to read in a quiet location as Jesus did in Mark 1:35. This will help us to develop a thirst for righteousness (Matthew 5:6) and to desire spiritual truth. (1 Peter 2:1,2)

## ***Live... As you Practice What You Learn***

By putting God's Word into action we build a solid foundation for life challenges. Jesus said: '... everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.' (Matthew 7:24)

## ***Lean... As you Trust God's Promises***

The Lord wants us to lean on Him. Jesus promises to give us rest when we take our problems to Him. (Matthew 11:28)

## ***Lead... As You Share God's Word with Others***

Paul urged his young friend Timothy to teach others the important truths he was learning. (2 Timothy 2:2) In so doing we will 'spur one another on to love and good deeds.' (Hebrews 10:24)

# References

## **Adversity**

Romans 5:2-5  
James 1:2-5, 12

## **Anger**

Ephesians 4:26-27  
James 1:19-20

## **Anxiety**

Matthew 6:25-34  
Philippians 4:6-9

## **Athletics**

1 Corinthians 9:24-27  
Philippians 3:12-14  
1 Timothy 4:7-8

## **Bible**

### **Alive:**

Hebrews 4:12

### **Eternal:**

1 Peter: 1:23-25

### **Infallible:**

John 10:35

### **Inspired:**

2 Timothy 3:16

### **Nourishing:**

Matthew 4:4

### **True:**

John 17:17

## **Bitterness**

1 Corinthians 13  
Ephesians 4:29-5:2  
Hebrews 12:14-15

## **Christ**

### **Divine:**

John 1:1-4, 14  
Colossians 2:9

### **Eternal:**

John 8:58

## **Resurrected:**

John 11:25  
John 20:1-30  
1 Cor. 15:3-8

## **Sinless:**

2 Corinthians 5:21  
Hebrews 4:15

## **Substitute:**

1 Peter 3:18

## **Virgin-born:**

Matthew 1:18-25

## **Church (Believers)**

1 Corinthians 12:12-27  
Ephesians 4:1-13  
Hebrews 10:24-25

## **Comfort**

Matthew 11:28-30  
2 Corinthians 1:3-5  
1 Peter 5:7

## **Confidence**

2 Corinthians 3:5  
Philippians 1:6  
Philippians 4:13

## **Death**

Philippians 1:21  
Romans 14:7, 8  
1 Corinthians 15:55-57

## **Depression**

Romans 5:5  
Philippians 4:4  
1 Thesalonians 5:16-18

## **Direction in Life**

Romans 12:1-3  
Ephesians 5:15-17  
Colossians 1:9-14  
James 1:5-8

## **Eternal Life**

John 3:16  
John 5:24  
John 17:3  
1 John 5:11-13

## **Family**

### **Marriage:**

Ephesians 5:22-29  
1 Timothy 3:11  
Titus 2:3-5  
1 Peter 3:7

### **Children:**

Ephesians 6:1-3  
Colossians 3:20

## **Fear**

Philippians 4: 6-7  
2 Timothy 1:7

## **Forgiveness**

Ephesians 1:7-8  
Ephesians 4:32  
1 John 1:9

## **Holy Spirit**

John 14:16-18  
Romans 8:26-27  
2 Corinthians 3:17-18  
Galatians 6:16-18

## **Friendship**

John 13:34, 35  
Colossians 3:12-14  
2 Timothy 1:16

## **Fruitful Living**

Matthew 13:23  
John 15:15-16

## **God**

### **All-knowing:**

Hebrews 4:13

### **Always Present:**

Hebrews 13:5

### **All-loving:**

John 3:16; 15:9, 13

1 John 4:9

### **Unchanging:**

James 1:17

Hebrews 13:8

## **Guidance**

John 8:12

John 10:27

Romans 12:1-2

## **Judging Others**

Matthew 7:1-5

1 Corinthians 4:1-5

James 2:1-13; 4:11-12

## **Loneliness**

Matthew 26:36-46

2 Timothy 4:16-17

## **Love**

Mark 12:29-31

John 3:16

John 15:13

1 Corinthians 13

Ephesians 4:32

1 Peter 4:8

1 John 4:8-10

## **Patience**

Galatians 5:22

1 Timothy 1:16

Hebrews 6:12

## **Peace**

John 14:27

John 16:33

Romans 5:1

Romans 15:13

Philippians 4:4-7

## **Prayer**

Matthew 6:5-15

Matthew 7:7

John 16:24

1 Thessalonians 5:17

James 1:5-7

## **Pressure**

Psalm 37:5

Romans 8:28

2 Corinthians 12:9-10

1 Peter 5:7

## **Pride**

Mark 10:35-45

Romans 12:3

Galatians 6:3-5

Philippians 2:1-11

## **Revenge**

Matthew 5:38-48

Romans 12:17-21

## **Self Control**

Galatians 5:16, 22-23

Ephesians 4:32

## **Serve others**

Matthew 20:25-28

## **Sin**

Romans 3:23

1 John 1:8

## **Strength**

Acts 1:8

2 Corinthians 12:9-10

Ephesians 4:16

Philippians 4:13

Colossians 1:11

## **Team Spirit**

Mark 12:30-31

Acts 4:36-37

Galatians 6:2

Philippians 2:3-5

2 Timothy 1:16

Hebrews 10:24, 25

## **Temptation**

Matthew 4:1-11, 6:13, 26:41

1 Corinthians 10:13

2 Timothy 2:22

James 1:12-15

## **Trust**

Matthew 11:28-29

## **Victory**

John 16:33

Romans 6:14; 8:37-39

1 Corinthians 15:57, 58

2 Corinthians 2:14

1 John 5:4-5



# ***Our Mission***

*Since 1977, HMI, a sports mission organization, has supported hockey players, their families and fans with a focus on Christian values and fulfillment in hockey and in life.*

***“Reaching the world of hockey, every team, player, family and fan with the message of hope found in Jesus Christ”***

*We understand that for people involved in the game, hockey is more than a sport-it is a culture. People can become so consumed with winning at all costs that they are blinded to their need for inner peace and purpose in and beyond the game. The demands of hockey make it difficult to fill that need through consistent worship opportunities in local churches.*

*Growing with the needs in the game, HMI has stepped into the gap and offers the following programs and resources.*



**HOCKEY MINISTRIES**  
INTERNATIONAL





# Hockey Camps

*Every summer HMI conducts 35+ week-long Christian Hockey Camps in 7 different countries in North America and Europe. Over 600 volunteers give their time to make these camps so successful including players and coaches at the highest levels of the game.*

## **Christian Hockey Camps prepare players for challenges they will face on and off the ice.**

*Training programs blend physical, mental and spiritual conditioning, preparing players for challenges on and off the ice and helping them to win in the overall game of life. Morning and evening chapels feature youth-oriented programs, inspirational testimonies and opportunities to get to know the professional instructors and their Christian faith. Campers make new friends, develop their hockey skills and discover that the Christian faith is relevant and essential in their daily lives.*





# Chapels

*Hockey chapels are interactive gatherings that provide players with a message, a prayer time, and an opportunity to talk about what is going on in their own lives; things that matter to them; things they struggle with; and how they can use Biblical principles to point their lives in the right direction.*

**Chapel programs are active in every level of hockey, youth, junior, college, pro and NHL on teams across North America and on some European teams.**

*Barry Melrose, former NHL coach and current color analyst commented on HMI's approach: "HMI's low-key approach is slowly but surely making a difference in how the hockey world views Christianity...you don't just knock the door down, the coaches and the GM's have to let you in. Sometimes the door's wide open, and sometimes there's reluctance."*



**CHAPELS**

HOCKEY MINISTRIES INTERNATIONAL



# Home Ice

*An overwhelming need has been expressed by hockey players and family members for a new relevant set of tools to equip in their spiritual development as they handle the challenges and demands of the game.*

***Home Ice provides an extensive data base of inspirational content, accessible through the Hockey Ministries International App.***

*Powerful testimonials, short video clips on a variety of topics, inspirational Bible studies, devotionals, blogs, networking all make a daily impact on the lives of players, families and fans in some 60 countries.*

*One family's experience:*

*"We used the HMI Dan Hamhuis video for our church service and for the first time in well over a year all three boys were locked in and engaged the entire time. Plus they were willing to dive into a deeper conversation about their faith. It was the best Sunday morning we've had since the pandemic started."*



**HOME ICE**

HOCKEY MINISTRIES INTERNATIONAL

## Special Events

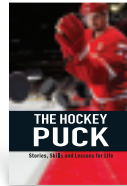


Events provide dynamic opportunities for HMI to present the Christian message to the world of hockey. Included in these events are Faith and Family Nights, Breakfasts during NHL All Star Weekends and other major hockey events, Retreats, Tournaments and Special Live Stream Programs at Easter or Christmas through our social media channels.



## Resources and Materials

HMI produces Hockey Players' New Testaments, Books, Handbooks, and other Christian literature featuring faith stories of Christians in the game. Visit our online store for details.



## Social Media



Hockey Ministries International connects daily with thousands of players, families and fans through various channels. Be sure to follow us on social media where we are active on many platforms including; Facebook, Instagram, Twitter and YouTube.

You can also find our content on [www.hockeyministries.org](http://www.hockeyministries.org), as well as our Hockey Ministries App on the Google Play or Apple Store.

We share regular engaging content, blogs, videos, devotionals and testimonies, presenting the Christian message with a hockey perspective. Be sure to follow us to stay connected.

## To Support HMI

HMI is a registered charity in Canada and in the United States with 501 (c) (3) status and is a member of the Canadian Centre for Christian Charities. Governed by a Board of seven outside directors, the grassroots organization relies on over 900 volunteers and financial gifts of supporters to accomplish its mission. To learn more contact us at: [www.hockeyministries.org](http://www.hockeyministries.org).

Check us out at [Facebook.com/Hockey\\_Ministries@\\_HMI](https://Facebook.com/Hockey_Ministries@_HMI)

