



**2019**  
**Soccer Coach's**  
**Handbook**



**With All Your Heart**  
**#WAYH**

*Whatever you do, work at it with all your heart,  
as though you were working for the Lord  
and not for people.*

*(Colossians 3:23, GNT)*



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## **INTRODUCTION**

SportsLife Upstate is new to Greenville County, but not new in the sports world. Over the past decade, we have conducted soccer leagues for grade school children, basketball leagues for students of all ages, and summer camps for children. The SportsLife team works closely with the area churches, recreation departments, and businesses to provide the community with an excellent sports experience with Biblically-based, life-application principles that are designed to help everyone navigate through life. As you know, there are many leagues in the area - while all are good, none are complete. Some do a great job with the sport/game component, but fail on the spiritual side. Some are good on the personal aspects, but come up short on the teaching aspects. Our goal is to accomplish both and offer a complete league experience. That is where you, as a coach, come in.

## **Welcome to the 2019 Season of SportLife Soccer!**

First Practice: week of March 11

First Game: March 30

Spring Break: April 15-18 - no practices or games

Weekday Games Begin: Week of May 13

Last Game of the Season: May 18

Season Celebration: June 1

## VISION, MISSION, AND CORE VALUES

### **Vision:**

Our vision is to create environments and opportunities for ministry to families through the avenue of competitive sports.

### **Mission:**

We achieve our Vision through the training of coaches, writing and leading devotions, and hosting leagues/events which allow us to invest in relationships with the purpose of engaging in conversations that encourage spiritual movement/development/progress.

### **Core Values:**

***Dependency*** - Prayer is the foundation of all that we do because we desperately need God.

***Authenticity*** - We are real people who are honest about our flaws.

***Multiplication*** - Making disciples is our number one goal.

***Multi-Generational*** - God values every person at every life stage and circumstance of life.

***Generosity*** - The call to follow Jesus includes a lifestyle of generosity.

***Humility*** - Christ calls us to care more about other people than ourselves.

***Community*** - We will work to intentionally build and nurture relationships.

## **WHAT YOU CAN EXPECT FROM US:**

### **Quality**

We strive for quality in scorekeeping, equipment, etc. If you see other needs, please let us know.

### **Good Communication**

Communication will primarily be through the SIPlay app, so make sure you check your account often and provide us with the best email to send information. If there is short, one-on-one information that needs to be sent, a text is always an option, as well, through the SIPlay app.

### **Good Scheduling**

We schedule in such a way to maximize your time. We can't always make the perfect schedule for you, but will strive to maximize your family and work time.

### **Devotions**

We share a brief, yet intentional, devotion with our players at each practice. Our coaches share specifically crafted teachings drawn from the Bible and used by our Kids' Ministry at First Baptist Simpsonville and Upstate Church. These times, although short, are immensely important in fulfilling our Vision and Mission.

### **Safety**

A safe environment will be maintained. This means physically, mentally, and emotionally.

## **SPORTSLIFE STAFF**

Ashley Moore  
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## **COACH EXPECTATIONS**

*What you are as a person is far more important than what you are as a basketball player.* - John Wooden

The purpose of the league is to provide an environment where each child can grow spiritually, build relationships, and learn the game of soccer. The ultimate goal is to see young people (and even their families) come to salvation through Jesus.

### **Some basic coach expectations:**

- Keep the peace - please do not yell. If there are concerns, the time to express them is NOT during a game in front of other players and parents.
- On time - please be on time for games. This usually means 15 minutes before the scheduled start.
- Your understanding - mistakes will be made, but they will not be intentional. Please do not take them personally. Always believe the best instead of assuming the worst. If you experience something that isn't right, please let us know so that we can respond accordingly.
- Please enlist some help to clean up the team area and where your team has snacks. There will be other teams coming in after your game is finished.

### **Philosophy**

- Players come first.
- Teach each player to give their best effort - in skill development, the fundamentals, sportsmanship, and above all, Christian character.
- Be the kind of coach that you want your kids to play for.
- Always put the individual (even from the other team) over wins and losses. Soccer is a game and should be fun for all involved.
- Soccer is a great teaching opportunity. Never underestimate the influence you have as a coach.
- Do all we can to make this season a rewarding experience.

## **COACH EXPECTATIONS (cont.)**

### **Communication**

Good communication can resolve many conflicts before they arise. Here are some tips and objectives to help us through the season:

- Always speak on the player's level. Help them learn and understand soccer terminology and concepts. Focus on a few drills at a time.
- Usually less is more.
- Make sure you contact parents early and often.
- Always be aware of body language and other non-verbal cues from players. There could be issues going on in their lives that you, as a coach (or we as a church staff), can encourage them through.
- Keep the main things the main things - God, family, school, soccer.

### **The Bottom Line:**

Notre Dame football coach, Knute Rockne, was once asked to evaluate the football season. His response was not what was expected. He said to check back with him in 15-20 years and he would know what kind of men and citizens his players had become. Only then could he evaluate the success of the season.

That should be our mindset as well.

## **PARENT EXPECTATIONS**

- Be supportive of your child, his/her teammates, and his/her coach at all times.
- There should be NO taunting of the other team.
- There should be NO derogatory remarks directed toward anyone.
- There should be NO vulgar language on any of the fields.
- Please do not shout instructions to your child from the stands. This is very confusing for a child as he/she feels they need to follow parental instructions as well as the coach's instruction. In trying to please both coach and parent, the player may fail at both.
- Cheer for your child and his/her team.

## **PARENT EXPECTATIONS (cont.)**

- When something doesn't go your child's way, suffer in silence. Any inflammatory remarks will draw similar remarks from others and create an environment that no one wants.
- Remember that parents of the other team are as enthusiastic as you. Be gracious in competition.

### **Player Items Provided:**

- Jersey
- Shorts
- Socks
- Cinch pack

### **Coach Items Provided:**

- Coach's shirt
- Coach's book
- Game Balls  
(to be given to a player after each game. Each player should receive one over the course of the season.)

# PRACTICES

(Format, Drills, Etc.)



## SUGGESTED PRACTICE FORMATS

### General Format:

- |   |              |
|---|--------------|
| • Welcome, review, stretches, and warm-up   | 5-10 minutes |
| • Skill development                         | 20 minutes   |
| • Break for water and devotion with players | 10 minutes   |
| • Games that promote skills or scrimmage    | 20 minutes   |

### More defined format:

- |   |            |
|---|------------|
| • Welcome, review, stretches, and warm-up | 5 minutes  |
| • Dribbling drills                        | 10 minutes |
| • Defensive drills                        | 10 minutes |
| • Team offense (passing, etc.)            | 10 minutes |
| • Kicks                                   | 10 minutes |
| • Scrimmage                               | 10 minutes |
| • Water and devotion with players         | 5 minutes  |

Practices are to last 60 minutes.

### Warm-ups:

- Toe touches
- Left standing toe touches
- Right standing toe touches
- Sitting toe touches
- Left sitting toe touches
- Right sitting toe touches
- Behind the back left leg pull
- Behind the back right leg pull
- High knee sprints
- Butt-kick sprints
- Sprints
- Run 3 laps



**RULES, Etc.**



## **Game Format**

### **Team Structure**

- Team Size will consist of no more than 10 players.
- Teams will consist of four players on each team
  - ◊ A team that is four goals down may add one player to the field until the difference in score is two goals.
- No team will have a goalkeeper.
  - ◊ Nor should any player be positioned directly in front of the arc with the sole intention of protecting the arc.
  - ◊ The idea is to keep kids actively part of the game.

### **The Ball**

- PreK thru 1st grade will use a size 3 ball.
- 2nd thru 5th grade will use a size 4 ball

### **Game Duration**

- Periods of Play: the game will consist of six, 7-minute periods for a total of 42 minutes of gameplay.
  - ◊ Between each period, a 1-minute break for required substitutions will transpire.
- Half-Time: half-time will be a 5-minute interval at the end of the third period.
- Game Clock:
  - ◊ Staff will start and stop play for each period with an air horn.

### **Kick-off**

- The *home* team will lead both teams in prayer at midfield before each game begins.
- The *away* team will start each game with the ball. The *home* team will begin the second half with the ball.

## **Game Format** (continued)

### **Referee**

- Coaches will referee in ALL divisions.

### **Half-time Field Changes**

- PreK thru 1st grade: will continue to defend the same goal
- 2nd thru 5th grade: will switch goals they are defending

### **Scoring System**

- PreK thru 3rd grade will not keep score
- 4th and 5th grade will keep score

### **Miscellaneous**

- No yellow or red cards will be issued
- There is no extended time

## **Rules for SportsLife Upstate Soccer**

### **General Rules**

- A kickoff begins each half and after a goal has been scored.
  - ◊ Opposing players must remain outside the center circle until the ball is put **forward** into play.
- The team with possession at the end of a period maintains possession when play resumes.
  - ◊ Play resumes with a throw-in from the halfway line.
- Shooting Arc: There is no ball contact allowed within the shooting arc.
  - ◊ All players are allowed to cross through the arc as long as no ball contact is made.
  - ◊ If the ball has broken the plane of the shooting arc, is *not* heading into the goal, and is touched by a defensive player - a corner kick will be awarded.
  - ◊ If the ball has broken the plane of the shooting arc, is heading into the goal, and is touched by a defensive player, a penalty kick will be awarded.

- ◇ If an attacking player touches the ball inside of the shooting arc, a goal kick shall be awarded.
- ◇ If the ball comes to a stop within the arc, a goal kick is awarded to the defensive team regardless of who touched the ball last.

## Fouls

- All fouls, ***except handballs***, will result in an indirect kick.
- Handballs will result in a direct kick when the defensive teams' hand touches a ball on their side of the field. Otherwise an indirect kick will be awarded (due to not being able to score on the defensive side of the field.)
- Direct Kick: The kicker may score directly without another player touching the ball.
- Indirect kick: A player, from either team, other than the kicker must come into contact with the ball before a goal is scored.
- Penalty Kick: Will be a direct kick taken five yards from the top of the shooting arc.
  - ◇ All players should be two yards behind the kicker.
  - ◇ If the kick does not result in a goal, the ball is live and play continues from the spot of the ball.
- Wall: A wall is where two or more defending players stand shoulder-to-shoulder to reduce the chances of a shot on goal on a direct or indirect kick.

### Dangerous Play Obstruction of an Opponent

#### Delay of Game

- ▶ Indirect Kicks are award for the following:
  - ⇒ Kicking an opponent
  - ⇒ Hitting an opponent
  - ⇒ Pushing an opponent
  - ⇒ Tripping an opponent
  - ⇒ Holding an opponent
  - ⇒ Slide-tackling or any contact with the ball while the player is on the ground.

## Dangerous Play Obstruction (continued)

- ⇒ Or any other unsportsmanlike conduct
- ▶ Direct Kicks will be awarded for the following:
  - ⇒ Penalty Kicks
  - ⇒ Handballs by the defensive team on their side of the field.
- ▶ A goal is not scored if a player kicks or throws the ball into his/her own goal. A corner kick is awarded for the opposing team. This removes the possibility of a player scoring for the other team and prevents further embarrassing a player.
- ▶ A goal is scored if the ball ricochets off a player into their own goal from a kick by the attacking team.
- ▶ A goal may only be scored from a player's offensive end of the field.
  - ⇒ This is to promote the idea of teamwork and passing.

## Consequences of Multiple Fouls

- ▶ A player will sit out their remaining time (or if at the end of the period when the whistle is blow the next period) if they commit two fouls related to unsportsmanlike conduct.

## **Off-sides**

- There is no off-sides in SportsLife Soccer.

## **Scoring**

- A ball must fully pass the line to be considered a goal.
- A player cannot score inside of the shooting arc.
- Upon the awarding of a goal, the defending team restarts the game with a kick-off.

## **Out-of-Bounds**

- A ball is considered out of bounds when it fully breaks the plane of the goal line or sideline.

## Corner Kicks

- ▶ When the ball passes over the goal line by the defending team, this will result in a corner kick for the attacking team.
  - ⇒ Corner kicks must be taken on the side of the field the ball left play.

## Goal Kicks

- ▶ When the ball passes over the goal line by the attacking team, this will result in a goal kick
  - ⇒ Goals kicks can take place on either side of the goal, but must be placed on the goal line, not the shooting arc.

## Throw-ins

- ▶ A throw-in results from the ball crossing either side-line fully.
- ▶ The team who did not touch the ball last receives the throw-in.
- ▶ A throw-in is taken where the ball left the field of play.
- ▶ Execution of a throw-in:
  - ⇒ The player must be out of bounds, behind the sideline.
  - ⇒ The ball must come from behind the head with both hands.
  - ⇒ Both feet must remain on the ground.
    - ◆ We recommend having the players cross their legs to throw the ball in so that they do not hop or lean one foot off the ground.
- ▶ After a maximum of two opportunities to throw the ball in correctly (with correction from the coach) the ball will be given to the other team.
  - ⇒ 4th and 5th grade: as the season progresses this will be moved to one opportunity.
  - ⇒ We encourage coaches in 2nd and 3rd grade to shift to one throw-in as well.
- ▶ Defensive players must remain two yards away from the player taking the throw-in.

## **Stopped Play - Non-Foul**

- If for any reason the play is stopped for a non-foul:
  - ◊ The team in possession of the ball will resume play with a throw-in.
  - ◊ If no player has possession of the ball, the defending team will resume play with a throw-in.

## **Substitution System**

See pages 24-27

There are four examples to use as marked: Game #1, Game #2, etc. At Game #5, begin again with the Game #1 schedule.

## **Rescheduling and Inclement Weather**

- There will be no rescheduling or postponement of games.
  - ◊ Teams have six minutes after the start of the game play to have the required four players.
- Inclement Weather:
  - ◊ Coaches will inform parents and the team for the plan of the day.
  - ◊ This information will also be available on our website and the SIPlay app
  - ◊ [www.sportslifeupstate.org](http://www.sportslifeupstate.org)

## **Additional Information**

- A player must be 4-years-of-age by September 1, 2018 to be eligible to play in the 2019 SportsLife Soccer Season.
- Any questions, please email SportsLife staff at: [info@sportslifeupstate.org](mailto:info@sportslifeupstate.org)

## **Game Day**

- All games will start with prayer
- The field director will blow the air horn one short blast for the start of prayer and a long horn blow for the start of the game and the end of periods.
- Water stations will be available
- No snack bar will be provided this season. Parents are encouraged to bring their own.
- Game balls will be awarded to one or two players after each game to recognize sportsmanship.

**Substitution Schedule**

<b>Game #1</b>	Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6
Player 1	x		x			x
Player 2	x		x			x
Player 3	x			x		x
Player 4	x			x		x
Player 5		x		x		
Player 6		x		x		
Player 7		x			x	
Player 8		x			x	
Player 9			x		x	
Player 10			x		x	

<b>Game #2</b>	Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6
Player 1		x			x	
Player 2		x			x	
Player 3			x		x	
Player 4			x		x	
Player 5	x		x			x
Player 6	x		x			x
Player 7	x			x		x
Player 8	x			x		x
Player 9		x		x		
Player 10		x		x		

<b>Game #3</b>	Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6
Player 1	x			x		x
Player 2	x			x		x
Player 3		x		x		
Player 4		x		x		
Player 5		x			x	
Player 6		x			x	
Player 7			x		x	
Player 8			x		x	
Player 9	x		x			x
Player 10	x		x			x

**Substitution Schedule Continued**

**Substitution Schedule Continued**

<b>Game #4</b>	Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6
Player 1			x		x	
Player 2			x		x	
Player 3	x		x			x
Player 4	x		x			x
Player 5	x			x		x
Player 6	x			x		x
Player 7		x		x		
Player 8		x		x		
Player 9		x			x	
Player 10		x			x	



# DRILLS

The following are some other websites that could give you some ideas for drills:

- [coachingsoccer101.com](http://coachingsoccer101.com)
- [soccercoachweekly.net/fun-soccer-games-drills/](http://soccercoachweekly.net/fun-soccer-games-drills/)
- [gamesforsoccer.com](http://gamesforsoccer.com)
- [soccer.soloshot.com](http://soccer.soloshot.com)



## **Week 1 - Dribble and Field Introduction**

Introduce your team to the parts of the field and what happens when the ball or player goes to, or crosses, that location. Emphasize that hands are never used to touch the ball except on a throw-in.

Dribbling - moving the ball with the insides of your feet while keeping the ball close to you. Try dribbling to different locations on the field.

Games to help with this skill: Sharks and Minnows; Red Light, Green Light; Freeze Tag; Keep Away; First to the Cone; Relay Races

## **Week 2 - Passing and Dribble**

Introduce players to the concept of passing.

Three key components to passing:

- Step beside the ball
- Turn your leg
- Make contact with the ball

Stationary passing: pass from cone to cone with a partner. Pass the ball to a cone target to hit the cone.

Games to help with this skill: Closest to the Cone Pass (like bocce ball); Hit the Cone; Races (pass through a gate a number of times)

## **Week 3 - Shooting and Throw-in**

Introduce players to shooting at the goal.

Key components to shooting:

- Step beside the ball
- Use the laces of shoe - not the toe or inside of the foot

Give all players a chance to shoot at the goal from different areas. Practice shooting on the move when players are ready for this next level of shooting. Dribble and shoot when you reach a certain point. Remember to emphasize that a shot shoes not

only have to be taken from the middle of the field.

Introduce players to a Throw-in for when the ball crosses the sideline. *It is a must for players to keep both feet on the ground when throwing the ball in.* A good practice to teach how to throw the ball in is to cross both feet so that they must stay on the ground. Throw the ball to a partner - but *make sure the partner does not catch* the ball - remember, the in-bounds of the field is the “no-hands” zone. Lead up to throwing the ball further down the field to a player for them to dribble and score.

Scrimmage to help put everything into perspective for your first game. Do not be afraid to stop or pause the scrimmage to give pointers.

## Dribbling

- **Cone Weave**

Set up a line of cones with enough space in between them for players to weave in and out of the cones. At the end of the line have them either shoot into the goal or pass the ball to another teammate to begin the cone weave.

- **Zig Zag**

Form a “Z” with a few cones and have the players dribble and turn as they progress from one cone to another. Move the cones further away from each other as the players get the hang of the drill.

- **Sharks & Minnows**

Players have a ball and the coach is the shark. Players have to keep the ball away from the “shark” by passing or dribbling. Once the “shark” gets the ball or the ball goes out of bounds, rotate another player in as a minnow.

## Passing

- While players are circled up, have the player with the ball share something interesting about themselves, and then pass to another person in the circle. Whoever has the ball shares.

- **Pass & Receive**

Pair up players, place them 10 feet or so apart, and have them pass the ball back and forth between them.

- **Running Pass**

Have pairs jog down the field passing the ball between them as they progress. Make it fun by having them try and score when they get to the goal.

## Shooting

- **Goal Kicks**

Place cones at various points near the goal and have the players try and kick it in as they move from cone to cone.



# DEVOTIONS

This is the MOST important thing we will do during the season. God's Word brings hope, peace, and exhibits a loving and compassionate Savior in the middle of a world that is spinning out of control. Spend time reading through and preparing how you will present these each week.

*Start children off on the way they should go, and even when they are old they will not turn from it.*

Proverbs 22:6



## Week 1

### **Made: Discover Who You're Meant to Be**

Individuality is a reflection of the character of God.

Genesis 1:26-28

<sup>26</sup> *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, and over all the creatures that move along the ground."*

<sup>27</sup> *So God created mankind in his own image, in the image of God he created them; male and female he created them.*

<sup>28</sup> *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."*

When God created people, He did something special. He created them in His image and gave them the job of taking care of creation

### **Bottom Line:**

#### **God made me in His image.**

We hope to help you understand that being made in the image of God means we can love, show kindness, be creative, solve problems, and care for others all because we reflect and respond to God's character.

## Week 2

### **Made: Discover Who You're Meant to Be**

Individuality is a reflection of the character of God.

Luke 15:1-17

Read the stories of the lost sheep, the lost coin, and the lost son.

In the story, Jesus talks about a shepherd who leaves 99 sheep behind to search for the one sheep that was lost. Jesus is the Good Shepherd who rescues us and makes it possible for us to have a forever relationship with God.

### **Bottom Line:**

**God wants to have a relationship with me.**

When it comes to understanding individuality, it's important that we help you understand that God created you to have a relationship with Him. We hope, through Jesus' parable of the Lost Sheep, you will start to understand God's amazing love for you.

## Week 3

### **Made: Discover Who You're Meant to Be**

Individuality is a reflection of the character of God.

1 Timothy 4:12

*Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.*

Paul wrote Timothy a letter. Although Timothy was a gifted leader, he was young. Paul reminds Timothy that he should stay faithful to the task God gave him. Even in his youth, Timothy was able to lead the church and point people to Jesus.

### **Bottom Line:**

#### **God made me to make a difference.**

As we discover more about our individuality, we can begin to realize that God created us for a purpose. God can use our strengths to help others and show them what it means to follow Jesus. Through Timothy's story, we hope that you can start to understand the purpose God has for you.

## Week 4

### **Made: Discover Who You're Meant to Be**

Individuality is a reflection of the character of God.

1 Samuel 16

Read the story of when the prophet, Samuel, anointed (set aside for a unique purpose) David to be the next king of Israel.

As the youngest of Jesse's sons, David was the least likely to be crowned king. Yet God helped Samuel discover that the true worth is not what we see on the outside but who we are on the inside.

### **Bottom Line:**

#### **God wants me to see what really matters**

As we learn more about how God sees us, it teaches us how to see ourselves and it can change the way we see others.

We pray that you start to understand that God wants us to see others how He sees them and treat everyone like they matter.

## Week 5

### **Made: Discover Who You're Meant to Be**

Individuality is a reflection of the character of God.

Matthew 22:34-40

*<sup>34</sup> Hearing that Jesus had silenced the Sadducees, the Pharisees got together. <sup>35</sup> One of them, an expert in the law, tested him with this question: <sup>36</sup> "Teacher, which is the greatest commandment in the Law?"*

*<sup>37</sup> Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it: 'Love your neighbor as yourself.' <sup>40</sup> All the Law and the Prophets hang on these two commandments."*

With the greatest commandment, Jesus clarified what it meant to follow God. Instead of following hundreds of commands, Jesus said we are to love God and love others as we love ourselves. When we put this into practice, it helps us prioritize love in all of our relationships.

### **Bottom Line:**

#### **God made me to love others.**

We're not meant to do life on our own. God made us for relationships. But for those relationships to thrive, we need to put love as the goal. We hope that kids start to understand how they can love the people God has put into their lives.

Week 6  
Staff-led Devotion  
Gospel Presentation

## Week 7

### **Bright Side: Find the Light in the Dark**

Hope is a response of the character of God.

John 11:1-45

Read the story of when Jesus' friend, Lazarus, died and Jesus brought him back to life.

Jesus' friends, Mary and Martha, had lost all hope. Lazarus, their brother, had died. Jesus used the opportunity to point people to God. Jesus was stronger than even death itself and raised Lazarus back to life four days after he had died!

### **Bottom Line:**

**Whatever happens, remember how powerful God is.**

God can do amazing things in your life. We pray that you will understand that when you face something difficult or hard to understand, you'll find hope that God's power can help us through whatever we face.

## Week 8

### **Bright Side: Find the Light in the Dark**

Hope is a response of the character of God.

John 18:1 thru John 20:18

Read the story of how Jesus was arrested, crucified, died, and came back to life

As the disciples (Jesus' close friends) experienced the events of the crucifixion, from Jesus' arrest in the garden to His death, they must have wondered if everything they experienced with Jesus was all for nothing. But that all changed when they discovered that Jesus was alive! Everything Jesus said about Himself was true. Their hope was now built on the foundation of a risen Savior.

### **Bottom Line:**

**Whatever happens, remember Jesus is alive!**

No matter what we face in life, we can hope because Jesus is stronger than sin and death. His resurrection is proof that God loves us and wants a forever relationship with us. We pray that you will celebrate Jesus and discover the hope we can have only because of the resurrection.

