



Parent Ministry!

A free, online resource to support, educate and encourage parents!



The Catholic Youth Community of St. John Neumann

Dear Parents of our Amazing Middle School and High School Teens,

As your kid(s) have moved into their teenage years, many of them have gotten more and more involved in sports. For you, that means your life and family calendar are probably filled with carting your teenager(s) around to practices, games, tournaments, and matches (or washing their stinky uniforms). The dirty laundry part aside, sports can be a lot of fun, but, if we're honest, it can be exhausting and a bit dangerous as well. This is because, if you're not careful, you can quickly cross a very dangerous and blurry line where sports become a place of unrealistic expectations, unnecessary pressures, misplaced identity, and living out your own dreams/perceived shortcomings through your teenager(s).

Your teen's sports and sports schedules can also quickly begin to dominate the family calendar. Your job as a parent is NOT to push your teenager(s) to be the best they can be in sports, but to use sports as a vehicle to help them become the men or women God has created them to be. It can be a heck of a journey, but if you are able to keep it all in perspective, sports can be a place where your teen(s) grow in their faith and live that faith out in incredible ways.

As the parish's Youth Minister, I want to come alongside you, equip you, and minister to you and your family as your teenager(s) engage in sports. So, make sure that you check out the resource I have made for you that is entitled "Huddle Up." This resource will give you an opportunity to have a little fun with your teen(s) as you talk together about the role sports play in your family's life, how faith can integrate with sports, and encourage your teenager(s) to grow in their faith through sports, while also living out that faith on the field of competition. Be encouraged!

Peace,

Jaymes Gregory Curran

Director of High School Ministry



“HUDDLE UP”

A FAMILY CONVERSATION ABOUT FAITH AND SPORTS

To Parents & Guardians

We all know that sports are a big part of our culture, and they may have a big influence on your teen(s) and your family’s time, calendar, and resources. Sports can be fun, exciting, and life-giving while also being difficult, disappointing, and emotionally defeating. If we aren’t careful, we can promote or allow our teenagers to experience unrealistic expectations, feel unnecessary pressure, have a misplaced sense of identity, live out our own dreams/perceived shortcomings through our teen(s), or allow sports to dominate our family calendar. Your job as parents is NOT to push our teenager(s) to be the best they can be in sports but to use sports as a vehicle to help them become the men or women God has created them to be.

If you want your teenager(s) to grow up and be healthy (physically and spiritually), you need to carefully consider the perspective you have on sports, the perspective you are teaching your teen(s), and begin to make family decisions that lead your teenager(s) in a direction that will put sports in its proper place in their lives.

This week's resource for our Online Parent Ministry, entitled *Huddle Up*, will give you an opportunity to have a little fun with your teenager(s) as you talk together about the role sports play in your family life, how faith can integrate with sports, and encourage your teen(s) to grow in their faith through sports while also living out that faith on the field of competition.

Learning how to keep a healthy perspective is really important, so take some time to “huddle up” as a family and talk about it!

Instructions

Print out the attached sheet and cut it in half. Give the “Questions for Teenagers to Ask Parents” half to your teen(s), and you hold onto the “Questions for Parents to Ask Teenagers” half yourself. Have your teen(s) start by asking you question one and have some fun answering it. Then, it is your turn to ask your teen(s) question one and go back and forth through the rest of the questions from there.

After you have finished answering all the questions, take some time to read [Hebrews 12:1-2](#), and talk about what those verses mean to you. Ask your teenager(s) how you can pray for them as they play sports. Take a moment to pray together.

Questions for Teenagers to Ask Parents

1. What was your favorite sport to play growing up and why?
 2. What sport were you the worst at?
 3. What is your favorite sports memory from when you were playing?
 4. What is the funniest sports memory from when you were playing?
 5. What was your biggest fail, embarrassing incident, or frustrating moment when you were playing? How did you recover or handle it?
 6. Who is your favorite athlete and why?
 7. What is the most memorable sporting event you have ever attended?
 8. On a scale of 1-10, how important was and is sports in your life and why?
 9. What was the biggest obstacle you had to overcome during sports and what did you learn from it?
 10. Was faith a part of your sports journey and how?
 11. What is the biggest lesson you learned through playing sports?
 12. How do you think that I, as your child, can grow in my faith through sports?
 13. How do you think that I can live out my faith boldly and without compromise while playing sports?
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Questions for Parents to Ask Teenagers

1. What is your favorite sport to play and why?
2. What is your favorite sport to watch and why? What is your favorite sports team to cheer for and why?
3. Who is your favorite athlete and why? Do you think this person is a Christian or at least shows good character? Do they show it while playing or in public?
4. Can you think of any athlete who is a Christian? How do you know?
5. What is your favorite sports memory so far?
6. What is the funniest sports memory so far?
7. What do you think has been your biggest sports failure so far? How did you recover or handle it?
8. Do you feel like sports have a negative or positive impact on your faith in one way or another and, if so, how?
9. Do you feel like playing sports helps you grow in your faith or pulls you away from your faith?
10. What are some things you can do to grow in your faith during your busy sports season?
11. How can you use the gift of your athletic ability to glorify God?
12. How do you think that you can live out your faith boldly and without compromise while playing sports?