

the
Handbook
on

ATHLETIC PERFECTION

By Wes Neal



A TRAINING
MANUAL FOR
CHRISTIAN ATHLETES

Burt Dyer

The Handbook On Athletic Perfection A Training Manual For Christian Athletes

Karin Nielsen-Saines



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The Handbook On Athletic Perfection Wes Neal, 2024-03-08 The Handbook on Athletic Perfection teaches how to have the right attitudes and behavior in competition to glorify God in sports Wes Neal introduced his systematic approach based on his study of the Bible in 1974 which revolutionized how athletes and coaches competed Now 50 years later this playbook for doing sports God's way has been updated for the next generation For many years The Handbook on Athletic Perfection has been a staple in the Nebraska FCA curriculum for huddles and camps Wes himself has helped our staff not only teach the principles but also learn to create practical applications on the field of play I wholeheartedly encourage everyone who wants to compete for Christ to read this book Chris Bubak FCA Midwest Region Vice President Wes Neal has been consulting with sport coaches and business leaders for over fifty years He is considered the pioneer in implementing biblical principles into the competitive sports world all based on the life and teachings of Jesus He is a seminary graduate was the field director for Athletes in Action a ministry of Campus Crusade for Christ is a featured speaker for the Fellowship of Christian Athletes and taught for 12 years at Kanakuk Kamp in Branson Missouri He currently lives with his wife Peggy in central Ohio They have two grown daughters and six grandchildren

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Playing for God Annie Blazer, 2015-07-24 When sports ministry first emerged in the 1950s and 1960s its founders imagined male celebrity athletes as powerful salespeople who could deliver a message of Christian strength If athletes can endorse shaving cream razor blades and cigarettes surely they can endorse the Lord too reasoned Fellowship of Christian Athletes founder Don McClanen But combining evangelicalism and sport did much more than serve as an advertisement for religion it gave athletes the opportunity to think about the embodied experiences of sport as a way to

experience intimate connection with the divine As sports ministry developed it focused on individual religious experiences and downplayed celebrity sales power opening the door for female Christian athletes to join and eventually dominate sports ministry Today women are the majority of participants in sports ministry in the United States In *Playing for God* Annie Blazer offers an exploration of the history and religious lives of Christian athletes showing that evangelical engagement with popular culture can carry unintended consequences When sport became an avenue for embodied worship it forced a reckoning with evangelical teachings about the body Female Christian athletes increasingly turned to their own bodies to understand their religious identity and in so doing came to question evangelical mainstays on gender and sexuality What was once a male dominated masculinist project of sports engagement became a female dominated movement that challenged evangelical ideas on femininity marriage hierarchy and the sinfulness of homosexuality Though evangelicalism has not changed sporting culture for those involved in sports ministry sport has changed evangelicalism

Cross Training Manual Gordon Thiessen, 2000-08 [The Handbook on Athletic Perfection](#) Wes Neal, 1993-05 An excellent tool for integrating faith with sports The Handbook will show you how to have the right attitudes and behavior in competition This book is a classic on how a Christian should compete [The Handbook of Athletic Perfection](#) Wes Neal, 1998 **The Prophecy Collection: The End Times Survival Guide, The Coming Apostasy, Russia Rising** Mark Hitchcock, 2021-10-05 Three popular books now collected for the first time in one special edition We live in a world that seems to be on the verge of coming apart Shootings Killer viruses The threat of nuclear war All of it is just too real What is happening in our world today is moving Christians to return to the foundations of our spiritual existence Believers everywhere must get back to what matters most We must always remember our battle at its most basic level is spiritual In The Prophecy Collection popular Bible teacher Mark Hitchcock helps you discover spiritual insight and spiritual tools to understand what s happening and to prepare for the future through three important works The End Times Survival Guide The Coming Apostasy coauthored with Jeff Kinley Russia Rising As we prepare for the Lord s coming it s time to understand the biblical truths you need to know in order to face an increasingly decaying darkening world No matter what the future holds anchor your spiritual health and welfare on the immovable rock of God s Word **The Cross Training Manual** Gordon Thiessen, 1981 Explores questions like How can I be a winner all the time How can I set goals that push me to my potential How can we develop team unity Where do ethics come into play Other subjects are winning and losing motivation teamwork goal setting and setbacks Discussion questions included for each chapter *Growing Stronger* Elliot Johnson, 2000-07 Anyone who has spiritual life grows spiritually And spiritual growth occurs by studying the meat of God s Word and exercising vigorous obedience to Jesus Christ This book will guide God s team mates to His training table and into His weight room A great follow up tool for camps retreats and outreach meetings

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