

Prayer Book Lacrosse Team in Boston Four Armenian Bible Study Classes

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14 Prayers for Armenia Lacrosse – Boston Tournament **(May 22-26, 2025)**

Pre-Game and Post-Game Prayers

1. Before Game Prayer

Heavenly Father, as we step onto this field, we do so not just as athletes but as men of faith. Strengthen our bodies, sharpen our minds, and guide our hearts. May we compete with honor, courage, and respect, reflecting Your light in all we do. Amen.

2. After Game Prayer

Lord, we thank You for the opportunity to compete today. Whether in victory or defeat, we give You glory. Keep us humble, grateful, and united as a team, always striving to honor You through our actions. Amen.

Meal Prayers – Daily Themes & Bible Readings

Day 1 – The Parable of the Talents (Luke 12:48)

(Thursday, March 6, 2025)

3. Breakfast Prayer (Luke 12:48)

Lord, You have entrusted us with talents and opportunities—help us to use them wisely. May this meal nourish our bodies so we can glorify You with our actions today. Amen.

4. Lunch Prayer (Luke 12:48)

Much has been given to us, Lord, and much is required. As we receive this food, may we also receive strength to serve You with all our gifts. Amen.

5. Dinner Prayer (Luke 12:48)

Heavenly Father, we do not take our blessings for granted. Just as we are fed tonight, help us to feed others through generosity, kindness, and faithfulness. Amen.

Day 2 – The Parable of the Good Samaritan (Luke 10:37)

(Friday, March 7, 2025)

6. Breakfast Prayer (Luke 10:37)

Lord, You call us to ‘go and do likewise.’ May we begin this day with hearts open to love, serve, and uplift those around us. Amen.

7. Lunch Prayer (Luke 10:37)

Father, as we share this meal, remind us that true greatness comes in helping others. Let us recognize opportunities to be Good Samaritans in both big and small ways. Amen.

8. Dinner Prayer (Luke 10:37)

Christ, You taught us that love knows no boundaries. May we rest tonight knowing we have treated others with mercy and kindness. Amen.

Day 3 – Sermon on the Mount (Matthew 5:17-48)

(Saturday, March 8, 2025)

9. Breakfast Prayer (Matthew 5:17-20)

Lord, help us to live not just by the letter of the law but by its spirit. May this meal prepare us to be men of integrity, wisdom, and righteousness today. Amen.

10. Lunch Prayer (Matthew 5:21-37)

God, let our words be truthful, our thoughts be pure, and our actions reflect Your love. As we eat, may we also nourish our souls with Your teachings. Amen.

11. Dinner Prayer (Matthew 5:38-48)

Father, You call us to love even our enemies. Strengthen us to play, compete, and live with grace, humility, and peace. Amen.

Day 4 – Living as a True Christian (Romans 12:1-13:10)

(Sunday, March 9, 2025)

12. Breakfast Prayer (Romans 12:1-8)

Lord, we offer ourselves as living sacrifices to You. May this meal strengthen us to live with purpose, dedication, and faith. Amen.

13. Lunch Prayer (Romans 12:9-21)

God, help us to overcome evil with good, cling to what is right, and serve You through our actions today. May we reflect Your love in every step we take. Amen.

14. Dinner Prayer (Romans 13:8-10)

Lord, love fulfills Your law. As we close this day, may we rest knowing we have lived with love, honor, and gratitude for all You have given us. Amen.

Final Notes:

Short, impactful prayers (approximately 10 seconds each).

Each meal prayer aligns with the day's Bible passage.

Prayers reinforce key Scripture messages, applying them to faith, competition, and daily life.

Armenian Bible Study Classes

Day One: The Parable of the Talents – Luke 12:48

Thursday 06 March 2025

Armenian Orthodox Bible Study for Lacrosse Players

The Parable of the Talents – Luke 12:48

30-Minute Session for Young Men's Lacrosse Team

Class Structure (30 Minutes with 5-Minute Markers)

- 0:00 - 5:00 → Warm-Up Discussion & Introduction
- 5:00 - 10:00 → Understanding the Parable (Luke 12:48)
- 10:00 - 15:00 → What Have You Been Given? (Talents, Skills, Opportunities)
- 15:00 - 20:00 → Responsibility & Hard Work (Using Your Gifts Well)
- 20:00 - 25:00 → Accountability & Leadership (What Happens When We Waste Our Gifts?)
- 25:00 - 30:00 → Takeaways & Closing Prayer

0:00 - 5:00 | Warm-Up Discussion & Introduction

Opening Question:

- Who is the most naturally gifted lacrosse player you've ever seen?
- Did they work hard, or did they waste their talent?

Key Idea:

"To whom much is given, much is required." (Luke 12:48)

- Just like in sports, God gives each of us different **talents, skills, and opportunities**.
- **What we do with those gifts matters.**

Today's Study:

- **Jesus teaches that God expects us to use our gifts wisely.**
- **Our responsibility isn't just to ourselves—it's to God and others.**

5:00 - 10:00 | Understanding the Parable (Luke 12:48)

Key Verse:

“Much will be required of the person entrusted with much, and still more will be demanded of the person entrusted with more.” (Luke 12:48)

What Jesus is Saying:

- God gives **different gifts** to different people.
- It's not about **how much you have**, but **what you do with it**.
- **Wasting your gifts = failure. Using them well = success.**

Lacrosse Comparison:

- A **player with natural speed** who doesn't train = wasted potential.
- A **player with average skills** who works hard every day = leader.

Discussion Questions:

1. What's one **talent or skill** you've been given?
2. Do you **use it fully**, or are you holding back?

10:00 - 15:00 | What Have You Been Given? (Talents, Skills, Opportunities)

Jesus isn't just talking about **money** in this parable—He's talking about:

- ✓ Your **physical abilities**
- ✓ Your **intelligence**
- ✓ Your **opportunities in life**
- ✓ Your **faith**

Lacrosse Connection:

- Some players have **natural talent**—but talent alone isn't enough.
- **Hard work beats talent when talent doesn't work hard.**
- In life, **God expects us to train our gifts—not just sit on them.**

Discussion Questions:

- What's one thing you've been given that you know you could develop more?
- How does this apply **beyond sports**—in faith, school, or leadership?

15:00 - 20:00 | Responsibility & Hard Work (Using Your Gifts Well)

Key Lesson:

- The servants in the parable who **invested their talents** were rewarded.
- The one who **buried his talent** and did nothing lost everything.

Lacrosse Connection:

- Imagine if your **coach gave you a leadership role**, but you refused to step up.
- What happens when a **captain doesn't take responsibility**?
- **God calls us to step up, take responsibility, and make an impact.**

Discussion Questions:

1. How does hard work **honor God**?
2. Where in your life do you need to **take more responsibility**?

20:00 - 25:00 | Accountability & Leadership (What Happens When We Waste Our Gifts?)

Key Idea:

- **Excuses won't cut it**—God holds us accountable for how we use what He gave us.
- If we **waste our talents**, we're not just letting ourselves down—we're letting **God and others down**.

Lacrosse Comparison:

- A team with **great players but no discipline** doesn't win championships.
- The **best players** aren't always the most talented—they're the ones who lead.

Discussion Questions:

- Have you ever felt **guilty** for not working as hard as you could?
- How can you start **using your talents more effectively**—not just in sports, but in faith and life?

25:00 - 30:00 | Takeaways & Closing Prayer

Final Challenge:

- **Pick one talent** (sports, academics, leadership, faith) and commit to **using it better this week**.
- **Ask yourself daily:** Am I giving my best with what I've been given?

Closing Prayer:

“Lord, You have given us gifts—our skills, our opportunities, our faith. Help us not to waste them but to use them for Your glory. Make us men of discipline, integrity, and action. Amen.”

Final Notes:

- **Designed for lacrosse players**—relates faith to responsibility and work ethic.
- **Encourages action**—not just belief, but stepping up in life.
- **Keeps engagement high**—short discussions, real-world comparisons.

Day Two: The Parable of the Good Samaritan – Luke 10:37

Friday 07 March 2025

The Parable of the Good Samaritan – Luke 10:37

30-Minute Session for Young Men's Lacrosse Team

Class Structure (30 Minutes with 5-Minute Markers)

- 0:00 - 5:00 → Warm-Up Discussion & Introduction
- 5:00 - 10:00 → The Story of the Good Samaritan (Luke 10:25-37)
- 10:00 - 15:00 → Who Are We in the Story? (Priest, Levite, or Samaritan?)
- 15:00 - 20:00 → How Do We Treat Rivals and Opponents?
- 20:00 - 25:00 → Loving Others in Real Life (Beyond the Game)
- 25:00 - 30:00 → Takeaways & Closing Prayer

0:00 - 5:00 | Warm-Up Discussion & Introduction

Opening Question:

- Have you ever played against a team that **completely disrespected you**—trash talk, dirty plays, cheap shots?
- What was your reaction?

Key Idea:

- Jesus tells the **Parable of the Good Samaritan** to challenge how we treat people—including **our rivals and those we don't naturally like**.
- His message is clear: **Your "neighbor" isn't just your friend—it's the person you least expect.**

Today's Study:

- **We will break down this parable and see what it means for our lives—on and off the field.**

5:00 - 10:00 | The Story of the Good Samaritan (Luke 10:25-37)

Key Verse:

"Go and do likewise." (Luke 10:37)

The Story Summary:

- A man is attacked, beaten, and left for dead on the road.
- A **priest** and a **Levite** (both respected religious figures) **walk past him** and do nothing.
- A **Samaritan**—from a group despised by Jews—**stops, helps him, and pays for his care.**
- Jesus asks: “**Who was the true neighbor?**” The answer? **The one who showed mercy.**

Discussion Questions:

- Why did the **priest and Levite** ignore the injured man?
- Why was it shocking that a **Samaritan** was the hero of the story?
- Who in your life would you find it hardest to help?

10:00 - 15:00 | Who Are We in the Story? (Priest, Levite, or Samaritan?)

Key Challenge:

- If Jesus told this story today, **who would play the Samaritan?**
- A **teammate you don't get along with?**
- A **rival player who disrespected you?**
- Someone you **judge or avoid?**

Lacrosse Comparison:

- Think of a player **on your team who is struggling.** Do you help or ignore them?
- When an **opposing player is injured,** do you show respect or celebrate?

Discussion Questions:

- Be honest: Do you act more like the priest, Levite, or Samaritan in daily life?
- What stops us from **helping people we don't like?**

15:00 - 20:00 | How Do We Treat Rivals and Opponents?

Jesus' Radical Teaching:

- Love **isn't just for friends**—it's for **rivals, opponents, even enemies**.
- **"Love your enemies and pray for those who persecute you."** (Matthew 5:44)

Lacrosse Connection:

- On the field, do we play with **honor and respect**, or do we **look for revenge**?
- Off the field, do we hold **grudges**, or do we try to **forgive and move on**?

Discussion Questions:

- How do we handle **trash talk, cheap plays, or bad referees**?
- What does it mean to be a **man of faith on the field**?

20:00 - 25:00 | Loving Others in Real Life (Beyond the Game)

Key Idea:

- This parable isn't just about sports—it's about **how we treat people in life**.
- The Samaritan helped a man who **hated his people**—that's next-level love.

Real-Life Challenge:

- **At school:** Do we help the guy who has no friends?
- **At home:** Do we respect our family members, even when they annoy us?
- **In life:** Do we stand up for people when it costs us something?

Discussion Questions:

- What's one way you can be a **Good Samaritan this week**?
- Who is someone you should **show more kindness to**—even if they don't deserve it?

25:00 - 30:00 | Takeaways & Closing Prayer

Final Challenge:

- Pick **one** of these ways to act like a **Good Samaritan** this week:

✔ Help someone struggling on your team.

- ✔ Show sportsmanship—even to a rival.
- ✔ Reach out to someone you usually avoid.

Closing Prayer:

“Lord, help us to see others the way You see them. Give us the strength to love not just our friends, but also those who challenge us. Make us men of mercy, honor, and true leadership. Amen.”

Final Notes:

- **Designed for lacrosse players**—relates faith to competition, leadership, and sportsmanship.
- **Challenges players to reflect on real-life rivalries and grudges.**
- **Keeps energy up**—short, engaging discussions.

Day Three: The Sermon on the Mount - Matthew 5:17-48

Saturday 08 March 2025

Matthew 5:17-48 – The Sermon on the Mount

30-Minute Session for Young Men's Lacrosse Team

Class Structure (30 Minutes with 5-Minute Markers)

- 0:00 - 5:00 → Warm-Up Discussion & Introduction
- 5:00 - 10:00 → The Fulfillment of the Law (Matthew 5:17-20)
- 10:00 - 15:00 → Raising the Standard: Personal Integrity (Matthew 5:21-37)
- 15:00 - 20:00 → Toughest Challenge: Love Your Enemies (Matthew 5:38-48)
- 20:00 - 25:00 → Real-World Application: Playing the Right Way
- 25:00 - 30:00 → Takeaways & Closing Prayer

0:00 - 5:00 | Warm-Up Discussion & Introduction

Opening Question:

- Who's the toughest opponent you've ever faced in lacrosse?
- What made them difficult—was it their skill, their attitude, or the way they played the game?

Key Idea:

Just like in lacrosse, **life has rules and expectations**—but Jesus teaches that true greatness isn't just about following rules, but playing **with honor, discipline, and love**.

Today's Study:

- **Jesus isn't changing the rules—He's showing us the ultimate way to live.**
- **It's not just about actions—it's about the heart, mindset, and spirit.**

5:00 - 10:00 | The Fulfillment of the Law (Matthew 5:17-20)

Key Verse:

"Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them." (Matthew 5:17)

Discussion:

- In lacrosse, just **following the rules** won't make you a great player.
- A great player understands the **spirit of the game**—teamwork, leadership, respect.
- Jesus says the same about faith—don't just follow rules, **live with purpose and excellence**.

Challenge:

- What's the difference between a **player who follows the rules** and a **true leader on the field**?
- How can we live as **men of faith** beyond just following the rules?

10:00 - 15:00 | Raising the Standard: Personal Integrity (Matthew 5:21-37)

Key Lessons from Jesus:

- **Anger is as dangerous as violence** (v. 21-26).
- **Lust is as harmful as adultery** (v. 27-30).
- **Your word should be your bond** (v. 33-37).

Lacrosse Comparison:

- A player who **trashes opponents** might not break a rule, but does he show **true leadership**?
- A teammate who **cuts corners** in training might still play, but does he **deserve respect**?
- Jesus says **our character matters—not just what we do, but who we are**.

Reflection:

- How can we hold ourselves to a **higher standard** on and off the field?

15:00 - 20:00 | Toughest Challenge: Love Your Enemies (Matthew 5:38-48)

Key Verse:

"But I say to you, Love your enemies and pray for those who persecute you." (Matthew 5:44)

Lacrosse Comparison:

- Have you ever had a rival team **disrespect you**—trash talk, dirty plays, cheap shots?
- What's the natural reaction? Get even? Trash talk back?

- Jesus flips that mindset—He challenges us to **win in a different way**.

Discussion:

- How does being a **man of faith** change the way you handle conflict?
- How does forgiving an opponent **show strength, not weakness**?

20:00 - 25:00 | Real-World Application: Playing the Right Way

Key Question:

- In lacrosse, do you want to be remembered as the **guy who played dirty**, or the **guy who led with class**?

Applying Jesus' Teachings to Sports & Life:

- **Respect opponents** – Not just when we win, but even when we lose.
- **Control emotions** – Anger can wreck a game, just like it can wreck relationships.
- **Win with character** – True greatness comes from discipline, honor, and faith.

25:00 - 30:00 | Takeaways & Closing Prayer

Final Challenge:

- Pick **one** of Jesus' teachings from today and apply it this week:
 - ✔ Show self-discipline when frustrated.
 - ✔ Speak truthfully, even when it's hard.
 - ✔ Show respect, even when it's not returned.

Closing Prayer:

"Lord, help us to live with integrity, honor, and love. Strengthen us to lead with character, to play the right way, and to live out Your teachings. Amen."

Final Notes:

- **Designed for lacrosse players** – keeps energy up and relates to competition.

- **Short bursts of discussion** – no long lectures, interactive format.
- **Challenges them to apply the lesson in real life.**

Day Four: Second Sunday of Lent – Sunday of the Expulsion

Sunday 09 March 2025

Romans 12:1 – 13:10: Living as a True Christian

Second Sunday of Lent: Sunday of the Expulsion

March 9, 2025

30-Minute Session for Young Men's Lacrosse Team

Class Structure (30 Minutes with 5-Minute Markers)

- 0:00 - 5:00 → Warm-Up Discussion & Introduction
- 5:00 - 10:00 → Romans 12:1-8 – What It Means to Be Fully Committed to God
- 10:00 - 15:00 → Romans 12:9-21 – Love, Strength, and Overcoming Evil
- 15:00 - 20:00 → Romans 13:1-7 – Respect, Discipline, and Leadership
- 20:00 - 25:00 → Romans 13:8-10 – The Law of Love: How to Win in Life and Sports
- 25:00 - 30:00 → Takeaways & Closing Prayer

0:00 - 5:00 | Warm-Up Discussion & Introduction

Opening Question:

- What does it mean to be a **complete player** in lacrosse?
- Is it just about skill, or does **mindset, discipline, and attitude** matter too?

Key Idea:

- **In lacrosse, you must be all in. You can't play half-heartedly.**
- Paul tells us in **Romans 12-13** that being a **Christian** is the same way—it's **not just about believing, but how you live every part of your life.**

Today's Study:

- **Romans 12-13 is Paul's "Game Plan" for Christian Living.**
- **It challenges us to be transformed, disciplined, and to live with love and strength.**

5:00 - 10:00 | Romans 12:1-8 – What It Means to Be Fully Committed to God

Key Verse:

“Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” (Romans 12:1)

Key Lesson:

- A great **lacrosse player** doesn't just show up on game day—he trains daily.
- Paul says a **Christian's life** should be a daily **offering** to God.
- We can't **blend into the world**—we must be **transformed**.

Lacrosse Connection:

- The best players don't just rely on talent—they put in **work, training, and discipline**.
- As Christians, we must put in work—**prayer, worship, study, and action**.

Discussion Questions:

1. What does it mean to **offer yourself fully to God**?
2. How can you **train spiritually** the way you train physically?

10:00 - 15:00 | Romans 12:9-21 – Love, Strength, and Overcoming Evil

Key Verses:

“Hate what is evil; cling to what is good.” (Romans 12:9)

“Do not be overcome by evil, but overcome evil with good.” (Romans 12:21)

Key Lesson:

- True **strength** isn't about being the toughest guy—it's about **self-control, love, and integrity**.
- **Paul tells us to fight evil—not with anger, but with goodness**.

Lacrosse Connection:

- When an opponent **cheap-shots you**, what's your first instinct? **Get even?**
- Paul says, **real strength is not letting anger control you**.

Discussion Questions:

1. How does **self-control** show strength, both in sports and in life?
2. Can you think of a time when someone did something **dirty or unfair** to you? How did you respond?

15:00 - 20:00 | Romans 13:1-7 – Respect, Discipline, and Leadership

Key Verse:

“Let everyone be subject to the governing authorities, for there is no authority except that which God has established.” (Romans 13:1)

Key Lesson:

- Paul tells us to **respect authority, be disciplined, and be a good citizen.**
- That applies to **coaches, teachers, parents, and leaders.**
- Being a **true Christian means being responsible and trustworthy.**

Lacrosse Connection:

- A great **team player** respects his **coach** and follows discipline.
- A **selfish player** ignores rules, plays for himself, and causes problems.
- Paul teaches us to **live honorably in all areas of life.**

Discussion Questions:

1. How do you respond to **authority and discipline** in sports, school, and faith?
2. What’s the difference between **respecting authority** and **being a blind follower**?

20:00 - 25:00 | Romans 13:8-10 – The Law of Love: How to Win in Life and Sports

Key Verse:

“The commandments... are summed up in this one command: ‘Love your neighbor as yourself.’” (Romans 13:9)

Key Lesson:

- Paul says **love is the highest law**—when we act in love, we fulfill God’s plan.
- **Winning in life** isn’t about getting even—it’s about **living right**.

Lacrosse Connection:

- The best teams play with **honor, respect, and unity**.
- Players who only care about themselves **destroy team chemistry**.
- True **leaders serve others**—just like Jesus did.

Discussion Questions:

1. What does “**loving your neighbor**” look like in daily life?
2. How can we show **love, even to our rivals or opponents**?

25:00 - 30:00 | Takeaways & Closing Prayer

Final Challenge:

- Pick **one area** from today’s study to work on this week:
 - ✓ Offer yourself fully to God (Romans 12:1).
 - ✓ Control your anger and overcome evil with good (Romans 12:21).
 - ✓ Show respect and discipline in all areas of life (Romans 13:1).
 - ✓ Lead with love, on and off the field (Romans 13:9-10).

Closing Prayer:

“Lord, You call us to live with discipline, love, and strength. Help us to train not just our bodies, but our hearts and minds. Make us men of integrity, faith, and leadership. Amen.”

Final Notes:

- **Designed for lacrosse players**—relates faith to discipline, leadership, and sportsmanship.
- **Keeps engagement high**—short, discussion-based teaching.
- **Challenges players to apply faith in real life.**