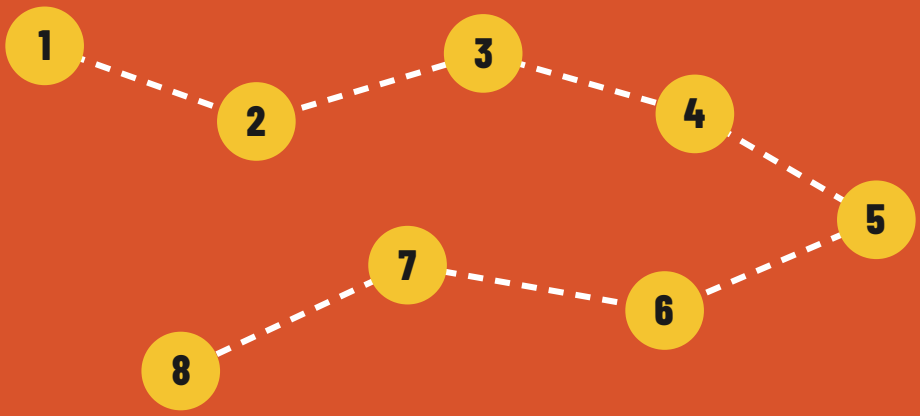
ONSIDE SOCCER

ONSIDE PLUS · BOOK 3

AWAY DAYS

Taking it out there.



8 SESSIONS
FOR PLAYERS AGED 9-16

BELONGING · CONFIDENCE
CHARACTER · PURPOSE

WHAT WE'RE ABOUT

OUR VALUES

RELATIONSHIPS MATTER
Football brings us together. Friendships keep us together.

EVERYONE BELONGS
Whoever you are and wherever you're from, there's a place for you.

KINDNESS COUNTS
How we treat each other matters more than the scoreline.

CHARACTER MATTERS
Who you're becoming counts as much as how you play.

SERVICE BEFORE STATUS
We look out for others before we look out for ourselves.

DEVELOPMENT IS A JOURNEY
Nobody's finished. We all keep growing, a bit at a time.

FAITH INFORMS OUR PERSPECTIVE
Our Christian faith shapes how we see people, and you're welcome whatever you believe.

Everyone is welcome. Faith is optional. Questions are encouraged. Respect is expected.

Onside uses football to help young people build friendships, grow in confidence and discover purpose. You don't need to be a Christian to take part, and anything faith-based is always your choice.

ONSIDE SOCCER

ONSIDE PLUS · BOOK 3

AWAY DAYS

Taking it out there.

"Be strong and courageous. Don't be afraid. Don't be dismayed, for the LORD your God is with you wherever you go."

JOSHUA 1:9

THIS BOOK BELONGS TO...

MY NAME

MY AGE

MY TEAM / GROUP

MY FAVOURITE PLAYER

MY BEST POSITION

HOW IT WORKS

There are eight sessions. Each one follows the same four steps as the Onside Faith website:

1. **DISCOVER**
   A moment from football, a story from the Bible and the big idea.
2. **THINK**
   A memory verse and some honest questions to think about.
3. **TRY**
   An activity to fill in and a challenge to try during the week.
4. **CONNECT**
   A talk or topic to explore next on Onside Faith, and someone to talk it through with.

Everyone is welcome. Faith is optional. Questions are encouraged. Respect is expected.

There are no wrong answers and nobody's marking this. Use it on your own, with your family or with your group. Look out for **Level up** questions if you're 13 or over and fancy something harder.

WELCOME TO AWAY DAYS

Welcome to Away Days, the third book in the Onside Plus series.

In football, away days are when you find out what a team is really made of. Unfamiliar ground, a crowd that isn't on your side, a long trip home if it goes wrong. But there's nothing quite like sticking together and getting a result.

This book follows the very first Christians, in the book of Acts. They were ordinary people who took what they'd found out on the road: into prisons, onto ships in a storm, into cities where not everyone wanted them. They got worried, got angry and fell out with each other. And they kept going.

Each session follows the same four steps as the Onside Faith website: Discover, Think, Try and Connect. You don't need to have done the other books first, and you don't need to be a Christian. Everyone is welcome, faith is optional and questions are encouraged.

Wherever your next away day takes you, I hope this book goes with you.

Paul

Paul Harbinson
Founder and CEO, Onside

THE FIXTURES

EIGHT AWAY DAYS

An encourager, a conversation on a desert road, two fishermen in court, a shipwreck, a midnight earthquake, a big falling-out, a coaching team and a woman known for kindness. Each session follows our four outcomes: belonging, confidence, character and purpose.

THE SESSIONS

01	**The encourager** · Barnabas	BELONGING	6
02	**Everyone's invited** · Philip	BELONGING	9
03	**Just ordinary** · Peter and John	CONFIDENCE	12
04	**Storm warning** · Paul at sea	CONFIDENCE	15
05	**Midnight** · Silas	CHARACTER	18
06	**Falling out** · Mark	CHARACTER	21
07	**Pass it on** · Priscilla	PURPOSE	24
08	**Known for something** · Dorcas	PURPOSE	27

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BEFORE YOU START

PRE-MATCH CHECK

Be honest. Circle a number for each one. Nobody else needs to see this.

1 = not really · **3** = sometimes · **5** = definitely

I feel like I belong at Onside.	1 2 3 4 5
I've got people I can talk to when things are hard.	1 2 3 4 5
I believe in myself.	1 2 3 4 5
When I make a mistake, I can bounce back.	1 2 3 4 5
I do the right thing even when nobody's watching.	1 2 3 4 5
I'm kind to people, even ones who aren't my mates.	1 2 3 4 5
I think I've got something good to give.	1 2 3 4 5
I help other people without being asked.	1 2 3 4 5

ONE THING I'D LOVE TO GET BETTER AT, ON OR OFF THE PITCH

WHERE WOULD YOU LIKE TO BEGIN?

Tick the one closest to where you are today. It won't label you or stop you exploring anything.

- ☐ **I'M CURIOUS** · I'm not sure what I believe and want to understand what Christianity is about.
- ☐ **I'M EXPLORING** · I want to learn more about Jesus, prayer, the Bible and Christian faith.
- ☐ **I WANT TO GROW** · I already have faith and want help putting it into practice.

Keep your answers. You'll do this again at the end and see how far you've come.

SESSION 1 BELONGING

01

THE ENCOURAGER

Away from home, one bad touch and the home crowd are on your back. Then you hear one voice from your own bench: 'Go again!' One encourager can change a whole game.

1 DISCOVER

BARNABAS BACKS SAUL

ACTS 4:36 AND ACTS 9:26–28

Barnabas' real name was Joseph, but the first Christians gave him a nickname that meant 'son of encouragement'.

Saul had been hunting down Christians and having them thrown into prison. Then he met Jesus and changed completely. But when he arrived in Jerusalem, the Christians there were terrified of him. Nobody believed he'd really changed, and nobody would let him in.

Except Barnabas. He took Saul to the leaders, stood next to him and told them his story. Because Barnabas backed him, Saul was welcomed in. Saul became better known as Paul, and went on to write much of the New Testament.

> **THE BIG IDEA**
>
> **Encouragement changes people. You can be the one who backs someone when nobody else will.**

2 THINK

MEMORY VERSE

"Therefore exhort one another, and build each other up, even as you also do."

1 THESSALONIANS 5:11

☐ I can say it without looking

1. Who's the most encouraging person you know? What do they do?

2. Why do you think the others wouldn't trust Saul? Why did Barnabas?

3. When does banter build people up, and when does it knock them down?

LEVEL UP · 13+

Barnabas took a risk backing Saul. When is it wise to give someone a chance, and when is it right to be careful?

ONE THING I WANT TO REMEMBER

3 TRY

BUILD-UP PLAY

Some things we say knock people down. Others build them up. Write a few of each, then turn the knock-downs into build-ups.

KNOCKS YOU DOWN	BUILDS YOU UP
Nice miss, mate.	*Unlucky. You'll get the next one.*

THIS WEEK'S CHALLENGE

BE A BARNABAS

Encourage one person every day this week: a teammate, a friend, someone at home. Tick each day you did it.

MON	TUE	WED	THU	FRI	SAT	SUN

IF YOU'D LIKE TO PRAY

God, thank you for the people who encourage me. Help me build others up, not knock them down. Amen.

4 · CONNECT

What if they keep making you the joke?

Real Life on onsidefaith.co.uk. Or talk it through with your coach or the Onside chaplain.

SESSION 2 BELONGING

02

EVERYONE'S INVITED

Some people turn up at training and just seem different: a new accent, a different school, a different background. It's easy to stick with the people who are like you.

1 DISCOVER

PHILIP ON THE DESERT ROAD

ACTS 8:26–40

Philip was one of the first Christians. One day God sent him to a desert road heading south from Jerusalem. A chariot came past carrying an important official from Ethiopia, in charge of the queen's treasure, on his way home after worshipping in Jerusalem.

The official was reading from the book of Isaiah, and he was confused. Philip ran alongside and asked if he understood what he was reading. 'How can I,' said the official, 'unless someone explains it to me?' He invited Philip up into the chariot.

Philip explained that the passage was about Jesus. The official had lots of questions, and Philip answered every one. Before the journey was over, the official asked to be baptised, and he went on his way full of joy.

> **THE BIG IDEA**
>
> **God's invitation is for everyone, whatever you look like and wherever you're from. And your questions are always welcome.**

2 THINK

MEMORY VERSE

"Therefore accept one another, even as Christ also accepted you, to the glory of God."

ROMANS 15:7

☐ I can say it without looking

1. What makes it hard to get to know people who are different from you?

2. The official had questions about the Bible. Why do you think questions matter?

3. Who could you make more welcome, at training, at school or where you live?

LEVEL UP · 13+

The official came from a different country, culture and background, and Philip treated him as an equal. What gets in the way of that in football, or at school?

ONE THING I WANT TO REMEMBER

3 TRY

ASK ANYTHING

The official didn't pretend to understand. He asked. Be honest with your answers here: nobody's marking them.

A QUESTION I'VE GOT ABOUT GOD, THE BIBLE OR FAITH

SOMEONE DIFFERENT FROM ME I'D LIKE TO GET TO KNOW

ONE WAY OUR TEAM COULD MAKE EVERYONE FEEL WELCOME

THIS WEEK'S CHALLENGE

ASK ONE QUESTION

This week, ask one question: ask a trusted adult something you've wondered about faith, or ask someone new about themselves, and really listen to the answer.

What happened?

IF YOU'D LIKE TO PRAY

God, thank you that everyone is welcome with you. Help me welcome people who are different from me, and keep asking my questions. Amen.

4 · CONNECT

Who is Jesus—and why does he matter?

Big Questions on onsidefaith.co.uk. Or talk it through with your coach or the Onside chaplain.

SESSION 3 CONFIDENCE

03

JUST ORDINARY

Everyone's got a picture in their head of a 'proper' footballer: academy kit, fancy boots, loads of skills. Then there's you. Ordinary. But ordinary players win games all the time.

1 DISCOVER

PETER AND JOHN IN COURT

ACTS 3–4

Peter and John were fishermen. They hadn't been to fancy schools. At the temple gate in Jerusalem they met a man who had never been able to walk, begging. Peter said, 'I haven't got any money, but what I do have, I'll give you. In the name of Jesus, walk!' And the man jumped up and walked.

The religious leaders had Peter and John arrested, and the next day they were made to explain themselves to the most powerful council in the city.

Peter and John spoke so boldly that the council was amazed. The leaders could see they were ordinary men with no special training, and they realised they had been with Jesus.

> **THE BIG IDEA**
>
> **You don't have to be the most talented or the cleverest to make a difference. Confidence can come from who's with you, not just how good you are.**

2 THINK

MEMORY VERSE

“For God didn’t give us a spirit of fear, but of power, love, and self-control.”

2 TIMOTHY 1:7

☐ I can say it without looking

1. When do you feel ‘just ordinary’?

2. Where do you think Peter and John’s confidence came from?

3. What have you got that you could use to help someone?

LEVEL UP · 13+

Peter said, ‘What I do have, I’ll give you.’ What do you have that isn’t money, but could still make a real difference to someone?

ONE THING I WANT TO REMEMBER

3 TRY

ORDINARY SUPERPOWERS

On the left, write the things you think you're not. On the right, write what you have got. Ask a friend to help with the right-hand side.

WHAT I'M NOT	WHAT I HAVE GOT
I'm not the fastest.	*I never give up.*

THIS WEEK'S CHALLENGE

ORDINARY BRAVE

Do one brave thing this week that you'd normally leave to someone 'better': put your hand up, go for the tackle, lead the warm-up, try out for something.

What happened?

IF YOU'D LIKE TO PRAY

God, when I feel ordinary, remind me you're with me. Give me power, love and self-control. Amen.

4 · CONNECT

What if you don't feel good enough?

Real Life on onsidefaith.co.uk. Or talk it through with your coach or the Onside chaplain.

SESSION 4 CONFIDENCE

04

STORM WARNING

The night before a big away game, your brain won't switch off. What if we lose? What if I mess up? What if everyone's watching? Worry can feel like a storm in your head.

1 DISCOVER

SHIPWRECKED

ACTS 27

Paul was being taken to Rome as a prisoner, on a ship with 276 people on board. Out at sea, a huge storm hit. For days they couldn't see the sun or the stars. The crew threw cargo overboard to stay afloat, and everyone gave up hope.

Then Paul stood up. He told them God had promised that nobody would die, and he urged them to take courage. They hadn't eaten for two weeks, so he got everyone to eat something. He gave thanks to God, broke some bread and started eating, and everyone felt better and ate too.

The ship ran aground and broke apart, but everyone reached the shore of the island of Malta, some swimming and some holding onto planks. Every single person survived.

> **THE BIG IDEA**
>
> **Worry is normal, and storms don't last for ever. You can pray, look after the basics, and lean on the people around you.**

2 THINK

MEMORY VERSE

"In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God."

PHILIPPIANS 4:6

☐ I can say it without looking

1. What kind of things fill your head when you're worried?

2. What did Paul do that helped everyone on the ship?

3. Who helps you feel calmer when you're worried?

LEVEL UP · 13+

The Bible says 'in nothing be anxious', but Paul was still in a real storm. Do you think being told not to worry actually helps? What does?

ONE THING I WANT TO REMEMBER

3 TRY

STORM SORTER

Circle how stormy your head feels today. Then sort your worries: some things you can do something about, and some you can't.

1	2	3	4	5
CALM	A BIT CLOUDY	GREY	RAINY	FULL STORM

WORRIES I CAN DO SOMETHING ABOUT

WORRIES I CAN'T CONTROL

ONE SMALL THING I'LL DO THIS WEEK

If worries are stopping you sleeping, eating or enjoying things, or they just won't go away, tell an adult you trust. Praying and getting help go together.

THIS WEEK'S CHALLENGE

CALM THE STORM

Each day, write down one worry and one small thing you can do about it. If a worry won't go away, share it with an adult you trust.

MON	TUE
WED	THU
FRI	SAT
SUN	

IF YOU'D LIKE TO PRAY

God, when my head feels stormy, help me stay calm. Thank you for the people who help me through. Amen.

4 · CONNECT

What do you do when your brain won't switch off?

Real Life on onsidefaith.co.uk. Or talk it through with your coach or the Onside chaplain.

SESSION 5 CHARACTER

05

MIDNIGHT

The ref gives a penalty that was never a penalty. Their fans are laughing, your blood's boiling and you want to say something you'll regret. What matters is what you do next.

1 DISCOVER

PAUL AND SILAS IN PRISON

ACTS 16:16–40

In the city of Philippi, Paul and Silas helped a slave girl whose owners were using her to make money. The furious owners told lies about them, and had them beaten and thrown into prison, with their feet locked in wooden stocks.

It was completely unfair. But at midnight, instead of raging, Paul and Silas were praying and singing to God, and the other prisoners were listening. Suddenly an earthquake shook the prison, the doors flew open and everyone's chains came loose.

The jailer panicked. Paul shouted, 'We're all still here!' That night the jailer's whole family became Christians. The next day, Paul calmly insisted that the leaders who'd treated them unfairly came in person.

> **THE BIG IDEA**
>
> **Anger isn't wrong, but it's powerful. Cool down first, then stand up for what's fair in the right way.**

2 THINK

MEMORY VERSE

“Be angry, and don’t sin. Don’t let the sun go down on your wrath.”

EPHESIANS 4:26

☐ I can say it without looking

1. What makes you really angry, on the pitch or off it?

2. Paul and Silas were treated unfairly. What surprises you about how they reacted?

3. What helps you cool down before you do something you’ll regret?

LEVEL UP · 13+

Paul didn’t just let the injustice go. He spoke up the next day, calmly. When is it right to challenge something unfair, and how should you do it?

ONE THING I WANT TO REMEMBER

3 TRY

TEMPERATURE CHECK

Colour in how hot you usually get when you're wound up. Then fill in what winds you up and what cools you down.



WINDS ME UP

COOLS ME DOWN

If anger ever makes you feel like hurting someone or yourself, tell an adult you trust straight away. If someone else's anger makes you feel unsafe, tell an adult too.

THIS WEEK'S CHALLENGE

COOL-DOWN PLAN

Next time you feel your temperature rising, use something from your 'cools me down' list before you react. Write down three times it worked.

1

2

3

IF YOU'D LIKE TO PRAY

God, when I'm angry, help me stop, cool down and do the right thing. Amen.

4 · CONNECT

What do you do with anger before it does something with you?

Real Life on onsidefaith.co.uk. Or talk it through with your coach or the Onside chaplain.

SESSION 6 CHARACTER

06

FALLING OUT

You and your best mate have a massive row after a match. Now you're not speaking, the group chat's gone weird and training is awkward. Falling out hurts, especially with people you care about.

1 DISCOVER

PAUL, BARNABAS AND MARK

ACTS 15:36–41 AND 2 TIMOTHY 4:11

Paul and Barnabas were a brilliant team. They'd travelled together, faced danger together and seen lots of people become Christians. On their first trip they took a young man called John Mark, but partway through he left them and went home.

When it was time for a second trip, Barnabas wanted to give Mark another chance. Paul refused. They disagreed so strongly that they split up. Barnabas took Mark one way, and Paul took Silas the other.

That wasn't the end of the story. Years later, writing from prison, Paul asked for Mark to be brought to him, because Mark was so useful to him. The falling out had been put right.

> **THE BIG IDEA**
>
> **Even good friends fall out. It doesn't have to be the end: you can own your part, give second chances and make peace where you can.**

2 THINK

MEMORY VERSE

"If it is possible, as much as it is up to you, be at peace with all men."

ROMANS 12:18

☐ I can say it without looking

1. What usually causes fall-outs in your friendships or your team?

2. Who do you think was right, Paul or Barnabas? Could they both have had a point?

3. What helps you make up with someone after a row?

LEVEL UP · 13+

The verse says 'if it is possible, as much as it is up to you'. In a fall-out, what's up to you, and what isn't?

ONE THING I WANT TO REMEMBER

3 TRY

THE REPAIR KIT

Think of a fall-out, now or in the past. You don't have to name anyone. Work through it here.

WHAT HAPPENED, FROM THEIR SIDE

MY PART IN IT

WHAT I COULD SAY OR DO TO PUT IT RIGHT

THIS WEEK'S CHALLENGE

MAKE THE FIRST MOVE

If you've fallen out with someone, take one step towards making peace this week: say sorry for your part, send a kind message, or just say hello.

> Making peace doesn't mean putting up with being bullied or hurt. If a friendship makes you feel unsafe or controlled, you don't have to fix it on your own — tell an adult you trust.

What happened?

IF YOU'D LIKE TO PRAY

God, help me own my part when I fall out with people, and give me the courage to make the first move. Amen.

4 · CONNECT

What if you've fallen out with a friend?

Real Life on onsidefaith.co.uk. Or talk it through with your coach or the Onside chaplain.

SESSION 7 PURPOSE

07

PASS IT ON

Think of the coach who spotted something in you and helped you get better: a tip about your first touch, a word after a bad game. Every good player has had someone pass it on to them.

1 DISCOVER

PRISCILLA, AQUILA AND APOLLOS

ACTS 18

Priscilla and Aquila were a married couple who made tents for a living. They worked alongside Paul and learned lots from him about following Jesus. Later they moved to the city of Ephesus.

One day a new speaker called Apollos arrived. He was brilliant, full of energy and knew the Scriptures really well, but there were big things about Jesus he hadn't heard yet. Priscilla and Aquila didn't show him up in public. They took him aside and explained things to him more fully.

Apollos went on to help lots of people. Paul passed it on to Priscilla and Aquila, they passed it on to Apollos, and Apollos passed it on to many more.

> **THE BIG IDEA**
>
> **Nobody gets good on their own. Learn from others, and when you can, pass it on.**

2 THINK

MEMORY VERSE

“Iron sharpens iron; so a man sharpens his friend’s countenance.”

PROVERBS 27:17

☐ I can say it without looking

1. Who has helped you get better at something? What did they do?

2. Why do you think Priscilla and Aquila spoke to Apollos privately?

3. What could you teach someone younger than you?

LEVEL UP · 13+

Apollos was already brilliant, but he still let others teach him. Why is it sometimes hard to be coached, and how can you get better at it?

ONE THING I WANT TO REMEMBER

3 TRY

THE PASSING CHAIN

Fill in your own passing chain: who passed something on to you, what it was, and who you could pass it on to.

1	→	2	→	ME	→	3
WHO PASSED IT TO ME		WHAT THEY TAUGHT ME		ME		WHO I COULD PASS IT TO

A SKILL OR SOMETHING I'VE LEARNED THAT I COULD PASS ON

THIS WEEK'S CHALLENGE

COACH SOMEONE

Pass something on this week: help a younger player with a skill, show a brother or sister how to do something, or share something you've learned in this book.

What happened?

IF YOU'D LIKE TO PRAY

God, thank you for the people who have helped me grow. Help me pass it on. Amen.

4 · CONNECT

Passing the Ball

Football & Faith on onsidefaith.co.uk. Or talk it through with your coach or the Onside chaplain.

SESSION 8 PURPOSE

08

KNOWN FOR SOMETHING

When a player leaves a club, people talk about them. Some are remembered for their goals. The best are remembered for the kind of person they were.

1 DISCOVER

DORCAS AND THE COATS

ACTS 9:36–42

Dorcas, also called Tabitha, lived in the seaside town of Joppa. She was known for always doing good and helping people in need, especially widows who had nobody to look after them. She made them coats and clothes with her own hands.

Then Dorcas became ill and died. Her friends sent for Peter. When he arrived, the room was full of widows in tears, showing him the coats and clothes Dorcas had made for them.

Peter sent everyone out of the room, knelt down and prayed. Then he said, 'Tabitha, get up.' She opened her eyes and sat up. The news spread all over Joppa, and many people believed in Jesus.

> **THE BIG IDEA**
>
> **Your life can be known for something good. Small acts of kindness, done again and again, are what people remember.**

2 THINK

MEMORY VERSE

"Even so, let your light shine before men, that they may see your good works and glorify your Father who is in heaven."

MATTHEW 5:16

☐ I can say it without looking

1. What would you like people to remember about you?

2. Dorcas used a skill she had to help others. What skills do you have?

3. Who do you know who is always doing good for other people?

LEVEL UP · 13+

Jesus said to let your light shine so people see your good works. He also warned against showing off. What's the difference?

ONE THING I WANT TO REMEMBER

3 TRY

ON THE BACK OF MY SHIRT

Imagine your shirt could say what you're known for, not just your name. What would you want it to say?



THREE WORDS I'D LIKE PEOPLE TO USE ABOUT ME

1 _____

2 _____

3 _____

ONE THING I COULD START DOING SO IT'S TRUE

_____

_____

THIS WEEK'S CHALLENGE

START SOMETHING

Do three acts of kindness this week that nobody asked for. Tick each one when you've done it.

☐ _____

☐ _____

☐ _____

IF YOU'D LIKE TO PRAY

God, help my life be known for something good. Help me shine for you, on the pitch and off it. Amen.

4 · CONNECT

What if I don't know what I'm doing with my life?

Real Life on onsidefaith.co.uk. Or talk it through with your coach or the Onside chaplain.

SCRIPTURE MEMORY

MEMORY VERSE TRACKER

Tick each one when you can say it without looking. **Top tip:** say it out loud while you do keepy-ups, one word per touch.

- [ ] **1 THESSALONIANS 5:11**
  Therefore exhort one another, and build each other up, even as you also do.

- [ ] **ROMANS 15:7**
  Therefore accept one another, even as Christ also accepted you, to the glory of God.

- [ ] **2 TIMOTHY 1:7**
  For God didn't give us a spirit of fear, but of power, love, and self-control.

- [ ] **PHILIPPIANS 4:6**
  In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.

- [ ] **EPHESIANS 4:26**
  Be angry, and don't sin. Don't let the sun go down on your wrath.

- [ ] **ROMANS 12:18**
  If it is possible, as much as it is up to you, be at peace with all men.

- [ ] **PROVERBS 27:17**
  Iron sharpens iron; so a man sharpens his friend's countenance.

- [ ] **MATTHEW 5:16**
  Even so, let your light shine before men, that they may see your good works and glorify your Father who is in heaven.

THE AWAY TEAM

WHO'S ON YOUR TEAM?

You've met eight away-day heroes. Tick the one you're most like. Be honest: they all had bad days too.

- ☐ **BARNABAS**
  THE ENCOURAGER
  Backs people when nobody else will
- ☐ **PHILIP**
  THE INCLUDER
  Makes room for everyone, loves questions
- ☐ **PETER AND JOHN**
  THE ORDINARY HEROES
  Nothing flashy, but brave when it counts
- ☐ **PAUL AT SEA**
  THE CALM HEAD
  Steady when everyone else is panicking
- ☐ **SILAS**
  THE MIDNIGHT SINGER
  Keeps going when life's unfair
- ☐ **MARK**
  THE SECOND-CHANCE KID
  Messed up, came back, became useful
- ☐ **PRISCILLA**
  THE COACH
  Spots potential and passes it on
- ☐ **DORCAS**
  THE KIND ONE
  Known for doing good

WHY I'M MOST LIKE THEM

THE ONE I'D LIKE TO BE MORE LIKE, AND WHY

PRAYER

PRAYING LIKE THE FIRST CHRISTIANS

The first Christians prayed everywhere: in houses, in prison and at sea. None of them used fancy words. Try one that fits how you're feeling today.

TOGETHER PRAYERS

When Peter and John were set free, they went straight back to their friends and everyone prayed together. You don't have to do it on your own.

MIDNIGHT PRAYERS

Paul and Silas prayed and sang in a prison cell at midnight. You can pray at your worst moments, not just your best.

THANK-YOU PRAYERS

In the middle of the storm, Paul still gave thanks before he ate. There's nearly always something to say thank you for.

PRAYING FOR OTHERS

When Peter was in prison, his friends prayed for him all night. When he turned up at the door, they were so surprised they left him standing outside.

MY PRAYER TODAY

PRAYER

PRAYER JOURNAL

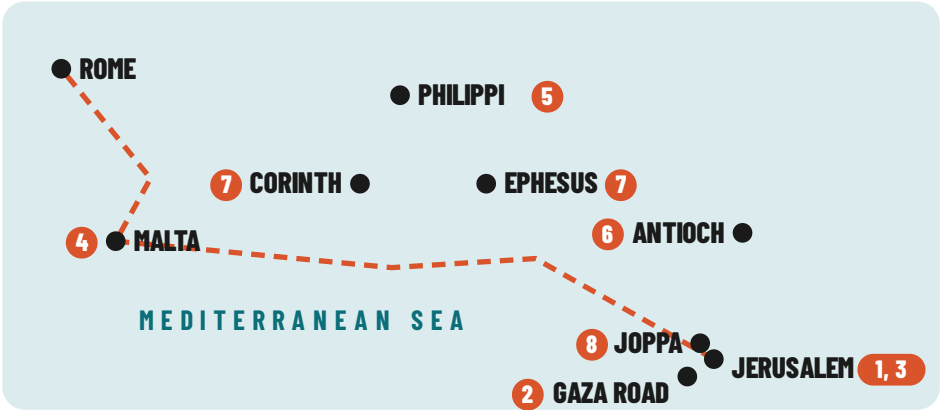
Prayer is just talking to God, in your own words. Write down what you're praying about, then come back and note what happened. Not sure about prayer? Use it as a list of the things you're hoping for. If you'd like to talk about prayer, speak to the Onside chaplain or another Onside leader.

DATE	WHAT I'M PRAYING ABOUT	WHAT HAPPENED

WHERE IT HAPPENED

THE AWAY DAYS MAP

Jesus told his followers to take his message from Jerusalem all the way to the ends of the earth. Within about thirty years it had reached Rome. The numbers show where each session's story happened. The dotted line is Paul's voyage to Rome, shipwreck and all.



THE FURTHEST I'VE TRAVELLED FOR FOOTBALL

A PLACE I'D LOVE TO TAKE MY FAITH, MY KINDNESS OR MY FOOTBALL

You can read the whole story in the book of Acts, straight after the four Gospels in the New Testament.

HONEST QUESTIONS

DO I HAVE TO GO TO CHURCH TO BE A CHRISTIAN?

Christians believe you become a follower of Jesus by trusting him, not by where you are on a Sunday. But from the very start, in the book of Acts, Christians met together, ate together and looked after each other.

Church is meant to be more like a team than a building. If you're curious, lots of churches have youth groups. You could go along with a friend, or ask a trusted adult about it.

WHAT DO YOU THINK?

WHY WOULD ANYONE RISK SO MUCH FOR WHAT THEY BELIEVE?

Peter, John, Paul and Silas were arrested, beaten and shipwrecked, and they kept going. The first Christians were convinced that they had encountered Jesus alive after his death, and some were willing to suffer because of that belief. That doesn't prove their claim was true, but it does raise an important question: what made them so convinced?

The first Christians said they had met Jesus alive after he died, and that changed everything for them. You don't have to agree, but it's a question worth thinking about.

WHAT DO YOU THINK?

Explore these and more on the Big Questions page at **onsidefaith.co.uk**. Got a question that isn't here? Write it on the next page.

EXPLORING FAITH

MY BIG QUESTIONS

Got questions about life, God or faith? Good. You don't need to have it all figured out. Write yours down here, then talk them through with the Onside chaplain, an Onside leader or an adult you trust.

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PEOPLE I CAN TALK TO

REAL LIFE

IS SOCIAL MEDIA MESSING WITH YOUR HEAD?

Scrolling can be fun, but it can also leave you comparing yourself, worrying or feeling left out. You're not the only one who feels like that.

TRY THIS

- Notice how you feel after scrolling. If it's worse, take a break.
- Remember you're seeing everyone's highlights, not their real life.
- Be a Barnabas online: build people up, and never join a pile-on.

Faith angle: Your worth doesn't come from likes or followers. "Man looks at the outward appearance, but the LORD looks at the heart." *1 Samuel 16:7*

WHAT'S ON MY MIND

SOMEONE I COULD TALK TO

If something online upsets or worries you, or someone asks you for photos or to keep secrets, tell an adult you trust. You can call Childline free on **0800 1111**, any time.

REAL LIFE

WHEN DOES A FRIENDSHIP STOP BEING HEALTHY?

All friendships have ups and downs. But some start to feel controlling, or leave you feeling small, scared or stuck.

TRY THIS

- A good friend lets you have other friends and doesn't make you choose.
- You shouldn't have to keep secrets that make you feel uncomfortable.
- Being put down, pressured or threatened all the time is never OK.

Faith angle: Real love, in friendships and in families, looks like this: "Love is patient and is kind. Love doesn't envy." *1 Corinthians 13:4*

WHAT'S ON MY MIND

SOMEONE I COULD TALK TO

If a friendship or relationship makes you feel unsafe, you don't have to sort it out on your own. Tell an adult you trust. You can call Childline free on **0800 1111**, any time.

GRATITUDE

GRATITUDE WEEK

Noticing the good stuff changes how you feel about everything else. Every day for a week, write down something you're thankful for. It can be big or tiny: a great goal, a friend, a decent dinner.

MON

TUE

WED

THU

FRI

SAT

SUN

Keep it going: carry on in a notebook, or download more Onside Plus books for free from onsidefaith.co.uk.

30-DAY CHALLENGE

THE AWAY CHALLENGE

The first Christians took it out there one step at a time. Try one of these every day for 30 days, in any order you like, and tick it off.

1 ☐ Encourage a teammate	**2** ☐ Say 'well done' to the other team	**3** ☐ Sit with someone on their own	**4** ☐ Learn something about someone new	**5** ☐ Ask a question you've been wondering about
6 ☐ Put your hand up in class	**7** ☐ Try something you think you're bad at	**8** ☐ Write down one worry and one thing you can do about it	**9** ☐ Get an early night	**10** ☐ Take five slow breaths before a game
11 ☐ Walk away instead of snapping back	**12** ☐ Count to ten before you reply	**13** ☐ Say sorry first	**14** ☐ If it feels safe, take one small step towards making peace	**15** ☐ Stick up for someone
16 ☐ Help a younger player	**17** ☐ Teach someone a skill	**18** ☐ Say thank you to a coach	**19** ☐ Do a job at home without being asked	**20** ☐ Make something for someone
21 ☐ Tidy up after training	**22** ☐ Pray for someone else	**23** ☐ Read one of the stories again	**24** ☐ Learn a memory verse	**25** ☐ Five minutes with your phone away
26 ☐ Write down three good things	**27** ☐ Don't join in with a pile-on	**28** ☐ Invite someone to join in	**29** ☐ Watch a talk on Onside Faith	**30** ☐ Tell someone about your favourite away day in this book

THE FINAL WHISTLE

FULL-TIME CHECK

You've made it through all eight sessions. Circle a number for each one again.

1 = not really · **3** = sometimes · **5** = definitely

I feel like I belong at Onside.	1 2 3 4 5
I've got people I can talk to when things are hard.	1 2 3 4 5
I believe in myself.	1 2 3 4 5
When I make a mistake, I can bounce back.	1 2 3 4 5
I do the right thing even when nobody's watching.	1 2 3 4 5
I'm kind to people, even ones who aren't my mates.	1 2 3 4 5
I think I've got something good to give.	1 2 3 4 5
I help other people without being asked.	1 2 3 4 5

LOOK BACK AT YOUR PRE-MATCH CHECK. WHAT'S CHANGED?

THE BIGGEST THING I'VE LEARNED

PLAYER OF THE SEASON: SOMEONE WHO HELPED ME GROW

WHAT'S NEXT

KEEP GOING

That's all eight away days. The Onside Faith website follows the same four steps, Discover, Think, Try and Connect, with a new talk to explore each week.

My Journey
Check in and keep your streak going. It's not a score.

Football & Faith
Short talks that connect football with faith.

Big Questions
Honest places to start with the questions people ask.

Real Life
Worry, anger, friendships, social media and purpose.

Daily Devotional
Faith meets football, with a new thought every day.

What's On
Sessions, mentoring, events and trips near you.

BOOK 1
THE PLAYBOOK
Belonging, confidence, character and purpose.

BOOK 2
THE SQUAD
Eight unlikely players from the Old Testament.

SCAN OR VISIT
onsidefaith.co.uk
Nothing you think or write is collected by the website. If you're under 13, have a look with a parent or carer.

Scripture quotations are from the World English Bible (British Edition), which is in the public domain. Bible stories are retold in our own words; look up the reference to read the full passage. © 2026 Onside Ministries. Free to download, print and share for non-commercial use. Please don't change it or sell it.

FOR LEADERS

USING AWAY DAYS WITH A GROUP

Away Days works on its own, but it's even better with a group. Each session takes about 45 minutes and follows the same four steps as the Onside Faith website.

DISCOVER 10 min	Read the opening together and ask who's been in that situation. Read or retell the Bible story, then share the big idea.
THINK 15 min	Say the memory verse together. Talk through the questions in pairs or small groups, and offer the Level up question to over-13s.
TRY 15 min	Do the activity and set the week's challenge. Next time, start by asking how the challenge went.
CONNECT 5 min	Point to the talk or topic on onsidefaith.co.uk. Only end with the prayer if the group is comfortable with it.

GOOD PRACTICE

- Faith is always optional. Invite, never pressure, and make it easy to say no.
- Nobody has to share what they've written.
- Help younger players with the reading, and pair them with older ones where it helps.
- Respect every young person's background and beliefs.
- Follow Onside's safeguarding policy. If a young person tells you something worrying, don't promise to keep it secret, and pass it to the designated safeguarding lead the same day.

FOR PARENTS AND CARERS

WHAT YOUR CHILD IS WORKING THROUGH

WHAT IS AWAY DAYS?

The third book in the Onside Plus series. Eight sessions use football and stories of the first Christians to help young people with real life: encouragement, difference, worry, anger, falling out and finding their purpose. It goes alongside the Onside Faith website, onsidefaith.co.uk.

IS IT RELIGIOUS?

Onside is a Christian charity, and each session includes a Bible story, a verse and an optional prayer. Your child doesn't need to be a Christian to use it, and taking part in anything faith-based is always their choice. Everyone is welcome and questions are encouraged.

IS THE WEBSITE SAFE TO USE?

Onside Faith doesn't collect or store the reflections, prayers or journal entries young people make. If your child is under 13, we'd suggest looking at it together.

HOW CAN I HELP?

Ask about the week's challenge, talk about the questions over dinner, and try not to mark it. There are no wrong answers.

SAFEGUARDING

Onside has a safeguarding policy and designated safeguarding leads. If you have any concerns, speak to your child's coach or contact Onside directly. If a child is in immediate danger, call 999.

onsidefaith.co.uk · Onside Soccer is the working name of Onside Ministries, registered charity no. 1149686.

MY ONSIDE TEAM

WHO'S GOT MY BACK

MY COACH

MY GROUP

I TRAIN AT

ON

MY MENTOR

A FRIEND AT ONSIDE

ONSIDE CHAPLAIN

NEED TO TALK?

If something's worrying you, you feel unsafe, or you think somebody may be in danger, you don't have to deal with it on your own. Talk to your coach, the Onside chaplain, another Onside leader or an adult you trust. Every Onside project has a safeguarding lead whose job is to keep you safe.

Faith can be a real source of hope, but it doesn't replace professional help when somebody is struggling.

CHILDLINE · FREE, ANY TIME

0800 1111

childline.org.uk

If you're in danger right now, call 999.

ONSIDE SOCCER

ONSIDE PLUS · BOOK 3

TAKING IT OUT THERE

The first Christians were ordinary people who took their faith on the road: into prisons, through storms and into cities where not everyone wanted them. Away Days is eight sessions connecting their stories with real life: encouragement, difference, worry, anger, falling out and finding your purpose.

For players aged 9 to 16, whatever they believe. It goes alongside the Onside Faith website and follows the same four steps: Discover, Think, Try and Connect.

Also in the series: The Playbook and The Squad.

onsidefaith.co.uk

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