

Special FOOTBALL Series

#### DOCUMENT

Author: Carlos Vitor da Costa Ressurreição

Collaborators: Roney Lopes Marcelo Dadamo Eduardo Machado João Nicolau Jefferson Fortes Lucas Araújo Osvaldo Rodrigues Julio Diniz Herminio Correa Adilson Gonçalves

Coordination: Mitchel Urbano

Administrative Council: Marlinton Souza Lopes Harry Streithorst Volnei da Rosa Porto

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is considered the most popular sport on the planet, as around 270 million people participate in its various competitions.

The modern game was created in England with the formation of "The Football Association," whose 1863 rules are the basis of the sport today.

The governing body of football is the International Federation of Association Football (French: Fédération Internationale de Football Association), better known by the acronym FIFA. The main international football competition is the FIFA World Cup, held every four years. This is the most famous and most-watched event in the world, with twice the audience of the Olympic Games.

The oldest activity that resembles modern football of which we have knowledge dates back to the III and II cen-

turies BC. These data are based on a manual of exercises corresponding to the Han dynasty of ancient China. The game was called "ts'uh Kuh" (cuju), and consisted of kicking a ball with the feet into a small net.

During the Age of Discovery, sports from the New World began to be known. It is estimated that the Mayan culture's "pok ta pok" had 3,000 years of history. Written documents by Jesuits describe a game called "Manga nemborosái" played in Jesuit missions in Paraguay that would be quite similar to football. Although these games had certain characteristics that resemble modern football and other various sports, their incidence in current sports is debatable, since there are practically no links to them in the British Isles, the birthplace of modern football.

There were many other variants that could have given rise to football, passing through Japan, Rome, Greece, although they were introduced in the British Isles, their rise to modern football is uncertain.

In the late Middle Ages, various types of team games

developed in the British Isles, which were known as football codes. These codes were unified and in the second half of the 17th century, the first major unifications of football occurred, giving rise to rugby, American football, and football, as it is known in much of the world.

The early British codes were characterized by few rules and extreme violence. One of the most popular was school football. It was even banned by decree of King Edward III, who claimed it was an unchristian sport. The ban lasted for 500 years. However, there were other forms of games from that time, more organized, less violent, and that also developed outside the British Isles. One of the most wellknown was "calcio fiorentino", originating from the city of Florence, Italy, in the Renaissance period in the 16th century. This sport influenced several aspects of modern football, not only because of its rules but also because of the festive atmosphere in which matches were played.

British clubs were divided in relation to the game called rugby, and while several decided to follow it, others decided to reject it because they were more accepting of not touching the ball with their hands.

After the creation of rules to unify and make football unique and differentiate it from rugby and American football, October 26, 1863, is considered the creation of modern football.

With well-defined rules, the first games and tournaments with this new modality began to be played. On November 30, 1872, Scotland and England played the first official match between national teams. On July 20, 1871, a British newspaper proposed the creation of a tournament that would be organized by the Football Association, the first step towards the creation of the English Cup.

In the late 1880s, football began to rapidly expand outside the United Kingdom, mainly due to the international influence of the British Empire.

The first countries to have their own football associations outside the British Isles were the Netherlands and Denmark in 1889, New Zealand in 1891, Argentina in 1893, Chile and Belgium in 1895, Italy in 1898, Germany and Uruguay in 1900, Hungary in 1901, Norway in 1902, and Sweden in 1904.

The peak of global football led to the creation of FIFA on May 21, 1904. The founding associations were those of Belgium, Spain, Denmark, France, the Netherlands, Sweden, and Switzerland. The four football associations of the United Kingdom, the so-called Home Nations, opposed the creation of this organization. Due to the growth of football, FIFA had announced the first international selection competition for 1906, but due to internal problems, it was not held. Football had already been presented to the world through a series of exhibition matches during the 1900, 1904, and 1906 Olympic Games, until the 1908 edition received a selection competition for the first time. The gold medal went to the British team.

FIFA has turned contemporary football into an economically active activity, which moves US\$225 billion per year. It is made up of 204 national federations, thousands of state or regional federations, and around 300,000 affiliated clubs and 1.5 million teams. In Brazil, the Brazilian Football Confederation (CBF) is the entity with representation before FIFA.

### Curiosities

- 1848 in football: Henry de Winton and John Charles Thring regulate the rules of Cambridge.
- 1857: The rules of Sheffield are regulated. Sheffield Football Club, the world's oldest football club, is founded in London, England (October 24).
- 1860: The oldest football match between North Counts Club and Hallam F.C. took place at Sandygate Road stadium in Sheffield, England (December 26).
- 1863: The Football Association, the world's oldest football association, is founded in England (October 26).
- 1864: The first football match with the 14 rules of the game is played (January 9).
- 1867: Youdan Cup, the world's oldest competition, is held with 12 teams in Sheffield, England.



- 1871: Charles William Alcock creates the FA Cup, the world's oldest professional football competition.
- 1878: Manchester United is founded as Newton Heath LYR F.C. and the first night game is played at Bramall Lane, Sheffield. Public Domain
- 1884: The oldest national team tournament, the British Home Championship, is held in the British Isles.
- 1887: Club de Gimnasia y Esgrima La Plata, an Argentine sports club, becomes the first Latin American football team.
- 1890: Nets on both goalposts are used for the first time in Bolton, England.
- 1891: The first penalty kick is awarded to English player Jonh Heath of Stoke City.
- 1893: The Argentine Football Association, the oldest football association in South America, is founded.
- 1894: Charles Miller arrives in Brazil with two used footballs, a pair of boots, a book with the rules of football, and a ball pump in his luggage.
- 1895: The first football match in Brazil takes place in São Paulo and is played between employees of English companies.

- 1899: Clube de Regatas Vasco da Gama is founded in Rio de Janeiro.
- 1902: The Paulista Football Championship, the oldest football league in Brazil, begins.
- 1916: The first Copa América is held in Argentina.
- 1927: The first radio broadcast of a football match takes place in a game between Arsenal and Sheffield United in London.
- 1928: The proposal for the World Cup is approved by FIFA.
- 1929: Uruguay is chosen as the host of the first World • Cup by FIFA. The first FIFA World Cup of Football was held in 1930 in Uruguay. It was the only one without a gualification process. All countries affiliated with FIFA at the time were invited to participate and given a deadline to accept by February 28, 1930. Due to the long and expensive voyage by ship across the Atlantic Ocean, few European teams were willing to participate. Before the given deadline, no European team showed interest in participating. In an attempt to receive some European presence, the Uruguayan Football Association sent an invitation letter to The Football Association (UK), despite the British nations having withdrawn from FIFA at the time. The invitation was rejected by the British federation and two months before the start of the tournament, no European team had shown interest. The FIFA president, Jules Rimet, intervened and had four European teams participate, which were Belgium, France, Romania, and Yugoslavia.
- 1930: French national team player, Lucien Laurent, scores the first goal of the first World Cup.
- 1954: The World Cup is held in Switzerland and has the first TV broadcast.



### Balls

The football, one of the main icons of the sport, is used to play football in its various variations. Today, it is usually made of synthetic leather, but it hasn't always been that way... Let's understand how the evolution of this simple "toy" that entertains so many people around the world in their "pick-up games" and "friendly matches" happened.

In medieval times, footballs were made of anything that could be kicked (even today, we still see this phenomenon with balls made of newspapers, plastic bags, socks, etc.). In the early Middle Ages, the ball started being made of leather and was often filled with hair or moss. At some unknown point, someone discovered that inflated pig bladders were good for kicking. The oldest leather football, probably around 450 years old, was recently found in 1999 on top of the beams of Queen Mary of Scotland's bed at Stirling Castle in Scotland. The ball was made from a pig's bladder with a leather coating around it. In 1894, Charles Miller arrived in Brazil from England, bringing with him the first football.

In the 1920s, manufacturers began using a strong fabric to cover the leather to prevent it from stretching and losing shape, and also improved water resistance by coating the leather with water-resistant materials or synthetic paints. The leather panels were cut by hand.

In the first World Cup held in Uruguay in 1930, the ball was of the "Tiento" model, with no official manufacturer. It was heavy, made of leather, and had an air chamber (thanks to the discovery of vulcanization and the use of rubber in 1838 by Charles Goodyear). The opening was later sewn with exposed laces. When the ball got wet, it would become heavy and the stitching would hurt the players' heads. In the 1958 World Cup in Sweden, the balls no longer had thick stitching, but they were still made of leather and made it difficult for athletes to play in rainy weather.

In 1970, the year Brazil became a three-time champion, the balls were still made of leather, but with a difference: they were waterproofed and had more panels. They were white and black to improve visibility for viewers.

In the 1980s, synthetic materials began to be used in the manufacture of balls, improving performance, durability, and lightness. The ball used in the 1982 World Cup was the last leather ball used in the tournament.

In the 1994 World Cup, when Brazil became a four-time champion, the ball was developed with several layers of synthetic material that enhanced the kick and had high resistance due to the polymers.

In the new millennium, more polymers became part of the ball's composition. The ball had a polyurethane coating and butyl rubber in the chamber. Kevlar was also used, as well as thermal bonding instead of stitching.



Today, the characteristics of the ball are regulated by a rule that determines that the match ball must be spherical, constructed of leather or another suitable material, with a circumference no greater than 70 cm and no less than 68 cm, a weight no greater than 450 g and no less than 410 g, and a pressure equivalent to 0.6-1.1 atmosphere (600-1100 g/cm2) at sea level at the start of the game.

It is estimated that 40 million soccer balls are produced annually in the world, a number that increases to 60 million in World Cup years.

## **Football Boots**

The first football boots appeared in the late 19th century in England. They were made for massive protection of the athletes' feet. They were equipped with steel tips and spikes for stability on the sole due to the game's conditions. Made of leather, they could weigh up to a kilogram on rainy days.

- As soon as World War II ended, football resumed its practice and the first World Cup after the incident was in 1950, in Brazil. The South American countries took the first big step towards the development of these important artifacts. So much so that Brazil and Uruguay reached the finals. The boots were no longer used exclusively for foot protection but as weapons to create an advantage over the competition.
- In the 1960s and 70s, manufacturers began the battle to develop models with innovations, such as better player acceleration. The main brands began to present a smaller and increasingly lightweight shape,
- with variations of colors and even the mold of the studs. All the development aimed to increase the friction between the foot and the ball. Adidas revolutionized this market with the creation of the "Predator."
- In the early 2000s, Nike entered the fight of the football giants, creating the lightest football boots in history until then. The idea was to make the boot an extension of the foot. The evolution of football boots never stops, and usually, the World Cup is a milestone for launches and revolutions in the market. In addition to the major companies in the industry that make high profits from sales, professional and amateur players appreciate better performance on the field, court, and rough terrain, as well as comfort for their punished feet.

### Uniforms

Since 1860, players have been playing football with uniforms. The first football uniform was made in 1860 and was used by schoolchildren in Britain. The outfit was practically the school uniform. Made of woven cotton, not mesh, consisting of trousers worn inside a sock, a belt, a button-up shirt often with long sleeves. Caps were also worn to pro-



tect the head from the ball's stitching. The attire was elegant, and the sport was elite.

At the end of the 19th century and the beginning of the 20th century, football was already widely practiced. The uniform began to gain its current lines. Instead of trousers, long shorts up to the knee were worn. The belt was used to fasten the shorts. The button-up shirt occasionally received accessories, such as a tie in important games.

From the first to the third decade of the 20th century, the uniform underwent a significant transformation, just like the sport: the shirt became a cotton knit, buttons disappeared, and collars with strings appeared.

### Shorts

continued to be thick and wide. The belt was abandoned in favor of drawstrings. Fabric reinforcements appeared in certain areas (legs and shins) for protection. The cap remained a part of the accessories for protection because the ball still had its protruding seams. In the 1950s, shorts gained elastic and became shorter but still wide.

Shirts also widened a bit and became lighter. Colors began to appear in uniforms.

Synthetic materials took hold in the 1980s, and cotton knitwear was restricted to fields. The new fabrics absorb sweat, making them lighter. At the beginning of this century, the trend was for fabric blends according to the athlete's body heat and movement map. Uniforms are becoming more fitted to the body, a design trend that seems to be accentuating.

As with all created things, there was a need for a designer, an ideator, a designer, so too did the world, animated and inanimate beings, have their Creator.

#### 1. Who created planet Earth? Genesis 1:1; Isaiah 40:28.

In the beginning, God created the heavens and the earth.

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.

#### 2. How did humanity originate? Genesis 1:26-27

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." So God created mankind in his own image, in the image of God he created them; male and female he created them.

## 3. How can we know about our Creator? Psalm 19:1; John 5:39

The heavens declare the glory of God; the skies proclaim the work of his hands.

You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me.

## 4. What does our Creator want from and for us? Ezekiel 18:32; Jeremiah 31:3

"For I take no pleasure in the death of anyone," declares the Sovereign Lord. "Repent and live!"

"The Lord appeared to us in the past, saying: 'I have loved you with an everlasting love; I have drawn you with unfailing kindness.""





2. Match tactics PLAN OF SALVATION

A plan is an intention or project. It is a systematic model developed before carrying out an action, with the aim of directing and guiding it. In this sense, a plan can also be the set o arrangements necessary to achieve the final result of the plan/project.

In soccer, tactical schemes (or formations) are the ways in which a coach organizes their team on the field. According to Carlos Alberto Parreira (coach of the Brazilian national team that won the World Cup in 1994), "the playing systems are not the most important thing, but they make a difference. Without a minimum of organization, you can't play professional soccer."

There are two positions: goalkeeper and outfield players. But, as the history of this sport has progressed, various types of positions and consequently tactical schemes have been created, some more offensive, others more defensive, and with different ways of becoming balanced (attacking and defending with the same efficiency). It should be noted at this point that the dimension of tactics in soccer is not limited to the positioning of players on the field. Aspects associated with these spatial references are located in the strategic plane of the game. At this point, although the term "tactical schemes" is commonly associated with the disposition of players on the field of play, it is suggested that the concept of tactics go beyond this mere spatial issue. Specifically, tactics are presented as the solution to the problem tasks that arise in the game. Thus, the term "game platform" is recommended to refer to the spatial arrangement of players and the term "tactics" to refer to the decision-making that occurs in the game.

Tactics are typically identified by three numbers, which indicate the number of players in defense, midfield, and attack, respectively.

The first logical tactical scheme was the 4-2-4, when it was believed that the goal of soccer was to score goals. Nowadays, soccer is increasingly concerned with not conceding goals, so for a long time, no team has played in this scheme, which began to lose ground to the 3-4-3 and 4-3-3, until it was phased out by coaches and specialists.

Currently, the most used tactical schemes are the 4-4-2 and 3-5-2. FIFA only recognizes six tactical schemes (1-1-8, W.M., 4-2-4, 4-3-3, 4-4-2,3-5-2). The others are considered variations of those already existing.

Let's take a look at some types of tactical schemes:

One of the most curious formations was the Dutch "Carousel". Created by coach Rinus Michels, the system aimed for each player to assume a position on the field randomly, without a fixed position except for the goal-keeper, of course. It is considered the greatest demonstration

- of total football, with all players attacking and defending. In the 1974 World Cup in Germany, Johan Cruyff's Netherlands showed the world this great tactical innovation, but lost the final 2-1 to West Germany.
- The 1-1-8 was the first strategy that appeared in football in 1863. The tactic consisted of one defender, one mid-fielder, and a line of eight forward players.
- From 1883, the formation adopted by virtually everyone in football was the 2-3-5, known as the "Pyramid". This scheme was widely used until the 1938 World Cup.
- The WM formation was created by Arsenal coach Herbert Chapman, with the change in the offside rule in the late 1920s. The WM consisted of three defenders, two full-backs and a center-back, two defensive midfielders, two playmakers, two wingers, and a center forward. The placement of the players resembled a W and an M, hence the name of the formation.
- The 3-3-3-1 was invented by El Loco Marcelo Bielsa in the Chilean national team in 2010, and was one of the bases used by Guardiola in the super Barcelona. The formation consisted of three defenders, with the two on the side able to go forward, one defensive midfielder, two wide midfielders, a line of three attacking midfielders, and a fixed center forward.
- The 3-4-3 first appeared in the 1962 World Cup. In its defense, there is a libero who covers the plays on the sides of the midfield, a defensive wing-back, and a winger. In addition to three forwards and a center forward.
- The 3-5-2 is a tactical formation with three players in defense, five in midfield, and two players in attack. This scheme originated in Europe as a less defensive
- option than the 4-4-2. In defense, a central defender was added and the last defender is the libero. The full--backs were pushed forward and became known as

wing-backs. The libero plays a fundamental role in this scheme.

- The 4-3-3 became popular in the late 1960s and early 1970s and was used by the Netherlands in the 1974 World Cup. This scheme proved to be more efficient in teams where attacking players, especially those playing on the flanks, were fast, dynamic, and capable of helping in defense.
- The 4-4-2 is currently the most commonly used scheme and was first used in the 1970s.
- The 4-1-4-1 is a modern scheme used by the Brazilian national team since 2016. In 2015, coaches Tite and Guardiola started using this scheme in their clubs.

The importance of strategies and game plans in football for achieving goals and victories was discussed. It was emphasized that being strategically prepared before an important decision, such as the World Cup final, is crucial. The greatest plan and the best strategy in history were conceived by God even before the foundation of the world to give humans an opportunity for eternal salvation. Are you not curious to discover and understand what magnificent plan this was...

#### 1. What was the strategy of God's enemy? Genesis 3:4,5

Then the serpent said to the woman, "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

Satanás incorporado num animal ( serpente não fala ) utilizou da estratégia da mentira para fazer o ser humano acreditar que a palavra de Deus não tinha significado, e que eles podiam ser felizes desobedecendo a Deus. Satanás contou uma meia verdade, mas meias verdades são mentiras disfarçadas . Na verdade Adão e Eva não morreram fisicamente no ato que desobedeceram a Deus , mas perderam a vida eterna , ou seja morreram para a eternidade .

2. What was the Divine tactic for facing this problem? Genesis 3:9-13

Then the Lord God called to Adam and said to him, "Where are you?" So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." And He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?" Then the man said, "The woman whom You gave to be with me, she gave me of the tree, and I ate." And the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."

God seeks humans. He called to Adam in the garden, and He continues to call us today. He is calling you today through this Bible study to surrender to Him. God faces the problem with an open dialogue with His children.

Without shouting or accusing, He wants to know why they stopped believing in His word.

3. What was the definitive solution that God gave? Genesis 3:15

And I will put enmity between you and the woman, and between your seed and her Seed; He shall bruise your head, and you shall bruise His heel.

Here is the greatest prophecy of the Bible. The serpent that represents Satan (Revelation 12:9) would strike the seed of

the Woman (representing Christ) on the heel through His death on the cross. In prophecy, Woman symbolizes the Church. Therefore, the seed, the main fruit of the Woman, which is Christ, would strike Satan on the head by dying and rising again to save humanity from the condemnation of death. The guilt and punishment of Adam and Eve's sin, as well as that of all human beings, were paid for by Christ. That's why He can perfectly save all who come to Him.

### 4. What is Satan's strategy today? 1 Peter 5:8

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

Satan walks around like a lion seeking to "devour" the children of God, that is, to harm them and lead them away from the path to heaven.

#### 5. What can we do to defend ourselves? 1 Peter 5:6-8

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.





## 3. The greatest game of all time and the best games in World Cup history SACRIFICE OF CHRIST

The First World War delayed the development of football. The Second World War had a similar effect. In 1946, Britain, Ireland, Wales, and Scotland, who had withdrawn from FIFA after the First World War, returned to the international organization. This is the background to understand the context of the greatest game of all time.

May 10, 1947, is considered a date of vital importance for the resurgence of FIFA and world football, thanks to the friendly match between the UK team and a selection of European players, the Rest of Europe XI, called the "Match of the Century". The game was played at Hampden Park, Glasgow, Scotland, in front of 135,000 spectators. The British team won the game 6-1, and the proceeds from the match were donated to FIFA to help with its restructuring. The first edition of the FIFA World Cup after the Second World War took place in Brazil in 1950.

In addition to this extremely important game in the history of modern football, there were others that were considered unforgettable due to the events that occurred during the matches, especially in the World Cup. True sagas that marked an era and are still remembered today.

We will list below some of these historic football matches. We can start with Brazil's victory over Sweden, 5-2, on June 29, 1958. Pelé, at just 17 years old, and Garrincha dazzled the world after being added to the team in the middle of the competition. Against Sweden, who were playing at home at the Rasunda Stadium, Brazil turned the game around and, with goals from Vavá (2), Pelé (2), and Zagallo, won and became world champions for the first time.

Another remarkable game was Brazil's defeat to Uruguay on July 16, 1950, at the Maracanã. The match became known as the "Maracanazzo" due to the trauma it represented for Brazilian fans. Brazil, who were playing for a draw, opened the scoring with Friaça in the second minute, but Uruguay scored two goals, with Schiaffino in the 21st minute and Ghiggia in the 34th, saying goodbye to Brazil's dream of a world title.

On June 15, 1974, at the World Cup in Germany, the Netherlands enchanted the world with a 2-0 victory over Uruguay in the first round of the competition. The constant movement earned Cruyff's team the nickname "Dutch Carrousel".

Twenty years earlier, Hungary had already presented a similar scheme. The speed was so great that on June 20, 1954, Hungary scored 8-3 against strong West Germany. The game was remarkable, but it was in the first round. In the grand final, the Germans, despite being under pressure the entire time, won 3-2, with a goal disallowed for Puskas.

One of the most celebrated games in history was Brazil's 4-1 victory over Italy on June 21, 1970, when the Canarinho squad became champions. The game started off balanced, with goals from Pelé and Boninsegna, but in the second half, Brazil took the lead and scored three goals with Gérson, Jairzinho, and Carlos Alberto Torres. "I thought: He is made of flesh and blood like me. I was wrong," said defender Tarcísio Burnich about Pelé.

In the same 1970 World Cup, on June 15, the unforgettable semifinal between Italy and West Germany ended 4-3 in favor of Italy. It was a true back-and-forth game full of surprises that ended in Italian victory in overtime.

Another great game was the 1986 World Cup final, Argentina 3-2 West Germany on June 29. Diego Maradona's performance in that tournament was crowned by the victory. In addition to the title, Maradona achieved another feat. His performance earned him the first-ever perfect 10 score given by the demanding Italian sports magazine Guerin Esportivo.

Brazil and the Netherlands also played a memorable game in the 1994 World Cup in the United States on July 9. In the second half, Brazil took a 2-0 lead. The Netherlands tied the game, but at the 35th minute, a precise free-kick from Branco, who was replacing the suspended Leonardo, scored the third goal for Brazil, securing their place in the semifinals. Brazil became four-time world champions, defeating Italy in the penalty shootout. In matches between traditional national teams, there is usually not a significant goal difference. The 4-0 victory by Germany over Argentina on July 3, 2010, in the quarterfinals of the South Africa World Cup, and the historic 7-1 victory by Germany over Brazil on July 8, 2014, in the semifinals of the Brazil World Cup, differ from this maxim. The latter feat became known as "Mineiraço," considered one of the most notable results in the history of football, surpassing even the negative result of losing 6-0 to Uruguay in the 1920 South American Championship. All of these were incredible games that marked history and the memory of many people around the world. However, nothing compares to a truly glorious moment that literally divided human history into before and after Him. Jesus came to this sinful world, became flesh and dwelt among us.

He suffered the same trials we face in our daily lives. He did not use His power, even though He was God, the Creator. Sin caused a separation between us (creatures) and God (Creator). Jesus was the key piece to restore this alliance that was once broken by the disobedience of one man, and by one Man, grace was given to us, His blood was shed on a cross for the forgiveness of sins of ALL the world, and the most incredible thing about it is that we do not have to pay for any of it, we just have to accept Him as the Lord of our lives through faith. The wages of sin is death, but our debt is paid by the blood of the Lamb. We just have to accept this gift.

## Fun Facts:

- The record for the most goals in a single World Cup is held by Frenchman Fontaine with 13 goals scored in the 1958 World Cup. The overall record for all World Cups is held by Brazilian Ronaldo with 15 goals.
- Brazil is the only country to have participated in every World Cup.
- Brazil has the most titles won, with a total of five.
- Italy and Germany have won the World Cup four times each. Argentina and Uruguay have two titles. England and France have only won one title each.
- The World Cups of France (1998), Japan/Korea (2002),

- Germany (2006), South Africa (2010), Brazil (2014), and Russia (2018) were the only ones with the participation of 32 teams.
- The biggest victories in the history of the World Cup were: Hungary 10 x 1 El Salvador (1982); Yugoslavia 9 x 0 Zaire (1974); Hungary 9 x
- O South Korea (1954); Germany 8 x O Saudi Arabia (2002); Sweden 8
- x 0 Cuba (1938); Portugal 7 x 0 North Korea (2010); Poland 7 x 0
- Haiti (1974), and Germany 7 x 1 Brazil (2014).
- Brazil's biggest victory in a World Cup game occurred at Maracanã during the 1950 tournament in Brazil. In the final quadrangular, Brazil beat Sweden 7 x 1.
- Brazil's biggest defeat in a World Cup game happened in 2014. The Brazilian team lost to Germany 7 x 1.
- Brazil has the best performance in the history of the World Cup. They have participated in all 20 World Cups, playing 104 games with 71 wins, 16 draws, and 17 losses.
- Starting from the 2026 World Cup, there will be 48 participating teams. During the tournament, 80 games will be played in 32 days. (That is if Jesus does not return before then!).
- 1. What was Christ's mission in coming to Earth? I Peter 2:24; Isaiah 53:3-7

He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all. He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth.

# 2. What motivated God to sacrifice himself for me and you? John 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

#### 3. What is our part in salvation? I John 5:10; Hebrews 5:9

Whoever believes in the Son of God accepts this testimony. Whoever does not believe God has made him out to be a liar, because they have not believed the testimony God has given about his Son. And, once made perfect, he became the source of eternal salvation for all who obey him.







Yellow and red cards are used to indicate to athletes a specific punishment for their conduct within the game. In soccer, the emergence of this rule brought more stability and organization for the referee to carry out his function. Before that, any irregularity by an athlete was only verbally penalized, a fact that usually caused countless confusions. The referee warned the athletes and noted the warnings in his notebook.

It is said that in the 1966 World Cup in England, the hosts and the Argentinians faced off in a quarter-final match. The German referee Rudolf Kreitlin was designated for the game. Shortly after the start of the match, three Argentinian players were "warned" in the packed Wembley stadium. One of them, Captain Rattín, shortly before the end of the first half, not accepting the referee's markings, began to gesture ostentatiously, requesting an interpreter to communicate with the referee, so much so that the German ended up "interpreting" the Argentinian player's gestures as insults and ended up ejecting him from the match. Rattín, dissatisfied, refused to leave the field (feigning not to understand his ejection), and after a great interruption of the game, had to be "invited" to leave the field in the most unpleasant way possible (escorted).

But how to use a gesture or signal that the world could easily understand. The head of the referees at the 1970 World Cup, the Englishman Keen Aston, was faced with the challenge of solving the problem. Upon arriving in Mexico City, he found the solution. On his way from the airport to the hotel, riding in a taxi, he saw the driver slow down when the traffic light turned yellow and stop when it turned red, colors with a worldwide reference: attention and stop.

At the 1970 World Cup in Mexico, the cards debuted in style. Right in the opening match between Mexico and the Soviet Union, with 1 minute of play, the German referee Kurt Tschenscher cautioned Mexican Gustavo Pena and Russians Givili Nodia and Gennadi Logofet during an argument with yellow cards.

The red card was only presented at the 1974 World Cup in Germany, by Turkish referee Dogan Babacan, in the match between West Germany and Chile, to Chilean player Carlos Caszely.

Later, the football championship organizations realized that players insisted on receiving warnings and nothing happened to them. Then persistent offenders began to be punished by the "set of works".

Automatic suspensions for cards are not part of the game rules, but of the specific regulations of the competitions being played. In competitions under the auspices of FIFA, usually 2 yellow cards in two different games, take the athlete out of the next match.

In England, yellow cards are accumulated in all season competitions (administered by the Football Association). So if a player reaches a series of 5 yellow cards, he is removed from one game; when he reaches 10 yellows, he is out for 2 games; at 15 cards in the season, he is out for 3 games, and so on.

In Brazil, it works as follows: cards are valid in the competitions in which they are applied. A series of 3 yellow cards in different games gives an "automatic suspension" of one match. A red card has the same penalty (1 automatic game), but the athlete will be judged and may increase this penalty or even be acquitted (but will still serve the automatic penalty).

For example, a soccer player enters a game "hanging by a thread" with two yellow cards (received previously in another competition). During the game, he receives a yellow card (the third in the series) so:

- 1. If the game ends like this, he will serve a "automatic suspension" of 1 game and his cards will be "reset" (a new series begins);
- 2. If he receives a second yellow card in the same game (consequent red card for two warnings), he will be sent off from that game and will serve an automatic suspension for the expulsion of one game (will be judged for the expulsion). In this case, the player remains "hanging" with 2 yellow cards since the first yellow card of this game "added up" to the second, "transforming" into a red card.
- 3. If he receives a straight red card in the same game in which he received a yellow card (for example, for assaulting an opponent), he will serve a two-game "auto-

matic suspension", that is, one for the third yellow card in the series and another for the red card. This player, after serving two games (and being judged), enters with a "clean slate" and a new series of yellow cards.

Lucifer, in his rebellion in heaven, ended up receiving a red card and an eternal suspension. And it was not just him, he dragged with him a third of the angels who believed in his lies. Due to disobedience to God and His Law, they were expelled from a perfect place where there was only harmony. We are running the same risk by not listening to the Lord, who is constantly looking for His sheep that are in other folds and tirelessly knocking on the door of our heart. He will not break down this door, it is necessary that we open it so that the Lord may come in and dine with us. Unlike the eternal suspension and automatic penalty to be served due to the red card, we have the opportunity TODAY to accept a recycling course, in order to become morally fit to be part of the celestial team. What are you waiting for...

#### 1. How did evil begin? Ezekiel 28:14, 15, 17; Isaiah 14:13-14

You were the anointed guardian cherub, and I placed you; you were on the holy mountain of God; in the midst of stones of fire you walked. You were blameless in your ways from the day you were created, till iniquity was found in you. Your heart was proud because of your beauty; you corrupted your wisdom for the sake of your splendor. I cast you to the ground; I exposed you before kings, to feast their eyes on you.

You said in your heart, "I will ascend to heaven; above the stars of God I will set my throne on high; I will sit on the mount of assembly in the far reaches of the north; I will ascend above the heights of the clouds; I will make myself like the Most High."

#### 2. What was the result of the origin of evil? Revelation 12:7-9

Now war arose in heaven, Michael and his angels fighting against the dragon. And the dragon and his angels fought back, but he was defeated, and there was no longer any place for them in heaven. And the great dragon was thrown down, that ancient serpent, who is called the devil and Satan, the deceiver of the whole world—he was thrown down to the earth, and his angels were thrown down with him.

 What message did God give to the first inhabitants of this earth and what did they do? Genesis 2:15-17; Genesis 3:1-5

The Lord God took the man and put him in the Garden of Eden to work it and keep it. And the Lord God commanded the man, saying, "You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."" But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

## 4. How did Christ guarantee us victory over evil? Genesis 3:15

I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel."

5. What should we do to not be trapped by sin? Ephesians 6:10-18; Revelation 12:11; Psalm 119:11

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.

I have hidden your word in my heart that I might not sin against you.







5. Soccer Rules THE TEN COMMANDMENTS

Soccer has 17 laws, all established by the "International Board". The "International Football Association Board" (IFAB) is the body that regulates soccer rules. The association was founded on December 6, 1883.

The first version of the Rules of the Game brought generic definitions about soccer. It delimited the size of the field, some infractions, and the throw-ins. Nails and iron plates were prohibited from cleats. The biggest differences from the current sport were in the offside rule and the use of hands. Any player of the same team ahead of the ball line was offside, making progression passes impossible. In addition, the goalkeeper did not exist, and any player could catch the ball in the air - earning a free kick if they did so.

In 1863, the first rules of the "Football Association" were written. It was in that year that Ebenezer Cobb Morley, Secretary-General of the English Federation, wrote the "FA Minute Book", which is almost consensually considered the founding moment of modern soccer. This work marks the moment when soccer and rugby began to follow different paths, to the point of today being completely different modalities.

Let's summarize these rules that made the sport unique and simple:

- The playing field: The field must be rectangular.
  - Length: Minimum 90m Maximum 120m
  - Width: Minimum 45m Maximum 90m
- Soccer ball: The ball must have a circumference of 68 to 70 cm and weigh from 410 to 450g at the start of the match. Players are prohibited from using their hands, except for the goalkeeper, within the limits of the penalty area. The ball cannot be changed without the referee's authorization.
- Number of players: Two teams with 11 players each, with 10 in the field and one goalkeeper. If one of the teams has only 7 players, the match is postponed or not started.
- Soccer equipment: Players cannot carry objects that can hurt their opponent or themselves. The player must wear basic equipment such as shirt, shorts, socks, cleats, shin guards, and both teams must have a set of different equipment so that they can be identified on the field. If the player does not have all the correct equipment, the referee should instruct them to organize their equipment.
- Referee: Each match must have a referee, who must be the authority on the field and receives assistance from two linesmen, known as assistant referees. He inspects the field, enforces the rules, and resolves doubtful plays. He can change his decision if he realizes that it is incorrect.

- Duration of the match: The game officially lasts 90 minutes, with two halves of 45 minutes and a 15-minute break. The duration of the match can be extended if substitutions are made, if players are injured, if players need to be transported off the field, or for any other reason that interrupts the game.
- Start and restart of play: There are eight ways to interrupt the game and restart it. The game begins with a kick-off and must be restarted with a kick-off if a team scores a goal. If the ball goes out of bounds and is touched by a player, a throw-in is awarded to the other team to restart the game. The third way is a goal kick, and the game is restarted with the goalkeeper kicking the ball back into play. If the opposing team sends the ball out of bounds, the other team is awarded a corner kick and is required to restart the game from the corner where the ball went out. There is also a foul that stops play, player injury, and offside.
- Ball in play or out of play: The ball is out of play when it completely crosses the sideline or goal line or when the game is interrupted by the referee. It is in play when it rebounds off the crossbar and stays on the field of play and when it hits the assistant referees and referee and does not go out of bounds.
- Goal scored: A goal is scored when the ball crosses the goal line under the crossbar.
- Offside: A player is considered offside if they are closer to the opposing team's goal line than the ball and the second-to-last opponent. When they are in their own half of the field, when they are in line with the last two opponents and in line with the second-to-last opponent, they are not considered offside.
- Fouls and unsportsmanlike conduct: A direct free kick is awarded by the referee to a player who commits a foul in an imprudent or violent manner. Grabbing an op-

ponent, kicking them, pushing them, touching the ball with their hands, among others. If there is a recurrent unsportsmanlike foul or incitement to violence against an opponent, the player may be cautioned with a yellow card. Fouls that can result in a red card are violent conduct, preventing a goal with their hands if they are not the goalkeeper, using offensive language, and receiving a second warning card during the game.

 Penalty: A penalty kick is awarded for a foul committed by a player within their own penalty area. The goal is scored directly, the ball is placed on the penalty spot, and all other players remain outside the penalty area.



## Curiosities:

- In the early days of football, players did not have defined positions. As a result, some would stand next to the goals to score and make the game uneventful, leaving a void in the field.
- In 1865, the goalposts began to have a ribbon between them to define the height of the posts. The prototype of the crossbar was only introduced ten years later.
- In 1869, the goal kick was born. Before, the ball that went out of bounds belonged to the team that retrieved it first, earning a free kick.
- In 1871, only one player was allowed to touch the ball with their hands. The goalkeeper was born.
- Goalkeepers can only touch the ball with their hands in their own penalty area. Corner kicks were introduced.
- In 1891, nets were added to the goalposts.
- In 1892, stoppage time was created after a goalkeeper kicked the ball out of bounds to avoid a penalty kick. When the ball was returned, time had already run out.
- In 1895, throw-ins were awarded to the opposing team of the player who last touched the ball. Before, it belonged to whoever retrieved the ball first.
- In 1902, penalty areas were created.
- In 1912, goalkeepers had their hand actions limited to their own penalty area. Additionally, they needed to wear different uniforms than their teammates.
- In 1924, corner goals were allowed.
- In 1939, shirt numbers became mandatory.
- In 1990, for safety reasons, the use of shin guards became mandatory.

The goalkeepers were banned from handling balls passed back to them by their teammates with their feet in

1992. Before that, football was played quite differently from today's game. For example, hand touches were allowed - by any player on the field. There were no goalkeepers. Neither was the forward pass. The goals were not even delimited in their height.

And the Rules of the Game were not 17, as they are today, but only 13 - the offside, the referee, the time and the penalty were only introduced in the following years. However, no matter how much the rules have changed - and been updated - the essence of the game has changed little. And that is why it remains the most played sport in the world.

Each rule of football has its importance and should be observed and respected. Before the laws of football, civil laws, traffic laws, etc., a Moral Law, divided into Ten Commandments, was written by the finger of God on two stone tablets so that, just as in football, where the rules served to organize and improve the sport, so also the "Law of Love" created by the Lord would serve to improve our lives, guide us as to the organization of society, be useful to tell us what is right and wrong, as well as serve as a fence to protect us. All this with the sole purpose of making our lives better and happier in this sin-contaminated world because the Lord loves us. It is so important to us that it was the only part of the Bible that was not inspired and entrusted to men to write. He himself, with His finger, engraved it and commissioned the prophet Moses to pass on His teachings to the people and thus for all generations. The commandments are ten, the expression of God's character. If we try to obey them and diligently observe them, we will certainly have a safer life here. Unlike the rules of football, which have undergone significant changes since the first ones were created, God's Ten Commandments are eternal and perfect because His word is immutable and has no shadow of variation... When we love someone, we try to do their will.

Not because we are forced to, but simply because we love.

If a coach instructs his players, he expects his orders to be followed, respecting his authority. This is the kind of relationship that God wants to maintain with me and with you. Obedience and respect. The essence of the Law remains the same: love. Think about it.

# 1. Who wrote the Ten Commandments and to whom were they delivered? Exodus 31:18

And when He had finished speaking with him on Mount Sinai, He gave Moses the two tablets of the Testimony, tablets of stone, written by the finger of God.

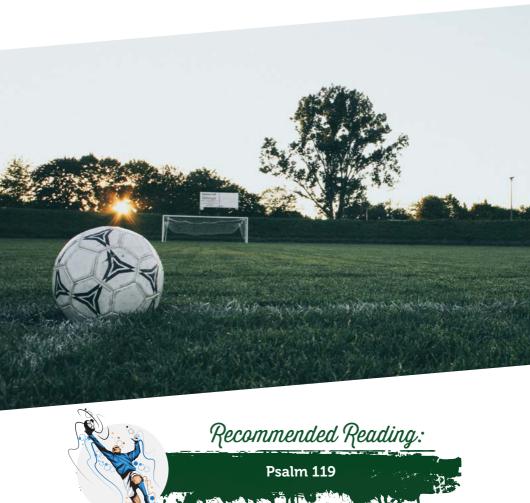
#### 2. What are the Ten Commandments of God's Law?



- 1. You shall have no other gods before me.
- 2. You shall not make for yourself a carved image or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, but showing steadfast love to thousands of those who love me and keep my commandments.
- 3. You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain.
- 4. Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.
- 5. Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.
- 6. You shall not murder.
- 7 You shall not commit adultery.
- 8. You shall not steal.
- 9. You shall not bear false witness against your neighbor.
- 10. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's. Exodus 20:3-17

# 3. 3. Who should keep the Ten Commandments? João 15:10; João 14:15

Se me amais, guardareis os meus mandamentos. Vós sois meus amigos, se fazeis o que eu vos mando.







#### SABBATH

Concentration, also called the "Concentration Regime" in football language, is a kind of seclusion regime that athletes are subjected to before games.

Its premise, in theory, is to ensure athletes rest and follow a regulated diet for better performance.

The goals of football teams' concentration are:

- To allow for complete rest;
- To keep athletes away from the company of family and friends to prevent accidents or influences from disturbing them;
- To provide adequate nutrition and preventative medical care.

Normally, athletes gather one or two days before games in a more secluded location (which can be the club headquarters or a hotel), where intensive preparation is made for important games or championships. This preparation is done through technical and motivational talks, tactical training, meetings, medical and psychological support from all professionals directly involved with the group. However, intimate contacts with family members or anyone else who may emotionally interfere with the athlete's performance are avoided.

There is, however, a disagreement among some coaches and club officials around the world regarding concentration, although this practice is common in almost all football teams. Some professionals have come to understand that it is psychologically better for an athlete to spend the night at home with their family rather than being cooped up in a hotel. In addition, by ending the concentration, the club would have fewer expenses. According to research, abolishing pre-game concentration would represent an annual savings of up to R\$1 million for Brazilian clubs. This is a good formula for some controversies in football.

In the 1970s, European football began to abolish concentration, starting with English clubs. The measure gradually spread throughout the continent. Concentration the day before is only done in championship decisions or in the final stages of the Champions League. Because it is believed that concentration does more harm than good, it is maintained during trips, after all, the team is not playing at home and the group has to travel together.

However, the common sense that concentration is a thing of the past in Europe is not true. For Europeans, the routine, schedule, and physical demands of the game require some care. What is growing is the habit of making concentration a workplace. Whether it is for recovery, physiotherapy, or tactical meetings.

In Brazil, in 1980, the "Democracia Corintiana" (Corinthian Democracy) tried to end the practice of team concentration. Players would gather on the day of the game and travel to the stadium together. However, due to the lack of responsibility and professionalism of most Brazilian players, this trend did not catch on here.

According to coaches and executives, the biggest obstacles to the definitive veto of team concentration in Brazilian soccer are the behavior of players outside of work and the constant scrutiny of fans.

It is very common to hear news of athletes who have fled from these concentrations. For example, on the eve of the 1986 World Cup, defender Leandro and striker Renato Gaúcho ran away and only returned in the early morning to Toca da Raposa, the Seleção de Telê Santana's training camp. As a result, Renato was cut from the team, and Leandro resigned from his position.

- The traditional method, similar to the one adopted in Brazil, such as at Paris Saint-Germain, where the team concentrates at a hotel from the day before the game;
- the ultraliberal model, adopted by Luis Enrique at Barcelona, where players arrive at Camp Nou about two hours before the game;
- the flexible method, which is a compromise between the two previous types, where concentration only happens in more important games, with the belief that concentration is a moment of work, preparing the player mentally and tactically for the game.

There is still a fourth type, which advocates that single athletes should concentrate before married athletes, since singles have a greater possibility of succumbing to the temptation to enjoy the night.

There is even a law, number 6,354/76, which states that "the athlete will be obliged to concentrate, if agreed to by the employer, for a period not exceeding 3 (three) days per week, provided that any friendly or official competition is scheduled, and will be available to the employer when the competition is held outside the locality where they have their headquarters."

Just as there is a specific law that determines team concentration and, to some extent, rest, as well as the common sense among football professionals that concentration is necessary for better nutrition and rest, especially in more important and decisive games, there is also, among the Ten Commandments of God, one in particular that gives us a 24-hour period of rest, worship, and special communion with the Creator. All of this is for us to have better spiritual performance. In the fourth commandment of God's Law, He also assumes authorship of all things. Unlike the regime of team concentration, which brings some controversies and divergent opinions regarding the cost-benefit of this method of enclosure, somewhat obliging athletes to this regime, the fourth Commandment of God's Law is one of the greatest expressions of love and freedom of the Creator towards the creature. He cared about our physical and spiritual integrity, being aware of our body (much more than any physiologist or physical trainer) and our mind, after all, He Himself created us, and He realized that we would not respect this perfect machine. He then thought of creating a law, because only then would we understand the importance of not only "stopping" on the seventh day but also recognizing Him as our Creator and Savior. Enjoy this gift and enjoy a special relationship with the Lord every Saturdav.

1. What does God say about overworking and what is His promise to His beloved? Psalm 127:1-4; Ecclesiastes 2:26

"Unless the LORD builds the house, the builders labor in vain. Unless the LORD watches over the city, the guards stand watch in vain."

"To the person who pleases him, God gives wisdom, knowledge and happiness, but to the sinner he gives the task of gathering and storing up wealth to hand it over to the one who pleases God. This too is meaningless, a chasing after the wind."

#### 2. Who instituted a weekly rest and what day was chosen? Genesis 2:2-3; Exodus 20:8-11

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."

#### 3. Is it necessary to keep the Sabbath commandment or was it abolished when Jesus came? Matthew 5:17-19; James 2:10

"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. For truly I tell you, until heaven

and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven." -

"For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it."









THE 8 NATURAL REMEDIES

An athlete's diet is very important to promote optimal sports performance and prevent nutritional deficiencies. With a balanced diet, energy reserves can be improved, diseases can be reduced, fatigue can be reduced, the athlete's activity time can be increased, muscles can be recovered after training, and overall health can be improved.

Therefore, the diet should be balanced, have quality, variety, and moderation. Therefore, it is important to know the foods to know how they can help or harm sports performance.

Let's understand how each type of food works:

#### Carbohydrates

they are considered energy nutrients, as their function is to provide the energy needed for the body to perform activities such as walking, working, studying, running, playing soccer, and others. They are found in foods such as bread, pasta (without fatty sauces), rice, potatoes, fruits, cassava, cereals, etc.

#### Proteins

They are considered builder nutrients, as they build and repair muscles, tissues, cells, produce antibodies (to fight diseases and infections), enzymes and hormones (which regulate body functions). Their sources are: meats, eggs, milk and dairy products, beans, peas, lentils, chickpeas, nuts, chestnuts, etc.

## Fats

They also provide a large amount of energy, but their main functions are to aid in the absorption of fat-soluble vitamins (A, D, E, and K), provide satiety to the body, produce hormones, protect and insulate organs and tissues.

There are two types of fats: saturated fats, which are found in animal products (meats, butter, cream, cream cheese) or solid vegetable products (hydrogenated vegetable fat, present for example in ice creams, stuffed biscuits, cakes, snacks, French fries, popcorn - this is harmful to health and should be avoided); and unsaturated fats, which are healthier and are found in liquid form such as canola, soy, olive, corn, and sunflower oils.

Note: they have a slow absorption and should be consumed in moderation to avoid harming the player's performance.

#### Vitamins and minerals:

They are regulatory elements, important because they participate in intestinal functioning, digestion, blood circulation, and the immune system (the body's defense system against diseases). They are necessary for normal growth and maintenance of life. Vitamins and minerals are obtained through daily ingestion of a variety of fruits, vegetables, and legumes. If the athlete has problems with the intake of fruits and vegetables, they will have problems with the adequate supply of vitamins and minerals. The ideal is to select at least 3 different colors of salad (e.g., orange-carrot, red-tomato, greenlettuce).

#### Water:

Water, along with oxygen, is the most important constituent for maintaining life. Therefore, the amount of water lost through urine, feces, sweat, and breathed air must be replenished to maintain health and efficiency of the body in digestion, absorption, circulation, and excretion. Recommendation for athletes: 10 to 12 glasses or more per day.

### Before training:

Large meals (lunch and dinner) should be consumed up to 4 hours before training, so that full digestion can take place. This meal should be rich in carbohydrates (rice, pasta, cassava, potatoes, flour, vegetables, etc.), with little protein (lean meats, preferably chicken or fish, beans, soy, peas, lentils, etc.) or very little or no fat (soybean oil, olive oil, olives, cream, mayonnaise, etc.).

Small meals (snacks) should be taken between 2 and 1 hour before training or game. This snack should be rich in carbohydrates (with bread, biscuits, fruits, juices, meats, etc.) and without fat. Water should also be consumed during the period before training or game.

#### During training/game:

For players to succeed on the field, hydration must be done periodically during the game. Isotonic drinks and especially water can be used.

## After training/game:

Immediately after training (or game), carbohydrate stores should be replenished so that lost energy can be recovered. Minerals and vitamins also need to be consumed as they prevent injuries, reduce post-workout fatigue, and improve the immune system. Fruits and fruit juice are great options for this. Protein intake at this time is also important, as it is the nutrient responsible for restructuring muscle mass that may be compromised during intense training or games.

Great protein options include bread, yogurt, lean meats, milk, low-fat cheeses (ricotta, cottage cheese, minas), eggs, beans, lentils, peas, chickpeas, etc. And to conclude, once again, water cannot be lacking. Here is a list of 8 foods that, due to their nutritional profile, can make all the difference in the proper functioning of the body and the performance of any athlete:

- Sweet potato Egg Avocado Oats
- Yogurt and cream cheese Quinoa
- Nuts Banana

Just as these 8 foods help improve an athlete's performance, there are also 8 natural remedies that confirm God's various advice through the Bible to take care of our bodies as the "temple of the Holy Spirit." And like any habitable place, it needs to be well taken care of, organized, and pleasant.

Now, we will list the 8 natural remedies available to everyone, gifts from God.

1. HEALTHY DIET: involves two aspects: avoiding foods that harm the body and using in moderation foods that are beneficial, with emphasis on a vegetarian diet rich in fiber and nutrients found in whole foods.

- 2. REGULAR WATER INTAKE: water is essential for transporting food, oxygen, and minerals, as well as being present in what is eliminated as sweat and tears, in blood plasma, joints, respiratory, digestive, and nervous systems, urine, and skin.
- 3. BREATHING FRESH AIR: it is essential to seek places where there is ventilation and pure air can be breathed.
- 4. EXPOSURE TO SUNLIGHT: one of the main guidelines is that houses have places with sunlight. Sometimes, it is necessary to remove curtains, open windows, or suspend blinds so that sunlight enters the environment.
- 5. PHYSICAL EXERCISE: physical activities should be done daily, at least 30 minutes a day. There are also recent studies that show that three 10-minute sessions provide the same benefits as a half-hour session.
- 6. REST: in addition to getting the right number of hours of sleep daily, it is important to reserve one day a week for a process of restoring social and family relationships, resting from daily physical and mental activities, and having a greater spiritual connection with God.
- 7. PRACTICE TEMPERANCE: temperance involves more than abstaining from certain types of licit or illicit drugs, but the use of God's natural remedies, as well as a balanced life in work, leisure, and personal relationships.
- 8. TRUST IN GOD: it is essential for quality holistic health and a practical religious experience, not just nominal faith. Trusting in God is much more than knowing that He exists, but having a loving relationship with Him.

We also saw that there are good and bad foods for our bodies. Many scientific studies today reveal which foods help us and which ones harm us. In the Bible, however, we will discover the best diet for human beings and which types of foods we should consume for better health and to avoid diseases. Let's go to our instruction manual, the Bible!

## Curiosities:

- High-performance athletes consume between 3000 to 4000 calories per day.
- In the Brazilian National Soccer Team, the nutritionist responsible for the athletes' diet asks them to weigh themselves before and after each match, and for each kilogram lost, one and a half liters of water are offered.
- Brazilian National Team players are advised to eat six meals a day.
- A study by University College of London suggests that the recommended intake is to consume at least seven servings of fruits and vegetables per day to protect against various diseases and reduce the risk of death.
- During the preparation for the World Cup, the technical commission provides players with a few days off so that they can go for a walk and see their families. During these moments, the star players can break away from the routine of concentration and controlled food, but without excess.
- To maintain the health of the Brazilian national team's star players, special attention is given to the preparation of the food, with care taken to avoid excess fat and prioritize baked, grilled, and boiled foods, thus avoiding frying and excess sodium.
- 1. What was the original diet proposed by God? Genesis 1:29

And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food." 2. What adjustments did God make to this diet and why? Genesis 3:18, 9:3-4

It shall produce thoms and thistles for you, and you shall eat the plants of the field.

Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything. But you shall not eat flesh with its life, that is, its blood.

3. Even with the need for the use of meat, what types of animals did God prohibit as food? Leviticus 11:1-22

And the Lord spoke to Moses and Aaron, saying to them, "Speak to the people of Israel, saying, These are the living things that you may eat among all the animals that are on the earth. Whatever parts the hoof and is cloven-footed and chews the cud, among the animals, you may eat.

Nevertheless, among those that chew the cud or part the hoof, you shall not eat these. The camel, because it chews the cud but does not part the hoof, is unclean to you. And the rock badger, because it chews the cud but does not part the hoof, is unclean to you. And the hare, because it chews the cud but does not part the hoof, is unclean to you. And the pig, because it parts the hoof and is cloven-footed but does not chew the cud, is unclean to you. You shall not eat any of their flesh, and you shall not touch their carcasses; they are unclean to you. These you may eat, of all that are in the waters. Everything in the waters that has fins and scales, whether in the seas or in the rivers, you may eat. But anything in the seas or the rivers that does not have fins and scales, of the swarming creatures in the waters and of the living creatures that are in the waters, is detestable to you. You shall regard them as detestable; vou shall not eat any of their flesh, and you shall detest their carcasses. Everything in the waters that does not have fins and scales is detestable to you. And these you shall detest among the birds;

they shall not be eaten; they are detestable: the eagle, the bearded vulture, the black vulture, the kite, the falcon of any kind, every raven of any kind, the ostrich, the nighthawk, the sea gull, the hawk of any kind, the little owl, the cormorant, the short-eared owl, the barn owl, the tawny owl, the carrion vulture, the stork, the heron of any kind, the hoopoe, and the bat. All winged insects that go on all fours are detestable to you. Of all the flying insects and fourlegged creatures with longer hind legs for hopping on the ground, you may eat these: the locust, according to its kind, the destructive locust, according to its kind, the cricket, according to its kind, and the grasshopper, according to its kind. But all other flying insects that have four legs are an abomination to you.

4. What recommendations do we have about alcoholic beverages? Proverbs 23:29-32; Hosea 4:11; Habakkuk 2:15; 1 Corinthians 6:10

Who are the woes for? Who are the sorrows for? Who are the quarrels for? Who are the complaints for? Who are the wounds without cause for? And who are the red eyes for? They are for those who linger over wine, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end, it bites like a snake and poisons like a viper. The sexually immoral, the drunkards, and the slanderers will not inherit the kingdom of God. Woe to those who give drink to their neighbors, pouring it from the wineskin till they are drunk, so that they can gaze on their naked bodies!

Neither thieves nor greedy people nor drunkards nor slanderers nor robbers will inherit the kingdom of God.



# 8. Positions on the field of play and the structure behind the athletes

(coaching staff, directors, agents, and employees)

#### **SPIRITUAL GIFTS**

Positions in soccer designate players to perform a certain function on the field, seeking to exploit their main characteristics, usually associated with the tactical scheme used, and can be divided into 4 basic positions: goalkeeper, defenders, midfielders, and forwards.

 GOALKEEPER: The goalkeeper is the only player on the field who can touch the ball with their hands and catch it, as long as they are within the limits of the "penalty area". Their goal is to prevent the opponent's goals (in some countries, they are often insulted during the match precisely for this reason). They usually wear jersey number 1, with the reserve wearing number 12. They are required to have sharp reflexes and great flexibility. It is a position of extreme trust within the team, as if the ball passes the goalkeeper there is no player behind them to help, except for rare exceptions. They are usually the first to enter the field and the last to leave during daily training. This is because specialized training for goalkeepers is becoming increasingly intense and dynamic, so they need to go to the field a little earlier.

The defense is the line immediately following the goalkeeper and has 3 sub-positions.

- CENTER-BACK: The center-backs occupy the region of the defensive penalty area. Many center-backs are usually tall, which allows them to head the ball against the area. However, low-statured center-backs with good technique are often seen in action. In this position, players with great strength and endurance are typically seen, rather than dribbling techniques, typical of more offensive players, as their primary function is to block and deconstruct plays near the penalty area. Some good headers risk playing offensive set-pieces and end up scoring important goals.
- FULLBACKS (LEFT/RIGHT): Fullbacks are the players who, as the name suggests, play on the sides of the field, thus establishing the connection between defense, midfield, and attack. They usually wear shirts numbered 2 and 6. They are players with great speed and endurance, as they have the mission of supporting the attack on one of the lateral areas throughout the field, as well as making crosses and even finishing in the opponent's area. They also have the function of defending the opponent's ad-

vances on the sides.

 SWEEPER: The sweeper normally plays behind the line of center-backs. Without possession of the ball, they play as a center-back, and their main function is to defend. When the team recovers the ball, they have the freedom to join in the game, with their main function being to assist in the construction of plays. Examples of great sweepers are Franz Beckenbauer, Franco Baresi, and Matthias Sammer.

Following the defensive line, we have the midfield sector divided into 4/5 sub-positions.

- DEFENSIVE MIDFIELDERS: The defensive midfielder's position is to link the defense and attack, and they are inserted into both the defensive and midfield groups, as they bridge the gap between the two, participating actively in both roles. They are responsible for marking the opponent's playmaker, nullifying their team's offensive plays. In Brazil, there is the first and second defensive midfielder. The first engages more in tackling just in front of the center backs. The second also marks strongly and usually has more quality to play out from the back. In some teams, the second defensive midfielder joins the attack to finish as a surprise element.
- WING-BACKS (RIGHT/LEFT): The wing-backs are nothing more than the full-backs transported to the midfield, and are, therefore, freer to attack.
- ATTACKING MIDFIELDER (PLAYMAKER): The attacking midfielder or playmaker is considered the most important player in a team as they are responsible for creating offensive moves. They usually wear the number 10 jersey, but due to fixed numbering in some countries, this practice is disappearing. Their general characteristics are passing, ball control, dribbling ability, and in some

cases, a good long-range shot. Examples are Rivellino, Gérson, Zico, and Zenon.

 ATTACKING MIDFIELDER: They are in an intermediate position between the midfield and the attack. Unlike playmakers, whose main function is creation, the forward divides their time between creation and attack more effectively since they play closer to the attackers.

In the attack, we find 3 sub-positions:

- WINGER: The attacker who moves more, normally on the edges of the field. Since they play more openly, they have the function of pulling the marking and seeking the game in the midfield. There are the right and left winger. Examples: Socrates, Eder, and Garrincha.
- SECOND STRIKER: These are attackers who typically manipulate and finalize the play. They move across the field seeking possibilities to penetrate the defense. Their characteristics are speed, ball control, dribbling, passing, finalization, and also crossing. In most cases, there are few athletes who master all these aspects.
- CENTER FORWARD: The center forward is the player who receives the function of finalizing the plays, that is, scoring goals. This player usually does not move much, often staying isolated in the attack. Their characteristics are the shot, heading, and placement inside the area. They usually wear the number 9 shirt.

Football is not only what we see on the field. What happens within the four lines is, in fact, only the result of the hard work of many professionals involved in this passionate sport. They are people who dedicate their talents and gifts for a greater and common goal. Victories and achievements make the overall effort worthwhile. Therefore, let's understand what lies behind the success of a team and its players.

We begin with the physical structure. The Training Center is the heart of a professional football club. It is there that all players and team members have privacy to work and strive for the best results. In this environment, we can see the structure behind the players.

Starting from the entrance, there is a dedicated doorman. Without him, arriving at the club would be difficult. Imagine the athlete having to open and close a gate every day, whether on foot or in a vehicle... Security guards also play an important role in maintaining order on the premises.

In the kitchen, where professionals prepare the "fuel" for athletes and staff every day with creativity and talent, we can see that without them, it would be impossible to work. After all, "an empty sack cannot stand upright."

In the dressing room, athletes need a clean and pleasant environment to change their clothes for work materials and take a good shower afterward. To make this happen, people need to work to keep everything clean, organized, and smelling good. And to ensure that this equipment (uniforms, shin guards, cleats, sneakers, gloves, thermal shorts, sweatshirts, swimsuits, flip-flops, etc.) is in perfect condition for use, there is laundry personnel (who keep everything clean and smelling fresh) and equipment managers who do a great job taking care of and separating each athlete's gear.

Before going to the field, players go to the gym where they find physical education professionals ready to assist them with weightlifting exercises. On the field, that green, well-cut grass needed someone to mow and fertilize it, as well as paint the lines that demarcate the playing surface. Water and isotonic bottles are also available since everyone needs hydration quickly. This is the role of the masseur, who goes beyond what the name suggests. Some call them butlers, those who take care of water and such. The nutritionist also closely monitors the supplementation of athletes who need it right by the field.

During training, there is the coach who commands technical and tactical training, alongside him the assistant coach, the physical trainer who stretches and warms up the players and monitors the physical part of each athlete (in some teams, there is also an assistant physical trainer), and the goalkeeper coach who performs the specific work of the goalkeepers.

Parallel to the field work is the medical department with doctors, nurses, physiotherapists, physiologists, dentists, psychologists, etc. All available to athletes so that they recover quickly in case of injuries or pain.

Behind the scenes, people work to make all this happen. Secretaries, supervisors, football managers, football directors, performance analysts, marketers, drivers, janitors, accountants, lawyers, counselors, vice-presidents, and presidents. Each using their gifts and talents. All this structure so that the ball reaches the opponent's goal and doesn't enter by chance.

According to the Bible, there are some gifts given by God (the Holy Spirit), which are granted for the edification of the Church, in this case, being beneficial to all who accept Christ as their only God. Contrary to what many think, gifts were not given for personal satisfaction or self-aggrandizement, but for the benefit of all, especially those closest to us. Just as in football, where professionals involved use their best talents and gifts for the edification and growth of the club they work for, so too should they use them for the well-being of families and people close to them, recognizing that every true gift comes from the Lord. Divine gifts were not given by chance... Let's go to the Bible! 1. What are the different types of gifts compared to? Romans 12:4-6; 1 Corinthians 12:12

"For just as we have many members in one body and all the members do not have the same function, so we, who are many, are one body in Christ, and individually members one of another. Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly: if prophecy, according to the proportion of his faith."

For even as the body is one and yet has many members, and all the members of the body, though they are many, are one body, so also is Christ.

2. What are some of the gifts that God grants to His followers? **1 Corinthians 12:28-30; Romans 12:6-8** 

"And God has appointed in the church, first apostles, second prophets, third teachers, then miracles, then gifts of healings, helps, administrations, various kinds of tongues. All are not apostles, are they? All are not prophets, are they? All are not teachers, are they? All are not workers of miracles, are they? All do not have gifts of healings, do they? All do not speak with tongues, do they? All do not interpret, do they?"

"Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly: if prophecy, according to the proportion of his faith; if service, in his serving; or he who teaches, in his teaching; or he who exhorts, in his exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness."

3. What is the greatest of all gifts? 1 Corinthians 13:13

"But now faith, hope, love, abide these three; but the greatest of these is love."



1 Corinthians 13

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In soccer, there are many ways to earn financial gains. These are monthly or yearly compensations, depending on the type of contract, that help fatten the wallet of the stars for their performance on the field. In reality, this type of reward is a privilege of a select class of football players. For the vast majority of players, the only source of income is the good old signed contract. More than 90% of athletes earn a maximum of 3 thousand reais per month and only receive payment for their signed contract. Only 3%, those who earn more than 50 thousand per month, usually earn in other ways. For players who are in the spotlight in major football clubs, the main way to bolster their budget is through the right to use their image, which is a financial agreement that allows the use of the player's image in ad-

vertising agreements made by the team. The club truly exploits the player's image and must pay for it.

Another remuneration that some players ask from clubs is called "signing bonus", which is an additional amount that is usually paid at the time of contract signing. There is also another possibility for earning.

Established players can still close millionaire personal advertising contracts with major companies and "increase" their annual revenue. We can cite as examples players like Neymar, Messi, and Cristiano Ronaldo, who in football are the ones who earn the most from this type of revenue.

The third income alternative, the popular "bonus", is that extra prize that the team gives to athletes when the team achieves a good performance. Some pay for each victory and other clubs for objectives achieved in each competition. The bigger and more important the championship, the greater the prize offered to each player. Depending on each athlete's contract, there are amounts paid for each goal scored, for each assist that resulted in a goal, for the number of games without conceding goals (in the case of goalkeepers), and for goals accomplished with the group. In this context of awards for objectives achieved, there is an almost philanthropic peculiarity in the way most clubs' athletes help other athletes, coaching staff, and employees of the associations. In cases where clubs pay a "bonus" per game (in some cases, values are offered even for a tie, usually when the game is away from home), each athlete who enters the field earns a value. The athlete who is in the match but does not enter the field by the coach's choice receives 50% of the value of those who entered the field, which are the 11 starters plus the 3 who come off the bench. Normally 21 athletes are related to a game, in a cast that has an average of 35 players, some of whom do not even participate in the game.

A system was created to benefit the athletes who work hard on a daily basis but are not called up to the game, as well as the employees who contribute directly to the good functioning of the club. Thus, the players who participated in the game and won the "bicho" immediately set aside 10% of the total amount received to be divided equally among all others. This division is called "ra-ta-tá" among the players. It is a way created to reward the effort of each one who does not enter the field, literally.

This practice has to do with the didactic form of altruism taught about 6,000 years ago through the Bible. In it, we learn that everything we are and have belongs to the Creator and that He is the one who allows us all things. So, in recognition of the gift of being His stewards, His administrators of everything on Earth, we thus return 10% of everything we earn. Even our gifts and talents must be made available to the Lord. In the Sacred Scriptures, we learn how to systematically give back to God for so many blessings that He grants us, from the air we breathe to material, physical, and intellectual blessings. Let's understand how all of this works and the way God is pleased with our return, after all, He does not need our money.



## Curiosities:

- OFFICIAL EMPLOYMENT: Almost all clubs pay salaries with a formal contract and tax contributions, as required by law. For the vast majority of Brazilian players, the formal contract is their only source of income. However, millionaire players usually seek ways to avoid the 27.5% income tax deduction on their salaries.
- IMAGE RIGHTS: It is a contract that allows the player's image to be exploited, both in televised matches and in the team's advertising campaigns. But in reality, this form of payment is used to pay fewer labor taxes, under an agreement signed between two companies: the club and one that represents the athlete. In certain cases, players and clubs save 15% in taxes.
- BONUSES: It is an incentive paid when a team performs well. The norm used to be a bonus for each victory, but today, it is more common to have agreements based on goals: for example, payment if the team reaches the final of a tournament.
- SIGN-ON FEES: It is a value offered to the star player to sign a contract. It can be paid in one go or in monthly installments. Usually, players earning above R\$20,000 per month tend to ask for sign-on fees when joining a new team.
- 1. How much does God ask for our income for the support of His work? Leviticus 27:30; Proverbs 3:9; Numbers 18:21

"Every tithe of the land, whether of the seed of the land or of the fruit of the trees, is the Lord's; it is holy to the Lord."

Honor the LORD with your wealth and with the firstfruits of all your produce. To the sons of Levi, behold, I have given all the tithes in Israel for an inheritance, in return for their service that they do, their service in the tent of meeting.

#### 2. Did the New Testament church also use this method? 1 Corinthians 9:11-14; Matthew 23:23

If we have sown spiritual things among you, is it too much if we reap material things from you? If others share this rightful claim on you, do not we even more? Nevertheless, we have not made use of this right, but we endure anything rather than put an obstacle in the way of the gospel of Christ. Do you not know that those who are employed in the temple service get their food from the temple, and those who serve at the altar share in the sacrificial offerings? In the same way, the Lord commanded that those who proclaim the gospel should get their living by the gospel.

Woe to you, scribes and Pharisees, hypocrites! For you tithe mint and dill and cumin, and have neglected the weightier matters of the law: justice and mercy and faithfulness. These you ought to have done, without neglecting the others.

Note that Christ says they should do these things (judgment, mercy, and faith) without neglecting "those," that is, returning the tithe even from small things.

3. On what basis does God ask me for a portion of my income? Psalm 24:1; Haggai 2:8; Deuteronomy 8:18.

To the LORD belongs the earth and everything in it, the world and all its inhabitants.

"The silver is mine and the gold is mine," declares the LORD Almighty. But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.



Malachi 3:6-12 and 2 Corinthians 9.



# 10. Injuries, fractures and treatments

**DEATH OF CHRIST** 

The practice of sports is currently widespread throughout the planet, with the benefits associated with physical activity for all age groups.

Regular participation in sports is associated with a better quality of life and a reduced risk of various diseases, contributing to an improvement in social participation and physical performance of practitioners. However, the beneficial effects of sports practice must be balanced with injuries, which are to some extent, unavoidable.

Soccer is undoubtedly the most popular sport in the world. This sport currently has around 200,000 professional athletes and 240 million amateur players worldwide, of which approximately 80% are male. Football has rules, regulations, and a style of play that is different from any other sport. The characteristics of football impose a significant demand on the physical and technical skills of each athlete. Consequently, many of the injury patterns and medical problems are unique.

The risk of injury in football is high. Studies have shown that the risk of injury is 1000 times higher in professional football players when compared to industry workers. As a sport, football has undergone many changes in recent years, mainly due to the increasingly higher physical demands, which forces athletes to work close to their maximum limit, with a greater predisposition to injuries.

The incidence of injuries in football is estimated at approximately 10 to 15 injuries per 1000 hours of sports practice. However, this statistic varies greatly depending on the definition of injury. The incidence of football-related injuries varies greatly when evaluating different activities and groups of practitioners. Women, for example, have a higher incidence of Anterior Cruciate Ligament (ACL) rupture when compared to men.

Studies also suggest a higher incidence of injuries in professional athletes when compared to amateur practitioners.

In football, the most common injuries affect the lower limbs (70-80%), with the majority involving the knee, ankle, and thigh muscles. Most of these injuries occur during games, and when estimated, it is concluded that each player will have, on average, one football-related injury per year.

The most common types of injuries in the sport are sprains, strains, and bruises. Most injuries are traumatic in origin, with approximately 20% attributed to fouls during the game. Repeated injuries are quite common and represent 20 to 25% of all injuries. The most affected athletes are midfielders and forwards, with goalkeepers being the least affected by football injuries. Although frequent, football injuries are generally mild, allowing the vast majority to return to the sport within a week.

Upper limb injuries are less common than lower limb injuries. Upper limb injuries predominantly involve goal-keepers.

### Head

Head injuries are undoubtedly the most worrying injuries in the sport.

Concussion is the most common type of head injury. These can occur through head trauma against the ball, ground, goalpost or contact with another player. When it comes to professional male football, a study showed that 89% of athletes reported some type of head trauma during sports practice, and 54% of these had a history of concussion. The use of mouth guards can reduce the risk of dental injuries, particularly in goalkeepers.

## Shoulder

Shoulder injuries are infrequent and are usually the result of collision with the ground or another player. In goalkeepers, these injuries are frequent, and many of them end up requiring surgical treatment for correction.

## Lower limbs

Injuries in the lower limbs are the most common in football. Muscle injuries are the most frequent and account for approximately 40% of all football injuries. These are classified according to severity as:

 Mild or Grade I: less than 5% of fibers affected. No loss of function

- Moderate or Grade II: 5 to 50% of fibers affected.
- Severe or Grade III: more than 50% of fibers affected. Patient with functional loss.

The treatment and time away from the sport vary according to the grade and characteristics of the injury. The vast majority of these injuries are not surgical.

## Knee

Acute knee injuries are usually the result of rotational movements of the joint with the foot fixed to the ground. These injuries can involve structures such as ligaments (Anterior Cruciate Ligament, Medial Collateral Ligament, etc.), cartilage, and meniscus. After the injury, edema, joint effusion, pain, and joint instability are some of the symptoms. After a thorough clinical examination, surgery is scheduled. The time away from football varies according to the injured structure, ranging from 6 to 9 months to return to the sport.

Tibia fractures are not uncommon in football. They usually occur after direct trauma to the limb. The use of protective shin guards is mandatory and useful in preventing these fractures.

### Ankle

Ankle sprain is the most frequent injury in soccer players. The injury usually occurs with ankle inversion and ligament injury. The severity of the injury depends on the number of ligaments involved and the degree of their compromise. Other injuries can also occur in the ankles such as tendonitis, fractures, ruptures of the Achilles tendon, etc.

And why do professional player injuries heal faster... Intensive treatment, with state-of-the-art equipment and greater scientific knowledge, guarantees an "accelerated" return to the field. Soccer players, when injured, return to the field in a 50% shorter time interval than most people. This is mainly due to a great evolution in rehabilitation science. A muscle injury that would normally take two to three months to treat, in the case of a high-performance athlete, the return to activities occurs in a much shorter time frame.

A common physiotherapy has no place in the professional soccer world. The conventional treatment consists of 30 to 40 minutes per day, twice a week, while in professional soccer, intensive treatment is performed two or three times a day.

The most common muscle injuries can be recovered at a much faster rate with this special treatment. Today, imaging procedures accurately point out the extent of the injury, depth, nature, everything so that physiotherapy treatment is better directed. Physiotherapy is the most important part of recovery. There are many modern devices that help in the recovery process.

Just over 2000 years ago, a man lived on this planet. He divided History into before and after him. He was condemned while innocent, suffered many injuries, was spat on, mocked, whipped, received a crown of thorns, was nailed and hung on a wooden cross. He endured this torment for approximately six hours. Like a silent lamb, he was slaughtered. His name was Jesus Christ. The Father sent him on a rescue mission. His only son. As an Omniscient God, he knew what his son would go through, and yet he authorized this suicidal mission, which consisted of coming to this world of sin, rescuing all people from all ages from the deceptions of Satan, and shedding his precious and divine blood for the remission of my sins and yours. He came to offer us something that cannot be bought or found on any shelf: eternal life. We were created for eternity, and we lost this benefit when Adam and Eve disobeyed God and fell for the first lie told on this planet. After the fall of humanity, the plan of redemption was immediately put into action, and Jesus, even though he was God, offered to come and save us. The entire plan was perfectly executed and fulfilled, as it was written. Unlike the quick recovery of injuries of professional football players, who have various physiotherapy techniques and devices, Jesus Christ, the Righteous One, who is life itself, was not content with just recovering injuries, healing lepers, restoring sight to the blind, making the lame walk, and stopping hemorrhages just by a touch of his garments...

What he did was much greater than all of this. After three days in a tomb, he rose from the dead! He defeated death and returned to us the right to eternal life. We just have to accept his sacrifice and his accomplished mission. Today, don't resist his call. Accept him.

### Curiosities:

- NAILS: They were 13 to 18 centimeters long and 1 centimeter in diameter.
- WOUNDS: The Roman whip (flagrum) had pieces of bones or metal on the ends of its three straps, which could tear off pieces of skin and injure Jesus' internal organs.
- HANDS: Piercings in the forearm or palms.
- SPIRITUAL AND EMOTIONAL SUFFERING: Greater than Christ's physical pains was His spiritual agony. One who had been with the Father from eternity suffered complete separation from Him. Jesus was mysteriously made a "curse" in our place, taking upon Himself the sins of all.
- CLOTHING: Jesus was probably completely exposed naked before the crowd.
- FEET: They were nailed together or separately. The nails and the weight of the body punished the sensitive plantar nerves.

- VIA DOLOROSA: It is estimated that the path that Christ carried the horizontal part of the cross, weighing about 30 kilos, was between 900 and 1500 meters to Calvary. Along part of this path, the cross was carried by Simon of Cyrene.
- CROWN: Probably made of Jerusalem thorns, it was fixed and repeatedly beaten on Christ's head, injuring the trigeminal nerve, causing pain that not even morphine can alleviate.
- SPEAR: When death on the cross needed to be hastened, a mercy blow called "crucifragium" was given, breaking the tibia. But that was not necessary, for Jesus died before. To ensure His death, He was wounded in the side of His body with a spear.
- TIME ON THE CROSS: Crucified people remained alive for 18 hours to a few days. Jesus was on the cross between 9 a.m. and 3 p.m. His wounds and spiritual suffering were decisive for His quick death.
- 1. What is the result of sin and what does Jesus offer freely in exchange? Romans 6:23

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

2. How did Jesus earn the right to offer us eternal life? Galatians 6:13; I Peter 2:24; Revelation 1:17-18

Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hanged on a tree." He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

When I saw him, I fell at his feet as though dead. But he laid his right hand on me, saying, "Fear not, I am the first and the last, and the living one. I died, and behold I am alive forevermore, and I have the keys of Death and Hades."

## 3. What is necessary to receive eternal life? John 3:16; John 11:25, 26

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

Jesus said to her, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?"





#### THE STATE OF THE DEAD

The defeat of Brazil to Italy in the 1982 World Cup became known as the "Tragedy of Sarriá". For many who followed the match, it was the end of an era. The 1982 Brazilian National Team was considered one of the best in history. The team was formed by Waldir Peres, Leandro, Oscar, Falcão, Luisinho, Júnior, Sócrates, Toninho Cerezo, Serginho, Zico, Éder, Paulo Isidoro, Edevaldo, Juninho, Edinho, Pedrinho, Batista, Renato, and Roberto. The coach was Telê Santana. Even with this "dream team" of Brazil, the 3-2 defeat to the Italians couldn't be avoided. The 44,000 paying spectators were lucky enough to witness one of the greatest spectacles in World Cup history.

The stage for the match was the Sarriá Arena, the former home of the Catalan club Espanyol, located in Barcelona. The stadium was full, with everyone expecting another show from the Brazilian National Team. It was a team that sought results but sought them by playing well. It wasn't just the quality of the players that impressed. The team combined the creative style of previous national teams with physical preparation and tactical teachings of football at that time. It exhibited a modern game, with positional changes and dynamism, favored by the brilliance of the stars.

The failure of the team against Italy on that fateful July 5th went far beyond mere elimination. For many, the trauma caused by that match reshaped the very Brazilian school of football. After the "Maracanazzo" in 1950, when the first Brazilian title slipped away at home, the so-called Tragedy of Sarriá is unquestionably the most indigestible defeat in the history of our national team (the 7-1 loss to the Germans in the 2014 World Cup could also be in that fight...). That is why, for many, this was the day when beautiful, technical, and objective football "died". The best explanation for the Tragedy of Sarriá may be in one of the posters seen at the exit of the stadium, in a funeral atmosphere: "Well done, Brazil, the best doesn't always win."

We discovered a day when football "died", obviously in a fictional way. However, there is a type of literal death, to which all of us, living beings, are subject, including football players in the exercise of their profession. Sudden deaths occur at the same frequency as common and sedentary individuals. For this, the athlete only needs to have a predisposition or chronic illness. It is estimated that in Brazil, around 160 thousand people are victims of sudden deaths every year. The definition of sudden death is quite clear. It is the one that is totally unexpected and often inexplicable, of a seemingly healthy person, that is, without a diagnosed illness up to that point. Whenever athlete deaths occur, we consider it a real paradox. After a symbol of strength and health dies suddenly and not due to a natural disaster, for example, theories arise to try to explain this death. It is important to remember, however, that some characteristics of athletes' daily lives are aggravating factors. Hyperthermia, that is, excessive body heating, especially on hot and humid days, is one of them. Another factor is the possible use of anabolic steroids, as users tend to have an increase in cholesterol levels, which compromises cardiac function. Speaking of which, contrary to popular belief, these sudden deaths are not always related to the heart. Sudden deaths can also occur related to pulmonary or neurological problems. To prevent new tragedies, doctors recommend, in addition to the mandatory preventive exams in professional football clubs, that stadiums have more resources, such as proper resuscitation equipment.

Below, we list only a few players who died on the field:

- June 26, 2003: Cameroonian midfielder Marc-Vivien Foé died at 28 in Lyon, France, after suffering an aneurysm rupture while playing a match in the Confederations Cup against Colombia. According to the autopsy, he had a cardiac malformation.
- January 25, 2004: Hungarian forward Miklos Feher, from Benfica, died at 24 after fainting on the field during a match against Vitória de Guimarães. According to the autopsy, he had a cardiac malformation.
- October 27, 2004: Brazilian defender Serginho, from São Caetano, died at 30 after collapsing on the field during a match against São Paulo. His death was controversial in Brazil, as his autopsy revealed that his heart already had problems and weighed 600 grams, twice the normal weight.
- June 25, 2005: União Leiria midfielder Hugo Cunha died at the age of 28. He suffered a cardiac arrest.

- August 28, 2007: Spanish defender Antonio Puerta died at the age of 22 in the hospital after suffering several cardiac arrests during a Spanish League match.
- December 29, 2007: Phil O'Donnel, midfielder from Motherwell, died at the age of 35 in the hospital after collapsing on the field during a Scottish League match.
- August 8, 2009: Spanish defender Dani Jarque, captain of Espanyol, died at the age of 26 after suffering a fulminant heart attack while concentrated with his team in Italy.
- March 4, 2018: The most recent case, Fiorentina captain Davide Astori, was found dead in the concentration. The player had suffered a heart attack.



What many people find strange is the fact that these professional athletes are closely monitored and most do not show warning signs. This demonstrates our human fragility.

Death is always near, regardless of age, position, or economic condition. No matter how much we try to dress it up in acceptable clothing, death remains our definitive and, for now, invincible enemy. Despite the flowers and speeches, death is ugly and lurks in everyone's experience. In addition to being repulsive and omnipresent, it is also incomprehensible.

In different times and places, death and its aftermath have been explained in various ways. However, the only place we find a clear answer to the problem of death is in Scripture. From a biblical perspective, death, as horrendous as it may seem, loses its power over human existence.

The spread of sin and death throughout the world has made death a present and common human experience. Like an unwanted guest, it boldly penetrates families and takes the lives of their loved ones. This raises questions about the state of the dead and leaves mourners with the sad task of burying their dead, lacking a biblical explanation for death.

We have seen that both types of deaths, both the Tragedy of Sarriá and the deaths of players in service to their teams, were inexplicable, bringing pain, sadness, disappointment, and tears... This is also what happens when we are surprised by this intruder. We do not need to wait for death to suddenly arrive without our full assurance of salvation through the blood of Christ. We can prepare ourselves by studying Scripture to better understand this mystery called death. Are you curious to discover great truths about the state of the dead?

#### 1. How did death come about and who conquered it? Romans 5:12, 17

And the Lord God commanded the man, "You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die." Genesis 2:16-17 Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned. For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!

2. What happens to man after death? Ecclesiastes 9:5-6; John 11:11-14

For the living know that they will die, but the dead know nothing; they have no further reward, and even their name is forgotten. Their love, their hate and their jealousy have long since vanished; never again will they have a part in anything that happens under the sun.

After he had said this, he went on to tell them, "Our friend Lazarus has fallen asleep; but I am going there to wake him up." His disciples replied, "Lord, if he sleeps, he will get better." Jesus had been speaking of his death, but his disciples thought he meant natural sleep. So then he told them plainly, "Lazarus is dead."

## 3. Is there hope beyond death? I Thessalonians 4:13-18; Revelation 21:4

But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in Jesus. For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord, will not precede those who have fallen asleep. For the Lord Himself will descend from heaven with a shout, with the voice of the archangel and with the trumpet of God, and the dead in Christ will rise first. Then we who are alive

and remain will be caught up together with them in the clouds to meet the Lord in the air, and so we shall always be with the Lord. Therefore comfort one another with these words.

And He will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain; the first things have passed away.







The journey of a football team towards winning a competition title is not easy. It involves days of planning, recruitment, technical adjustments behind the scenes, sponsorship negotiations, and many hours of hard work, training, and sacrifice (including diet and rest). All this is done with one goal in mind: to be the best in the championship, whether it be at the state, national, or international level. Everyone involved in a club wants to have the pleasure of lifting the trophy. This object symbolizes the ultimate achievement, the result of all efforts and the culmination of a work, in all its aspects.

After all, what is the point of winning a title...

Titles, in fact, are eternal. It's cool to go a little crazy at the moment of conquest, to put a band on your chest, win a good prize in money (in the case of athletes and coaching staff), put a star on the club's crest, paint a sign on the facade of the main stand of the stadium, ride on top of a fire truck, and to remember it all in a few years. However, its effects are limited until the next competition. A title lasts until it is put up for competition again, and in case of defeat, it fades away. As soon as a title is won, it becomes part of the past.

For a football club, a title serves as a good potentializer of future projects. Titles add value, which can indirectly be converted into revenue, which can generate new titles and so on. A world title is a great way to put a club in a virtuous circle, but for that, it needs to know how to be taken advantage of. In the case of a world title for national teams, it brings pride to the population and a "know-how" in world football.

Putting a football club in a virtuous cycle is one of the most complicated things there is, and the few chances that appear need to be seized without hesitation. For this, preparation, study, planning, and anticipation are necessary. Otherwise, the results achieved become ephemeral, or eternal while they last.

Football clubs, in their natural form, exist for the simple goal of winning titles. When that happens, either the club ceases to exist or it seeks to win new titles. Recent prior achievements help to gain a competitive advantage in the competition, provided they are well-worked. Knowing how to take advantage correctly, however, is the work of a few. A title brings pride, which unfortunately only lasts until the next embarrassment.

In a championship final, we realize that one of the two involved fan bases in the spectacle, as well as players and all those who actively participate in the club, will leave sad, with a feeling of defeat. Especially in countries where second place is not valued. After all, in a competition, some will emerge as winners and others as losers, some downcast, others radiant.

According to the Bible, there is a special promise, perhaps the most important one, of a historic, real, and certain event that "every eye will see". Just as many other prophecies that were fulfilled in Scripture and the history of humanity prove many of them, the most important one is about to be fulfilled before our eyes. It is the second coming of Jesus! The first coming is easily proven; after all, He divided history. This same Jesus who came the first time to rescue us from the slavery of sin promised that He would return to put an end to evil once and for all. Jesus Himself predicted His return. This moment will be completely different from the effects that a championship title in football brings. It will not be something fleeting or that will only remain in memory. Unfortunately, there is one thing in common between these two moments. In the second coming of Christ, many will be sad for not having accepted Jesus as their Savior, just as those who lose the titles in the championship finals. While many will be radiant with joy, just like those who celebrate the victory of a title, because the One they had been waiting for so long has fulfilled His promise and come to put an end to sin, Satan, and his fallen angels. The Great Conflict will come to an end, and the Lamb of God will win again. This is the great victory that the children of God have been waiting for. Much greater than any football title. Although the exact time of the advent is unknown, Christ presented signs that would point to His coming. As Christians prepare for this culminating event, when Christ will repay "each one according to their works," they are advised to watch and pray so that they may be standing in the presence of the Son of Man. And you, will you not prepare yourself...

#### 1. What was the promise that Jesus made to us? John 14:1-3; Revelation 22:12

"Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also."

"Behold, I am coming soon, bringing my recompense with me, to repay each one for what he has done."

## 2. What signs does the Bible point to as the fulfillment of the promise of Christ's imminent return? Matthew 24:3-14

On the Mount of Olives, Jesus was seated when the disciples came to him privately and asked, "Tell us, when will these things be, and what will be the sign of your coming and of the end of the age?" And he answered them, "See that no one leads you astray. For many will come in my name, saying, 'I am the Christ,' and they will lead many astray. And you will hear of wars and rumors of wars. See that you are not alarmed, for this must take place, but the end is not yet. For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places. All these are but the beginning of the birth pains. Then they will deliver you up to tribulation and put you to death, and you will be hated by all nations for my name's sake. And then many will fall away and betray one another and hate one another. And many false prophets will arise and lead many astray. And because lawlessness will be increased, the love of many will grow cold. But the one who endures to the end will be saved. And this gospel of the kingdom will be proclaimed throughout the whole world as a testimony to all nations, and then the end will come."

#### 3. Why hasn't Jesus fulfilled His promise yet? II Peter 3:9

The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.







Some definitions of the word "beginning" in the dictionary will help us understand what also happens in football. In one of the meanings, it says that "beginning" is what comes first (in a process). The other meaning says that "beginning" is the start of something that can continue. Now let's understand how this process works in football.

Football is far from an exact science, and this is very clear in youth categories. Today's star player can be tomorrow's released player, a promising player may not succeed in the professional leagues, while a mediocre player sometimes establishes himself. Stories like these are common in clubs, as well as various problems and difficulties.

Many young people dream, but few become professional players and have a good career. How should young people be prepared to become the big names in football in the future... This is a guestion present in all clubs around the world. In Brazil, the player development process had its great milestone in the 1960s. Youth categories emerged in this period with the aim of training athletes for clubs. The high price paid by already established footballers, together with greater competition from more powerful teams in the search for good players, has led to significant investments in football player development in recent years. Considering that football players start their careers at a very young age and reach their professional peak a few years after starting to play for professional teams, one of the dilemmas for those who work with youth categories is how to divide the training stages of these players.

Athlete training in youth categories is divided into: generalized, which is done from 6 to 14 years of age, and specialized, which is given to those over 14 years old. Generalized training is divided into initiation (from 6 to 10 years old) and athletic training (from 11 to 14 years old). Specialized training is fragmented into specialization (from 15 to 17 years old) and high performance (for those over 17 years old).

Some players stand out early and sometimes move up a category due to their unusual abilities. However, accelerating the development process of young athletes, who are still developing physically, can be harmful to their professional development and their bodies. Nowadays, the specialization process starts very early, which is not beneficial for players' biological development. It is necessary to follow the pre-established training standards, respect age ranges and objectives within the progression, and not allow early specialization. Only then can success be achieved in youth categories.

### Curiosity

Housing only at the age of 14. This is a question determined by law.

Clubs can only house players born outside their city from the age of 14. Before that, they can only count on "native" athletes, or they can convince the boy's parents to move, a frequently used practice. Usually, there are big changes in teams from under-15, with the arrival of new athletes from other centers.

In the initiation phase, the goal is to teach and fix for the athlete what his body is, which will be the basis for his entire sports life. At this stage, within physical preparation, high performance is not sought, but rather the teaching of movements and basic notions of the sport. For these young people in this phase, the most appropriate thing is to seek the total experience of games with the ball at their feet. In addition, the competitive character must be removed, since this can generate frustrations related to football and even personal ones. In the development phase, motor coordination is fixed and specific training begins, in addition to knowledge and a slight progression of loads. All of this will serve as a basis for future demands for high performance.

The phase in which high performance should be demanded is from the age of 17. Finally, in the specialization phase, the introduction of maximum strength loads occurs. This is the period in which the athlete is required to perform at a high level. From then on, players will be prepared to join the professional team.

In our spiritual life, a very similar phenomenon occurs to the evolution of a professional athlete. It is a long and continuous journey. We start by dedicating a little of our time to reading the Bible and often do not understand anything that is written there. We start to dedicate a little more time to Bible reading, and when we realize it, we are learning, and many teachings become clear as snow. We begin to see better, as if scales had fallen from our eyes. The theoretical knowledge evolves as we practice, and many truths are revealed to us through the Word of God, which testifies about Himself. We then begin to believe in everything that Jesus teaches, reaching a point of decision. Just as in football, the player has to overcome several stages until he reaches the main team and proves that he is prepared to become a great professional, the Christian journey has the same challenge when we accept Christ as our Savior and Redeemer and publicly declare our faith through baptism. What are you waiting for to believe and be saved, you and your household...

## 1. Why is repentance so important to God? Acts 3:19; Acts 2:38

"Repent therefore, and turn back, that your sins may be blotted out."

And Peter said to them, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit." -

#### 2. What decision must we make to be saved? Mark 16:16; Acts 22:16

"Whoever believes and is baptized will be saved, but whoever does not believe will be condemned."

And now why do you wait? Rise and be baptized and wash away your sins, calling on his name.

#### 3. Why is an urgent decision about salvation so important? John 5:24; John 3:14-16

"Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life."

And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. -









My name is Carlos Vitor da Costa Ressurreição, born on 15/04/1985. I am a professional soccer goalkeeper and on 12/27/2015 I made the best choice of my life.

I was raised in Nova Friburgo, a town in the interior of Rio de Janeiro.

I am the child of divorced parents. I studied in Catholic schools and made my first communion. Since I was a child, I dreamed of becoming a professional athlete and initially, my desire was to become a great basketball player. At the age of 12, I went to live with my father in Salvador in pursuit of this dream. I thought that in a capital city I would have more opportunities in sports.

I started playing basketball at school and quickly stood out. I was invited to play for a good team in the city and compete in the state championship. I was called up to the Bahian basketball team. I was developing very well, and this generated expectations. At the same time, a physical education teacher from school was trying to convince me to join the Vitória Football Club. He insisted that I should be a soccer goalkeeper.

I gave in to the invitation and ventured into soccer. I had never set foot on an official field. I was lost and didn't even know how to put on the goalkeeper uniform. Nonetheless, I faced the challenge mostly to please my teacher. In the first week, I already wanted to give up. It was a very unfamiliar environment for me. In the second week, I wanted to dedicate myself because I saw the other boys doing the movements that were strange to me, and I wanted to do the same. If they could do it, I could do it too. I chose to give up basketball. At 16, I was already being called up for the Brazilian Under-16 National Team. It was a giant step and a great expectation generated, after all, dreams follow the evolution of events. In no time, I was traveling around the world to defend my country's colors. In the very first championship, in addition to being a champion, I was elected the best goalkeeper of the competition held in Salerno, Italy. This achievement motivated me even more and made me sure that I was on the right path. I was called up again, and my dreams grew.

At 18, I had an opportunity in the Netherlands' PSV, and at 21, in Barcelona, neither of which worked out as I imagined. In the same year I returned from Barcelona, I made my debut in the professional team of Vitória. I began my pilgrimage in soccer for several clubs: Ponte Preta, Joinville, Portuguesa, Atlético-GO, Bragantino, ABC-RN, Arapongas-PR, São José-RS, Novo Hamburgo, and Londrina.

Even when I played for Vitória, I met my current wife, and through her and her family, the Gospel was presented to me. Every Monday was Small Group day at my mother-in-law's house. I would come tired from training, but I wanted to see my sweetheart. That's the only reason I went to the evangelistic meeting. I had many prejudices, and one of them was related to evangelical churches. However, in that meeting, I



felt something different that drew me closer to God. Praise songs that built me up, well-prepared preaching, prayers with reverence...

All of this attracted me to want to know the Adventist Church. Before, my relationship with God was a bargain. I always had fear, but I didn't have a relationship. The most I did was open the Bible to a Psalm when I wanted to win an important game.

During the most difficult phase of my life, where I was four months without a club, it was when I decided to seek God or let Him find me, since I didn't see another solution for my life. I had no money, no job, and needed to support my wife and child. During this time, I started attending church services and actually studying the Bible. I felt that something was changing within me. I realized that I was becoming more patient, calm, affectionate, and loving towards my wife and child, and other people started noticing this change. I began to like the man I was becoming. However, it was not easy. I had to be refined by God, and it hurt! I was extremely arrogant, presumptuous, proud, and so on. Gradually, I was broken down in an interesting way. Since I was unemployed, my wife and I started selling leather bags door-to-door. I was very embarrassed to do that kind of work. While my wife sold, I stayed hidden in the car waiting for her to finish.

Gradually, I was refined, and I soon got used to the idea of sales. After all, God was blessing us abundantly, to the point where I considered quitting playing football. I was content with the life I was living, close to my family, with more time at home, etc. God was showing me clearly that there was more to life than football. I had placed all my trust and hope for life in the success of my profession, automatically making football my god. I had two strong experiences with God regarding tithing and Sabbath, making it clear to me their importance.

But God was so good that He did not let me stop. Londrina made me an offer and I went to Paraná. At first, it was a contract for only four months, because there would be no game schedule afterwards, only if we qualified. My great plan was to save ten thousand reais in those four months to invest in bags and stop playing, as things were not happening in football as I expected and worked for it to happen. I have always been very dedicated and focused on everything I did.

Upon arrival in the city, we went to the Central church and I soon received a Bible as a gift and started studying it. I had a lot of time during the concentration and travels. I took advantage of it to pray, research, examine the Scriptures, and clear up my doubts. Every Saturday I trained or played and that started to bother me. We were so blessed that in the first state championship, we became champions after 22 years, we went up from series D to C, and the following year we were champions of the interior and obtained another promotion, now to series B. In these championships, I won several individual awards like best goalkeeper, some in cash, and in the Brazilian championship of 2015, I was elected the best player. I was at the peak of my career and then decided to surrender to Jesus through biblical baptism, at the end of the same year during the holidays, recognizing that everything that was happening was the work of the Lord, from the moment I started seeking Him first. If it depended only on me and my abilities, I would have stayed at Barcelona.

Upon returning to the club, I informed the coach about my religious option and that I would no longer work on Saturdays, in respect for the fourth commandment of God's law. It was the beginning of 2016, and my contract would end in May. We had not yet agreed on a renewal. In the first week of January, Chapecoense made me an irresistible offer, and the Londrina president had practically closed the deal. I had never received such a high salary. I was happy for the opportunity to go to a series A, but now I would have a special condition. They did not accept Saturday Sabbath keeping, so I continued in Londrina until the contract ended.

In my last game, I was honored and received a thank-you plaque for my services. In Londrina, I fulfilled big and small dreams. We returned to Salvador with a broken heart, every-one crying, but with the certainty that we were choosing the only way.

We spent six months in Salvador wondering why Chapecoense had not accepted me there because there are no games on Saturdays during the Sabbath-keeping period in series A. We were selling clothes and accessories door-todoor, and God did not let us lack anything; on the contrary, we maintained our standard of living from the football era. In November, I received an invitation from PSTC, another team from Londrina, to return to play with a clause in the contract respecting Sabbath keeping. On November 29, the Chapecoense plane suffered a terrible accident, killing almost everyone on board. It would have been the third team that I would replace the goalkeeper Danilo, one of the fatal victims and a colleague of mine. Just two days later, I was traveling to present myself to my new club. Some answers only God can give us when we are in His arms in heaven...



