

LIE

truth

**MY PERFORMANCE
DETERMINES MY VALUE**

WARM-UP

- Describe a time or a moment when your performance has determined / defined your value. How did you feel? What were you thinking? Why were you thinking that?

WATCH VIDEO (3:28)

WORKOUT

- **Read Philippians 3:1-14**
 - **Philippians 3:7-11** - Paul talks about everything being a loss compared to knowing or gaining Christ. What might be examples of worldly gains that would actually be losses compared to knowing Jesus Christ?
 - **Philippians 3:12-14** - What might it look like for you to “forget what is behind and reach forward to what is ahead...pursuing Christ as the goal?”
- **Read Philippians 3:15-21 and Romans 8:35-39**
 - **Compare Philippians 3:20-21 and Romans 8:35-39.** How does knowing that our citizenship is in heaven and there is nothing that can separate you from the love of Christ change your view on competing and performing?

WRAP-UP

- How will you practically train and compete freely, fully, and in a forward direction from a secure place of knowing Christ?
- Who can you share this with to hold you accountable to this truth?
- Identify the truth of the Gospel that combats this lie, and write that truth above in the box for “TRUTH”
 - In what ways can the Gospel guide how you view your value and identity this week while participating in your sport, so that Christ is glorified?