

LIE

Truth

**GOD DOESN'T CARE
ABOUT THE GRIND**

WARM-UP

- What does the grind look like in your training and competition?
- What was the most visible moment in front of others in your athletic career?
- What was the most invisible moment in your athletic career?

WATCH VIDEO (4:04)

WORKOUT

- **Read Psalm 139: (Entire chapter OR 1, 2, 8, 16, 23-24)**
 - How can David, a man full of sin, be excited God has seen him, as we see in verse 1? How do we know David's excited?
 - (vs 1) - How can the Gospel change us from desiring to hide our sin to being thankful God can see it and deal with it?
 - (vs 2) - How can knowing God sees us and knows our thoughts, in the visible and invisible moments, be convicting? Comforting?
 - (vs 8) - There's never a moment of prosperity too high or adversity too low in your athletic career for God to not be there with you. How should that change the way you approach each moment of training and competition?
 - (vs 16) - How does God's omniscience (all-knowing) and omnipresence (ever-present) impact the way we see moments with a coach? Circumstances throughout a practice? Reality of the depth chart?
 - (vs 23-24) - How does the Gospel give us courage to ask God to search us, know our heart & thoughts, and see if there be any grievous (sinful) way in us?
 - When we see our grievous (sinful) ways, how does God lead us in the way everlasting (hint...the FOUR symbols)?
 - When should we invite God to do what verses 23 & 24 asks of Him? Why?
- How could your visible and invisible moments be connected to one another?

WRAP-UP

- What's standing between you and a Christ-centered mindset in the grind?
- What's the next step you need to take to grow in this mindset?
- How would this mindset change the way you approach the mundane of off-season workouts? A Monday practice? Your pregame routine? The pressure moments when a win is on the line?
- Identify the truth of the Gospel that combats this lie, and write that truth above in the box for "TRUTH"
 - How can you use the Gospel as motivation in the grind this week in your sport for the glory of Jesus?