

LIE

Truth

**MY COACHES' OR TEAMMATES'
APPROVAL DETERMINES MY
SIGNIFICANCE OR VALUE**

WARM-UP

- Who has the most influence on your emotions in your training and competition?
- Describe a time when you had an extreme emotion in response to a coach or teammate's words or actions?
- What were you thinking at that moment? Why?

WATCH VIDEO (4:05)

WORKOUT

- **Read James 4:1-10.**
 - According to verses 1-4, what are some of the consequences of the passions that wage war within you (vs 1) and friendship with the world (vs 4)?
 - **Review James 4:6 and read Romans 6:23.** Summary of these two verses: Grace is a gift that we don't deserve because of our sinfulness. But God has given eternal life to us freely through the life, death and resurrection of Christ.
 - What reality does this give when it comes to our eternity?
 - What did Jesus do to provide us with grace?
 - **Re-read James 4:7-10.** What are some of the desires, thoughts and actions that will grow within us, by the power of the Holy Spirit?
- By the grace of God and the power of the Holy Spirit that is in us, if we are in Christ (See 2 Cor 5:17 for deeper study on this truth), we can shift our focus from ourselves back to God and His authority. We can grow to become more concerned about what God says than what other people/peers say. Choose one of the following questions to answer:
 - What is one thing that you desire to change (to shift your focus from yourself and back to God)?
 - When you read this passage, what is one godly desire you can start praying for God to grow in you as you train and compete?

WRAP-UP

- How does this impact / challenge you and your heart as you think about practice and/or competition this week?
- 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 toward submitting your emotions to the Holy Spirit rather than man this week in your sport for the glory of Jesus?