

LIE

Truth

**IT DOESN'T MATTER WHO  
I RUN TO IN A SLUMP**

## WARM-UP

- Describe a time when you've been in a slump in your athletic career.
- What did you try to do to get out of that slump?
- How helpful were your efforts in getting out of the slump?

## WATCH VIDEO (5:31)

## WORKOUT

- From the examples listed below given in the video, which ones have you turned to in a past slump?
  - Sports Psych – Social Media – Yoga – Drugs – Teammate – Coaches – Parents – Food – Alcohol – Sex – Video Games – Movies – Suicide – Google/Wikipedia/AI – Run Away
  - Describe how that went?
- **Read Jeremiah 17:8-10.**
  - What is the importance of your roots being sunk into the right thing?
- **Read Matt 12:43-45.**
  - What was the problem of only sweeping the house clean?
  - How do man-produced solutions fail to truly change us at the heart level?
- **Read Hebrews 5:11-14.**
  - How could we become dull of hearing in our flesh?
  - How can the Word of God in our heart train us to distinguish good from evil?
- **Read 2 Tim 4:1-5.**
  - How can you relate to those who “gather around themselves what their itching ears want to hear”?
  - What would the impact be in the middle of your slump if you were faithful to:
    - Preach the Word to yourself (Scripture) (vs 2).
    - Preach the Gospel message to yourself (evangelist) (vs 5).

## WRAP-UP

- How will you train yourself to see the Word of God as the best place to turn in the middle of a slump?
- 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 leaning on Jesus Christ and His Word if you find yourself in a slump in the future for the glory of Jesus?