

## **Excellence**

### **Introduction:**

As a competitor, you probably want to be THE best or at least YOUR best. The spirit behind that desire is the pursuit of excellence. The challenge is that excellence doesn't always come naturally or easily. It requires a working commitment to discipline and a gracious humility to be coached. That can be a challenging duo to maintain each day.

### **Application:**

1. Tell about a person or situation that exemplified excellence in the athletic arena?
2. Can a drive for excellence ever be negative instead of positive? Why or Why not?
3. When have you come closest to striving for excellence? What can you do to better strive for excellence?

### **Bridge:**

What does the Bible say about wanting to be YOUR best, or THE best? Is that ok? Colossians 3:23-24 says, "Whatever you do, do it enthusiastically, as something done for the Lord and not for men, knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ."

1. Why does "do it enthusiastically, as something done for the Lord" require disciple and teachability?
2. How have you seen (or hope to see) a teammate commit to excellence this season?

### **Connection:**

1. How can we develop a working commitment to discipline?
2. How can we develop a gracious humility that is coachable?
3. How can we develop a culture of excellence in our team and constructively demand it of each other?

### **Discovery:**

Take a few moments to honestly assess yourself and ask for input from teammates.

1. How can I grow in commitment to discipline?
2. How can I grow in teachability?

Because excellence can become a habit, consider how to remind yourself daily to commit to discipline. You could place scripture (Colossians 3:23-24, Philippians 3:13-15, 1 Corinthians 15:58) in your locker, on your shoes, on the background of your phone, etc.

**Close:**

Memory Verse: "Whatever you do, do it enthusiastically, as something done for the Lord and not for men, knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ." Colossians 3:23-24

**Bible Reference:**

Colossians 3:23-24

Philippians 3:13-15

1 Corinthians 15:58

**Topic:**

Excellence

Humility

Attitude



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