

## **Overcoming Adversity**

### **Introduction:**

When I was a freshman in college I suffered a devastating football injury that forced me to miss a month of the season and lose my chance to be our team's starting quarterback. I was devastated, but I learned a lot about myself in that time. Six months later one of my childhood best friends passed away. Looking back I now realize that God took football away from me so I'd learn how to handle difficulties. By overcoming adversity in sports, I was better prepared to overcome a major adversity in life.

### **Application:**

1. When have you overcome adversity in sports?
2. Have you ever become so consumed with sports that an adversity completely devastated you? What did you learn?
3. What are some common adversities we face in sports?

### **Bridge:**

When surfer and shark attack survivor Bethany Hamilton tells her story of that now famous attack, she recalls being told by one of the paramedics, "God will never leave you nor forsake you" (Deuteronomy 31:6). How can this idea help you get through the adversities of life?

### **Connection:**

1. What adversities does your team have to overcome on a daily basis?
2. Hebrews 12:2 says that we are to keep our eyes on Jesus, "the source and perfecter of our faith," who endured the tremendous adversity of the cross. How can keeping our eyes on Him in every circumstance help us overcome challenges?

### **Discovery:**

God used my football injury to give me perspective on life. Bethany Hamilton's faith carried her through the devastating loss of her arm. Scripture says that if we follow Jesus He will make our paths straight. It doesn't, however, say anything about smooth. There will be bumps in the road. But through these challenging times God teaches us more about ourselves and reminds us that He is always with us.

**Memory Verse:** *Be strong and courageous; don't be terrified or afraid of them. For it is the Lord your God who goes with you; He will not leave you nor forsake you.?* ?  
Deuteronomy 31:6

**Bible Reference:**

Deuteronomy 31:6

Hebrews 12:2

**Topic:**

Adversity

Overcoming Adversity

Attitude



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