

## **Self-Control**

### **Introduction:**

As athletes, our emotions sometimes get the best of us. We say things we shouldn't or retaliate on the court in ways that cause trouble. I've heard it said that in sports it's always the second guy who gets punished—the one who throws the second punch or issues the second shove after a play. Basically, the one who can't maintain his or her self-control and decides to retaliate.

One teammate's lack self-control can negatively affect everyone else on the team. Thankfully, though, their ability to control themselves can also rub off on others in a positive way.

### **Application:**

1. Tell about a time when you lost control of your emotions and it affected your team.
2. Do you feel like you can control your actions, feelings and emotions? Why or why not?
3. What happens to your performance when emotions overtake you?

### **Bridge:**

Second Corinthians 10:4-5 says, *"...We demolish arguments and every high minded thing that is raised up against the knowledge of God, taking every thought captive to the obedience of Christ."* What does it mean to take every thought captive? How can this help you maintain self-control?

### **Connection:**

1. As a team how must you improve in self-control?
2. What is your ultimate goal as a team, and how can self-control help you move toward that?

### **Discovery:**

Luke 22 tells about a famous incident in the Garden of Gethsemane when one of Jesus' disciples lost his self-control and cut off the ear of one of the guards trying to capture Jesus. But Jesus showed the ultimate humility and self-control by not only refusing to retaliate but also showing love to the guard (His opponent) by healing his wounded ear. What a powerful demonstration of God's character! May we seek to have that kind of self-control and love in every circumstance as we compete for Him today.

**Memory Verse:**

*“Now everyone who competes exercises self-control in everything. However, they do it to receive a crown that will fade away, but we a crown that will never fade away.” – 1 Corinthians 9:25*

**Bible Reference:**

2 Corinthians 10:4-5

Luke 22:1-71

1 Corinthians 9:25

**Topic:**

Self Control

Discipline



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