

## **Above the Frustration**

### **Introduction:**

In sports, we repeatedly experience situations that lead to frustration. Failures on our part, blown calls by the officials, cheap shots from an opponent or simply “bad things” going our way. Whatever the cause, our responses to those situations are critical. If we let our frustration control us, we usually wind up making bad decisions. And, in the end, that only makes the situation even worse.

### **Application:**

1. Describe a time when you or one of your teammates responded in frustration during a game and made a situation worse.
2. How was the entire team impacted by that demonstration of frustration?

### **Bridge:**

In John 14:27, Jesus said, *“Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Your heart must not be troubled or fearful.”*

When tempted to act out in frustration, we have an alternative option: accept God’s peace. His Spirit in us allows us to receive the situation as it is and actively choose a God-honoring response. Through Him, we can actually use the challenges to rise above our circumstances and improve our game with new intensity and focus.

God’s Spirit gives us the power to respond outside of our natural inclinations and enables us to navigate the stormy waters of frustration. That means whenever we’re tempted to respond with aggravation, we can ask Him for help and rise above the frustration.

### **Connection:**

1. What causes you to be frustrated in sports?
2. What can you do to remind yourself of God’s peace in those moments?
3. What benefits will result from rising above your frustration?

### **Discovery:**

1. Choose to battle against the temptation to act in frustration.
2. Ask God to grant you peace when things go differently than you planned.
3. Trust that God has your best interest in mind when you face challenging circumstances.

**Memory Verse:**

*"A man who does not control his temper is like a city whose wall is broken down."* –  
Proverbs 25:28

**Bible Reference:**

John 14:27

Proverbs 25:28

**Topic:**

Frustration

Attitude

Worry and Anxiety



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