

## **Being Good Enough Study**

### **Katelyn- High School Basketball Player**

**Key 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

Watch the [video](#) and then work through the questions below.

- Can you feel Katelyn's pain and pressure? What are her biggest struggles?
- How is she showing integrity toward her mom?
- Do you struggle with feeling like you're good enough? Explain.
- Read Colossians 3:23-24. When people put pressure on you to be a certain way, how do these verses encourage us in Christ?
- Katelyn just wants to be normal but feels enormous pressure as a player and daughter. What spiritual advice would you give a friend like Katelyn? What other verses would you tell her to give her encouragement?
- Pray today and ask the Lord to show you that you are good enough in His eyes because He loves you and created you!

**Bible Reference:**  
Colossians 3



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