

## **Control**

### **Introduction**

Every athlete has heard his or her coach say the words “stay in control” or “keep it together.” Being in control of our physical and mental self is crucial in sports and life. A player losing control can cost them the game, their career or even their life. I’m reminded of a former NFL wide receiver who took a handgun to a club, shot himself while showing off and dismissed the injury’s effect on his team because he “wasn’t going to play Sunday, anyway.” Although the player recovered from this injury, his career was still affected by one “out of control” move.

### **Application**

1. Can you tell about a time when you or one of your teammates lost it.
1. How did it start? What was the outcome? Did it cost you the game or end your season?
1. Who do you know that seems to be in control even under great pressure?

### **Bridge**

1. Read Mathew 26:47-53. Here we find one of Jesus’ disciples named Peter in a difficult situation and under a great deal of pressure. Peter loses control and cuts off a man’s ear!
2. How did Jesus respond to Peter’s actions? What example do you think that showed the unbelieving guards?

### **Connection**

1. Peter learned that staying in control is a tough thing to do alone. In Acts we read how the now Holy Spirit-filled Peter exhibits control in pressure-packed situations like preaching in front of large crowds, being arrested and even being persecuted.
2. Life happens, and the enemy will surely put pressure on you this season. What are some ways to prepare yourself to be self-controlled?

### **Discovery**

What a blessing to know that as a believer, no matter the situation, God’s power through the

Holy Spirit can bring control and stability to your game. Who on your team needs to hear about this great truth? How can your behavior be an example?

### **Close**

Memory verse: *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, self-control. Against such things there is no law.”* – Galatians 5:22-23

### **Bible Reference:**

Matthew 26:47-53

Galatians 5:22-23

### **Topic:**

Self Control

Discipline



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