

## **Frustration**

### **Introduction**

As athletes, we have multiple opportunities to be frustrated. The feeling wells up when we don't perform as well as we're capable of, a coach favors another teammate or our hard work goes unnoticed. The outcome of frustration can be damaging. It takes our focus off of the game, disrupts the unity of the team and produces unsportsmanlike behavior.

### **Application**

1. Describe a time that you became frustrated during a practice or competition.
2. How did that frustration affect your words, actions and performance?
3. Have you ever seen a situation when the whole team became frustrated? If so, describe what it was like.

### **Bridge**

1. Read 2 Corinthians 4:16-17: *"Therefore we do not give up. Even though our outer person is being destroyed, our inner person is being renewed day by day. For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory. So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal."*
2. How can our soul be renewed daily, even when we are dealing with a tough situation?
3. In this Scripture, what is "the seen" and what is "the unseen?"

### **Connection**

1. How would focusing on eternal things (the unseen) help you deal with your frustration?
2. How would your team's perspective change if they saw adversity as "momentary light affliction?"

### **Discovery**

The Bible offers a healthy perspective on frustration. Even the toughest situation is only momentary, and has the potential to make you a better player, teammate and Christian. Trusting Jesus and focusing on His plans for you will help diffuse those feelings of frustration when they arise

### **Close**

Memory verse: *"Humble yourselves, therefore, under the mighty hand of God, so that He may exalt you at the proper time, casting all your care on Him, because He cares about you."*

- 1 Peter 5:6-7

**Bible Reference:**

2 Corinthians 4:16-17

1 Peter 5:6-7

**Topic:**

Frustration

Attitude

Self Control

Trust



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