

## Trust

### **Introduction:**

Everyone who competes in a team sport needs coaches and teammates whom he or she can trust. Such trust overcomes anxiety, soothes nerves, and instills confidence. Think about your coaches and teammates. Which ones calm your nerves and fill your heart with the courage to compete strongly?

### **Application:**

1. Whom do you trust when you're feeling overcome by anxiety?
2. Which of your teammates is most trustworthy when the game is on the line?
3. Who is trustworthy when your life is in distress?
4. How can you trust anyone when you're full of doubt?

### **Bridge:**

John 14:1 says, "Your heart must not be troubled. Believe in God; believe also in Me."

1. What does it feel like when one's heart is troubled?
2. What would have troubled Jesus' disciples' hearts?
3. How would believing in God by believing in Jesus have comforted their hearts and given them confidence?

### **Connection:**

1. What troubles your hearts and the hearts of your teammates as you approach practice or competition?
2. How does believing in Jesus calm our hearts and strengthen our souls?
3. How does believing in our coaches and teammates similarly calm our hearts and bolster our confidence?

### **Discovery:**

1. Jesus said, "Trust in God, trust also in me." We are saying, "Trust in God, trust also in your coaches." Jesus said, "Trust in God, trust also in me." We are saying, "Trust in God, trust also in your teammates."
2. They've proven themselves to be trustworthy, so take some risks with them. As you trust yourselves to those who are trustworthy, you'll find that your confidence will grow and your once troubled hearts will experience new peace.

**Close:**

Memory Verse: “Your heart must not be troubled. Believe in God; believe also in Me.” John 14:1

**Bible Reference:**

John 14:1

**Topic:**

Trust

Worry and Anxiety

Confidence



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