

## **Constant Criticism**

### **Ready:**

“When there are many words, sin is unavoidable, but the one who controls his lips is prudent.”  
– [Proverbs 10:19](#)

### **Set**

There are a few things that coaches must deal with throughout the season of their sport, no matter if their team is winning or not: bad (or non-existent) tan lines, late nights, and constant criticism. I can't speak much to the tan lines or the late nights, but I can speak to the constant criticism.

It doesn't matter if your team is having a great season or a terrible season, someone will always have something to say outside of the field or court. A parent, a bystander, another coach, an athlete: someone will find something to pick apart about you, your coaching style and decisions, your family, etc. So where does that leave us?

We look to the Scripture for the day. Sin isn't ended by many words, but by holding our tongues, controlling our lips. It is a hard thing to do. [James 3:5](#) says the “though the tongue is a small part of the body, it boasts great things. Consider how a small fire sets ablaze a large forest.” Our tongues also have the power of life and death, according to [Proverbs 18:21](#). So when you feel weak for allowing the words of others to hurt you, remember those two Scriptures; it is understandable for you to feel the weight of the criticism.

BUT we don't have to let our knees buckle under that weight. We have a God who is capable of healing those places in our hearts that have been hurt by the words of others. And that same God will give us the wisdom and strength we need to control our lips and not add to the word salad that is constantly being tossed around in our communities.

When we control our lips, we can know that the Lord is pleased and is fighting our battles for us. We need not to get involved.

### **Go**

- What is the harshest thing someone in your coaching career has ever said to you?
- What do you think Jesus would say to you regarding that?

### **Workout**

[James 1:2-4](#)

James 1:19-20

Ephesians 4:31-32

### **Overtime**

“Lord, I know I only need Your approval but it is so hard to remember that when my job is on the line or my reputation as a coach is being attacked. Please remind me in those hard moments that Your opinion is the only one that truly matters. I pray that Your will would be done in the hearts of those who seem to only criticize everything I do. Please soften their hearts towards me and mine towards them. Please help me to hold my tongue when I need to say nothing at all. I know You’ve got my back. Thank You for loving me.”



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