

## **Disappointment in Competition**

### **Ready:**

“...we also boast in our afflictions, because we know that affliction produces endurance, endurance produces proven character and proven character produces hope. This hope will not disappoint us, because God’s love has been poured out in our hearts through the Holy Spirit who was given to us.” -- Romans 5:3-5

### **Set**

All competitors will eventually know the pain of disappointment. You put everything into preparing for the game, the competition or tryouts.

Although you poured yourself into practice and preparation, in the end, the outcome did not match your expectations. Or perhaps an unexpected event outside of your control changed the course of the success you anticipated.

Your investment seems a waste, or perhaps you question why God would allow this defeat. Disappointment is normal; however, if we focus on ourselves, disappointment leads to frustration, discouragement and self-pity. These are all enemies to the competitor and to spiritual growth.

However, when we offer our disappointments up to God, He will use them for our good and His glory ([Romans 8:28](#)). God wants us to rejoice in the midst of disappointment. How can we rejoice? Because we know God is using the disappointment to produce endurance.

We endure by trusting God, and though disappointed, we continue to show up to practice, execute each drill with a positive attitude and remain faithful to our coaches and teammates. God’s Word promises that endurance will eventually produce a hope that does not disappoint.

### **Go**

- How can you endure after experiencing defeat in competition?
- Have you offered your disappointments up to God?

### **Workout**

[Psalm 147:11](#)

[Romans 8:28-30](#)

### **Overtime**

“Lord, teach me to rejoice in victory as well as in defeat. Help me to bring them both to You, knowing You will use every outcome for my good and Your glory! Amen.”



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