

## **Toughness Pt. 3**

### **Set**

Why do we hear “I’ve got it”, “Force at second”, “Screen left”, “Outlet”, “Pass!” in games so often? It is because teams play better when teammates communicate. Teammates do so to help their teammates with their greatest need: to do their jobs well, especially on defense.

Jay Bilas, ESPN college basketball analyst, said in his book *Toughness*, “The selfless team player, the tough player, is a selfless communicator.”

Jesus was the best example of toughness because of how He talked to people to help them with their biggest problems. The Sermon on the Mount (Matthew 5-7) shows His communication skills in illustrating how we can show His character (The Beatitudes, Matthew 5), in showing how to resolve conflict ([Matthew 5:23–26](#)), how to communicate truthfully (5:33–37) and how to talk to God (The Lord’s Prayer, 6:9–13). In Matthew 10, He gives His team the scouting report on what they would face in the world. He tells His team what His purpose is. “The Son of Man did not come to be served, but to serve” ([Matthew 20:28](#)). Finally, He gave His team the Great Commission—to go and make disciples (28:18–20).

Making disciples is communicating the greatest need that people have, the need for a Savior. Does someone need to call you out for failing to speak up?

### **Go**

1. What keeps you from speaking up to help your teammates?
2. Do you fail to fail to speak up, whether on your team or with unbelieving friends?

### **Workout**

Matthew 5-7; Matthew 11:2-6; Matthew 13:10-15

### **Overtime**

Father, I pray for the courage and selflessness to speak up to my teammates while I play and especially to my unbelieving friends. Help me to be a reflection of the Gospel to those around me. In Jesus’ name, amen.



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