

The Win-Win

Ready:

“For me, to live is Christ and to die is gain. Now if I live on in the flesh, this means fruitful work for me; and I don’t know which one I should choose. I am torn between the two. I long to depart and be with Christ — which is far better — but to remain in the flesh is more necessary for your sake. Since I am persuaded of this, I know that I will remain and continue with all of you for your progress and joy in the faith.” -- Philippians 1:21-25

Set

In competition, we realize that sometimes we win, and sometimes we lose! No one who truly competes wants to lose. In fact, in the minds of most athletes, losing is not even an option.

In an online issue of *Competitive Advantage*, Sports Performance Consultant Dr. G sums up the emotions felt by both winning and losing: “The winner may experience a broad range of emotions in varying degrees of intensity. He or she may feel ecstatic, satisfied, confident, vindicated, superior, haughty, happy, relaxed...or any number of other feelings, even including sad and let-down. Similarly, the loser experiences his own wide array of emotions from distraught, depressed...frustrated, inadequate, and cheated” (Goldberg).

Paul gives us a view of a win-win situation — a situation almost any coach or player would love to be in as many times as possible. Paul said that for him, living is Christ and dying is gain.

In Christ, both living and dying is a victory! Because of this truth, followers of Jesus can live this life with great confidence.

Go

- In what ways are you living and playing your sport with a win-win mentality?
- How do you keep your emotions in check, in order to be a powerful leader of your team?

Workout

[2 Corinthians 5:1–8](#)

Overtime

“Jesus, thank You for giving me victory in life and in death. Help me, Lord, to live my life with confidence. Amen.”



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