

## **Self-control**

### **Introduction**

Self-control is of greatest importance for every member of every team. To be at our best, we must be self-controlled in training, diet, sleep, mental focus, speech and attitude to achieve our goals, both individual and collective. If it were only that easy we'd all be in the hall of fame.

### **Application**

1. What situations in your sport require the most self-control?
2. What are the consequences for you and your team if you play in an out-of-control way?
3. Tell us about a player on our team who shows great self-control.

### **Bridge**

1. Read Matthew 4:1-11 (verses 1-4 listed here): "Then Jesus was led up by the Spirit into the wilderness to be tempted by the Devil. After He had fasted 40 days and 40 nights, He was hungry. Then the tempter approached Him and said, 'If You are the Son of God, tell these stones to become bread.' But He answered, 'It is written: Man must not live on bread alone but on every word that comes from the mouth of God.'"
2. How is Jesus' self-control evident in this story?
3. Over what factors does he exercise self-control?
4. How well would you do with such temptation without having eaten for forty days and nights?

### **Connection**

1. In what kinds of sport situations do you struggle to maintain self-control?
2. How might Jesus' example affect your approach to the game with respect to self-control?

### **Discovery**

1. How might your self-control be tested during training, practice, or competition this

- week?
2. Which parts of Jesus' model of self-control will you commit to implementing in your life?

## Close

Memory verse: "Now everyone who competes exercises self-control in everything. However, they do it to receive a perishable crown, but we an imperishable one." 1 Corinthians 9:25

### **Bible Reference:**

Matthew 4:1-11

1 Corinthians 9:25

### **Topic:**

Self Control

Discipline



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