

## **Slump**

### **Ready:**

*“But seek first the kingdom of God and His righteousness, and all these things will be provided for you.”* –Matthew 6:33

### **Set**

Slump is a dirty word in the sports world, especially in the world of baseball and softball. As an athlete, you never want to be in a slump because that means you aren't hitting very well, or if you are pitcher, your opponents are hitting well. The thing about being in a slump is you usually have no idea how you got there and no idea how to get out.

Just like an athlete who goes through slumps in their sport, we can experience slumps in life. It's those times when life keeps throwing you curve balls. During slumps, you swing and miss. You might get tired, overwhelmed, impatient, discouraged, or lonely. It feels like you just can't seem to do anything at all or do anything well.

So how do you get out of the slump?

It doesn't matter whether you are in a slump at school, on the mound, in the gym, or in your relationship with Jesus. You get out of slumps the same way: Go back to what you did at first. It's kind of like when a zipper gets stuck, you zip it backward in order to go forward. In your sport, when you get stuck in a slump, try going back to the basics. In your relationship with Jesus, go back to the basics: Read God's word and go to Him in prayer.

### **Go**

1. Name a time when you were in slump in your sport. How did you get out?
2. Write about a slump you have experienced in life.
3. Write down some basics Christian disciplines that God wants you to start doing.

### **Workout**

Romans 12:2

Revelation 3:2–3

### **Overtime**

*Heavenly Father, help me to always keep You first in my life and in sport. Thank You for never leaving me or forsaking me. Amen.*

### **Bible Reference:**

Romans 12:2

Revelation 3:2-3



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