



Lesson Four: Motivation

READY

- What is your favorite sports movie? How did the motivation of the competitors or coaches play a role in the success of the team? What was it that motivated the athletes or coaches?

SET

- In what game or practice did you give your best effort? What motivated you?
- Which of these words best describes what motivates you in practices or competitions: REVENGE, ANGER, FEAR, RECOGNITION, OTHER. Explain your response.
- Which athlete today is the best example of someone who gives his or her greatest effort in every competition? What do you think motivates them?
- Explain from your own experience how circumstances can impact your performance.
- Proverbs 23:7 says, "For as he thinks within himself, so he is." What does this Bible verse teach about the connection between our attitudes and actions? Give an example of this?
- Read Romans 12:1. How does this verse relate to your practices and competitions?
- What did Jesus accomplish on the cross? What difference does this make in your life?

GO

- What did Wes Neal mean by "The quality of your athletic performance will show your love and appreciation toward what God did for you on the cross"?
- What do the following Bible verses teach about God's motivational force of love? John 3:16 and John 13:34-35
- How should the grace of God motivate you? Read 1 Corinthians 15:10.
- How can Romans 12:1 become a reality in your practices and competitions?
- Read 2 Samuel 23:13-17. How did love motivate David's men?
- What motivated Ananias and Sapphira according to Acts 5:14? What was the result of their disobedience? What lesson can be applied to your own life from this scripture?
- Begin a Scripture memory plan like The MacArthur Scripture Memory System, The Topical Memory System or The Athlete's Topical Bible.



The heart and soul in sports®