



## Lesson Seven: Setbacks

### READY

- What is the worst sport injury you have experienced? What did God teach you through that setback?

### SET

- How can you be glad about setbacks?
- Why do you think Romans 8:28-29 is a favorite Bible verses for many athletes?
- Do you agree with this statement, "God is chiseling out your character through the problems and setbacks you face in sports."
- Read Romans 5:3-5. What do these verses teach about handling setbacks?
- Read James 1:4. Explain how adversity can develop character based on this verse.
- Read 2 Corinthians 12:9. What does Paul mean by "My grace is sufficient for you..."?
- Read Proverbs 3:5-6. How can we learn to rely less on ourselves and more on God?

### GO

- Read each of the Bible verses and then complete the sentences using what you have learned from the passage.  
Romans 5:3-5: When I suffer God is... . Proverbs 3:5-6: When I'm trying to make a comeback, I should... .  
Philippians 3:13-14: I should try to... . Romans 8:28: When I face trials, I know God is... .



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