

T.E.A.M.: The Extreme Athletic Makeover

Park Cities YMCA Youth Sports Devotions for Basketball

- Devotion #1: The Prize
- Devotion #2: The Whatever
- Devotion #3: The Truth
- Devotion #4: The Humble
- Devotion #5: The Coach
- Devotion #6: The Set-Back
- Devotion #7: The Choice
- Devotion #8: The Training Room

The Extreme Home Makeover. A team of designers and builders knock down a house and rebuild it in one week. For this basketball season, your devotions are called: The Extreme Athletic Makeover or T.E.A.M.

T.E.A.M. is going to knock down the reasons of who you compete for, why you compete, and how you compete and rebuild them so you have the opportunity to become one of the world's most successful teams with some of the world's most successful players.

Each week during practice your coach or team chaplain will teach you one way to become the best basketball player you can be so you'll be stronger and healthier – as an athlete – and as a person.

Lesson #6: The Set Back

Chalk Talk

Lessons learned from competing in athletics go far beyond the basketball court. And no where is that more evident than when a set-back occurs.

The Bible says: We can rejoice when we run into problems and trials because we know that they are good for us - they help us learn to be patient - Romans 3:3. What you may see as a set-back is often times an opportunity to develop whatever. Recovering from an injury can help you develop patience. An unfair penalty can help you learn self-control or empathy.

The Bible says: Consider it joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete - James 1:2-4. Athletics can get “not so fun” in a hurry depending on how you view a set-back. If your happiness is based on circumstances, and the circumstances are favorable, to you, for example: no injuries or losses, you’re happy. But if you’re injured or losing however, you’re unhappy. That’s a hard way to live because often times you have no control over circumstances. So the Bible says to look at “set-backs” joyfully. How? Joy is developed by looking at things from God’s perspective, resting in the knowledge that He’s in control even when you’re playing basketball. You can develop an attitude of joy by asking God to help you rest or be at peace when circumstances are out of your control.

It’s important to know that you do have some control over preventing set-backs. The Bible says - What good is it for a man to gain the whole world, and yet lose or forfeit his very self? - Luke 9:25.

Your coach will always put you in a position to win on the court, but you also need to have a game plan to put yourself in a position to win off the court as well. That means listening to and following through with how Jesus wants you to live:

The Bible says to be alert. Stay in good physical, mental, and spiritual health. If you neglect rest or exercise, your game will suffer. That’s true spiritually as well. Keep yourself in good spiritual shape by knowing what God says and living that way – praying and reading the bible will help you here.

Practice Drills

● What’s one way you can develop patience on the basketball court?

● What’s one way you can develop patience off the basketball court?

● What’s one way you will stay in good physical shape?

● What’s one way you will stay in good spiritual shape?

Wrap-Up Prayer

Lord, help me to be joyful when set-backs come; help me to be alert and make good decisions both on and off the court, so I can be in good physical, mental, and spiritual shape.

