

CONTROL

Attitude | Effort | Winning

- Jonah 4:1-11 (don't let circumstances control your mood)
- Romans 12:9-21 (honor one another above yourselves, do not be conceited)
- 1 Corinthians 10:31 (do it all for the glory of God)
- 1 Corinthians 9:24-27 (run in such a way as to get the prize)
- Galatians 5:26 (let us not become conceited)
- Philippians 2:1-11 (your attitude should be the same as that of Christ Jesus)
- Colossians 3:12-17 (cloth yourselves with...)
- Colossians 3:17, 23 (whatever you do, do it with all of your heart)

Have your players make a list of all the things they can control during a game. Then have them make a list of all the things they cannot control during a game. Begin comparing both lists. You should start to see that they are actually unable to control most of the things on the "control" list. Help them to understand that there are really only two things they can control: attitude and effort.

One of the most important and freeing things I've learned about sports and competition in the last 10 years is that winning is out of my control. We are able to influence the outcome of a game but no one is truly able to control the outcome of a game. Therefore, I shouldn't let the outcome of a game be the sole determining factor of success.

Jonah from the Bible let his circumstances determine his mood. We often do the same with sports. When we win, we can become excessively happy. When we lose, we can become angry, bitter, and overly disappointed.

It's hard to avoid tunnel vision when competing – winning is the only thing that matters. Players and coaches need to work hard at recognizing that success in sports is so much more than the final score. Let's keep the outcome of games in the proper perspective. Winning and losing is simply one of many ways to evaluate our growth during a given season.

Things We Can Control

Attitude & Effort

Things We Can't Control

Weather & Facility Conditions

Talent Level of Opposing Team

Referees & Coaches

Teammates (they may or may not follow the plan)

Injuries & Illnesses

Overall Performance (some days you just can't make a shot, others you can't miss)