

SESSION 18: FACE DISAPPOINTMENT WELL

 PHILIPPIANS 1 & 4

DISCUSS

WHAT HAS BEEN MOST FRUSTRATING ABOUT YOUR SEASON SO FAR?

There will always be disappointment in sport. Someone always loses - and that is not taking into account injury, being dropped, not improving, etc. But how we navigate these as Christians in competitive sport is an important witness to our faith in Christ.

BIBLE

What you need to know: Paul is imprisoned and suffering for it. This could create a real temptation for him to abandon the gospel and his service of Christ. But his clear understanding of the grace and future he has in Christ are sufficient in encouraging him to continue.

READ: PHILIPPIANS 1:12-13,27

- 1 What situation does Paul find himself in and how does he react?
- 2 What is the general principle we can learn from Paul when we face tough times?
- 3 What does it mean to 'conduct yourself in a manner worthy of the gospel' when you face disappointment? How can you use these times as an opportunity to point to Jesus in your sport?

SUM UP

In Philippians 1, Paul shows us that no matter what happens God has ultimate control of the situation and He can use it for good. Throughout, we are to conduct ourselves in a manner worthy of the gospel.

BIBLE

What you need to know: Philippians 4:13 is often misunderstood to mean that 'I can do anything I want because Jesus will help me'. However, if read in context, we understand that Paul is saying that he can persevere through suffering, hardship and pain because Christ gives him strength. The 'everything' refers to being content in Christ even when it is tough. We can do this by reminding each other of what we have in Christ and by asking the Holy Spirit to give us the strength we need.

READ: PHILIPPIANS 4:10-20

- 4 Look at v.11-13. What would you think of someone who said this to you?
What sort of life would you think they had?
- 5 Paul says twice that he has 'learnt the secret' - what does this imply?
- 6 How does Paul say he is able to be content (v.13)?
- 7 Share times when you have felt positive even when facing disappointment in sport - how did your understanding of the gospel help you at these times?
- 8 Consider some of the ways you can help each other persevere/be content when we have disappointments in our sport?

SUM UP

When we are reminded of our identity as sons and daughters of God, sport no longer defines us. We achieve a different perspective on our disappointment which can help us to contain it and persevere through it and look towards contentedness.

WHAT DOES THIS MEAN FOR US?

When we are in the midst of sporting disappointment, we need each other: to remind us of who we are in Christ; to lift our eyes to contentment in Christ rather than letting our disappointment shape how we view ourselves.

Pray that you would rely on the Holy Spirit when you are facing sporting disappointment, that you would trust in God's plan and that you would be able to use each situation to point your sports friends to Christ by reacting in the right way.