

Patience

“A hot tempered man stirs us dissension, but a patient man calms a quarrel.”

Proverbs 15:18

Concept: Patience is necessary in athletics and life. Things may not come as easy as we want them to; we may need to keep working on a skill over and over and be patient for results. We should not give up quickly if things do not immediately result the way we want them to. God uses the word “patient” numerous times in the Bible to tell His people to use patience with one another.

Quotes:

“We can do anything we want to if we stick to it long enough.”

“Remember, there’s a blue sky behind the blackest cloud.”

“Patience is not passive; on the contrary it is active; it is concentrated strength.”

Additional Scriptures:

“Love is patient and kind. It does not envy, it does not boast, it is not proud.”

(1 Cor. 13:4)

“The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.” (Gal. 5:22-23)

Discussion:

1. Discuss the importance of being patient with the other members on your team and that everyone will not be at the same skill level.
2. Discuss ways to help yourself be more patient during times of frustration.
3. Discuss what happens to the team when players are not patient.