

UNIT VII

MOTIVATION



Have you ever wanted to skip practice? Why/why not?

Have you ever wanted to skip a competition/game? Why/why not?

Why are you a college athlete?

List off other things that motivate a person to play. (competition within a team; winning and the desire to win; being the best; adversity; gratitude for talents and opportunity; stress relief, escape; the challenge and growth potential; anger; glory, honor, recognition, scholarship)

Describe the power of motivation.

What are aspects of the game that challenge our motivation?

John 3:16 – For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life.

What was God’s motivation for creating us and redeeming us?

John 3:16

Do you think love can be a motivation for athletes? Love of God? Why might love be a good motivation?

(brings out the best in you as you try to please one you love; does not depend on circumstances; love directs your attention away from yourself and the inner gremlins of your mind)

Story of a martyr. Use this as an example to talk about the greatest motivation – love.

2Cor 5:14 – “For the love of Christ impels us” St. Paul tells the Corinthians that he and his companions do all ministry out of love for Christ.

How might this apply to us in all things we do?

1Jn 4:19 – “We love, because He first loved us.” Our love is a response always to the love He shows us. Therefore our competition can be an expression of love. **Why/how?**

Rom 12:1 – I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship.

Read 1Cor 13:4-7 and breakdown each phrase and the benefit it will have as an athlete.

Revisit our foundation – sons and daughters of God. When love is our motivation for everything, we allow God, who is love, to build on our foundation, making us even stronger. And when the winds and rain come, we will remain standing.

Gratitude helps us maintain the perspective of love. A heart full of gratitude will easily become a heart full of love.

Challenge: find ways to make the Love of Christ your motivation this week in all your activities.