

# WEEK 8: GROW IN SELF-CONTROL

Question: What do you do when you feel frustrated and want to quit or act out on the court?

Memory Verse: "A person without self-control is like a city with broken-down walls." Proverbs 25:28

## DEVOTIONAL:

Sometimes, basketball games can get intense, and it's easy to let your emotions take over. But Jesus shows us the importance of self-control. Even when people were mean to Him or when He faced tough situations, He remained in control. Self-control helps you keep your emotions in check, stay focused, and avoid making rash decisions that could hurt the team. When you feel frustrated or angry, take a deep breath and remember that Jesus is with you, helping you stay in control.



## QUESTIONS:

1. What helps you stay calm when you're feeling frustrated?
2. How can self-control make you a better player on the court?
3. Why is it important to have self-control in all areas of life?

## APPLICATION:

When you start to feel frustrated on the court, pause and take a deep breath. Ask God to help you stay calm and in control. With self-control, you'll be a better player and a better teammate.



LET'S PRAY

