

ENDURANCE TRAINING

Overcoming Challenges with Faith

BIBLE STUDY

01 OBJECTIVE

To examine the role of faith in persevering through challenges and adversity in both athletic endeavors and personal life, and to equip athletes with strategies for maintaining resilience and faith in difficult times.

02 OPENING PRAYER

Lord, we come before You once again, grateful for the opportunity to gather as fellow athletes and believers. Grant us endurance and resilience as we face the challenges ahead. **AMEN.**

03 BIBLICAL REFLECTION

Read **JAMES 1:2-4**. Reflect on the idea of persevering through trials and how it relates to athletic training and competition.

04 DISCUSSION

- Share a time when you faced a significant challenge in your athletic journey. How did your faith help you overcome it?
- Discuss the role of perseverance in both athletics and faith. How can challenges strengthen our character and faith?
- How can we support and encourage one another in times of difficulty, both on and off the field?

05 APPLICATION

- Identify a specific challenge you're currently facing in your athletic pursuits. Pray for strength and wisdom to overcome it.
- Reach out to a teammate or friend who may be struggling and offer words of encouragement and support.
- Reflect on how your past experiences of overcoming challenges have shaped your character and faith.

06 CLOSING PRAYER

Dear Lord, as we conclude this session, we thank You for the reminder that trials produce endurance. Grant us the strength to persevere in both our athletic endeavors and our walk with You. Our Father, who art in heaven... **AMEN.**