

GAME DAY LESSONS



Rex Burkhead on Persistence

READY

- Watch the online interview with Rex Burkhead after the Michigan State game.

SET

- What impressed or stood out to you in Rex's interview?
- Describe a time when you, a teammate or a team showed great persistence. What ultimately happened?
- What are the keys to persistence?
- How much do you listen to those who talk negative? How can you best respond with an attitude of persistence?
- Have you ever felt like quitting something but then did not? How did it make you feel to not quit? How does quitting impact other people?

GO

- Webster defines persistence as "continuing, especially in the face of opposition." Read 2 Thessalonians 3:13. "Do not grow weary in well-doing for in due time you will reap if you faint not." How can you apply this verse to your sport?
- Read 2 Corinthians 4:8-9. "We are pressured in every way but not crushed; we are perplexed but not in despair; we are persecuted but not abandoned; we are struck down but not destroyed." How does this verse apply to your sport?

KEY LESSON: Christians need to persist against opposition. We are never finished until the race is done. Our adversary, the Devil, tries to discourage us constantly, but through persistence, we can accomplish our goals in spite of opposition.

