



LIVING BEYOND WINS AND LOSSES

with Jonathan Carr

▶ FOCUS VERSE

So whether you eat or drink or whatever you do, do it all for the glory of God.
1 Corinthians 10:31

▶ DISCUSSION

1. Did you play competitive sports when you were young?

- a. How did your parents and/or coaches approach your participation in those activities—did they just want you to have fun and get some exercise, or did they put great emphasis on winning?
- b. How did that affect your enjoyment of that sport?

2. How have those early sports experiences shaped your personality and life philosophy as an adult?

- a. Do you find yourself placing a great deal of emphasis on winning even in aspects of your life that have nothing to do with sports?

3. Can you recall a time when you were in a competitive situation and focused too much on personal glory? *(See 1 Corinthians 10:31.)*

- a. How did that situation turn out?



b. Did it change people's perspective of you in any way?

4. Were you surprised to hear Jonathan say that focusing too much on winning can actually be detrimental to your performance?

a. Looking back, do you recognize times in your life when you put so much pressure on yourself to win that you didn't do your best?

5. Jonathan talks about the importance of recognizing your "greatest treasure" and your "greatest fear."

a. What would you say your greatest treasure and greatest fear are in your life right now?

b. Do you think you're prioritizing the right things, or have your treasures/fears led you to make some ill-advised decisions?

6. How would you describe your relationship with your spouse in terms of competition?

a. Do you engage in friendly competitions that let you blow off steam and make both of you sharper, or do your competitions frequently leave one of you feeling angry, embarrassed, or bullied?

b. If it's the latter, what do you think the two of you might do to change that dynamic into something healthier and more affirming?

7. Jonathan quotes John Maxwell as saying, "Success is found in your daily agenda."

a. What are some intentional parts of your daily routine or agenda that set you up for success?

b. What are some parts of your routine that slow you down or detract from what you're able to achieve?

