

Use “The Scene” to introduce “Making a Difference on the Job” the High School Sunday school lesson for August 7, 2016. The lesson is found on page 63 of *High School Teacher* by Standard Publishing.



How does this daily schedule compare to your own? 7 a.m.: Wake up. Eat oatmeal. 8 a.m.: Swim for an hour. 9 a.m.: Drink a recovery smoothie. 10 a.m.: Eat breakfast (a bowl of rice and an egg). 10:30 a.m.: Take a nap. 11:30 a.m.: Eat a small lunch. 12:30 p.m.: Go to the gym. Work out for an hour and a half. Swim for another hour and a half (or more). 3:30 p.m.: Drink another recovery smoothie. 5:30 p.m.: Eat dinner. Relax.

That is the typical schedule for 12-time Olympic medalist swimmer, Natalie Coughlin (as reported by Dominique Astorino in an article on Popsugar.com, April 22, 2016). She has kept that same schedule—every week (with Sundays off)—for the last three years as she has prepared herself for the 2016 Olympic games, which officially begin this week.

It's the schedule of someone who is not afraid of hard work.

It's the schedule of someone who is aiming to win.

As students arrive, give each of them a copy of the above article to read. Then discuss it in this way:

Have you ever been in training for a big event? What was that like?

What motivations might make a person be willing to set aside a lot of time and effort to work like Natalie Coughlin does? What kinds of motivations inspire you to work hard?

Think of a goal you would really like to achieve. What would you have to do every day if you wanted to reach that goal? What would you have to give up? Who would you model yourself after?

You might never be an Olympic athlete (or maybe you will!), but there will be other times in your life when you have to work to achieve something—and your schedule may not be entirely in your control. Sometimes having and keeping a positive attitude about work can be difficult. Let's look at some biblical principles for working hard at whatever we do.



MEETING GOD FACE-TO-FACE

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