

Use “The Scene” to introduce “Self-Discipline” the High School Sunday school lesson for February 4, 2018. The lesson is found on page 63 of *High School Teacher* by Standard Publishing.



the **SCENE**

Viewing the latest news through the lens of Scripture

To be the best at any sport, or really anything, you have to be committed. You have to give your all to improving yourself, practicing your skills, and challenging yourself to run just a little farther, step just a little higher, and push just a little harder.

You have to be the best leader of yourself, but you also have to submit to the leadership of others—your coaches, your trainers, and your team leaders.

The players on the field of today’s championship game of American football know these truths. But so do many young men and women all around the world—whether they are kicking a ball in a field with bare feet, or racing down a dusty road to see who can get home first, or hitting a makeshift, raggedy baseball with a good straight stick. The glory comes in the winning point, but it takes a lot of guts and grit to get there.

The players on the University of Texas men’s basketball team know this too. Hours before facing their tough opponents, 16th-ranked TCU, teammates of talented sophomore guard Andrew Jones were struck with the news that he was found to have leukemia. He may not be able to return to school in the spring semester, or even play college basketball again. He and his family are focused on his treatment right now.

Without their friend, only seven UT Longhorns battled the TCU Horned Frogs—and then emerged as victors in an emotional 99-98 win in double overtime.

“We said it in the huddle every time out. We’re going to win this game, no matter what,” point guard Matt Coleman was quoted as saying. “We’re going to find a way” (from Hookem.com article in “Bevo Beat,” by Brian Davis).

And they did find a way—with guts and grit.

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

What would you say is required to excel at sports, or at any activity? How would you describe the process to get to be the best at something?

How can bad news affect a person’s ability to perform well? What part do emotions play in a person’s performance?

What is the role of self-discipline in overcoming negative factors such as stress or grief or sad news? What part does a leader play in helping teams overcome such factors?

More than mere ability is needed to do anything worthwhile. Paul painted three word-pictures for Timothy that described the self-discipline a Christian should exhibit. Let’s examine them.