

FCA

F O O T B A L L

Flag Families: We encourage you to take a few moments to read and discuss with your family over dinner or at bed time.

WEEK 4:

>READY

"Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go." -Joshua 1:9

>SET

We got behind early and the kids started to show frustration. When facing challenges it is a good time to call a time out to regroup and remind ourselves of what we do control - our **actions, attitude, and effort**.

Facing adversity tests our mental toughness. Mental toughness doesn't show up until you face pressure, adversity, or disappointment.

Every competitor needs the *warrior mindset* to overcome challenges. Mental toughness surfaces in how you respond when the going gets tough. When things are going the worst, will you bring your best?

We need this same mental toughness in life. We need supernatural strength from God's promise that He will always be with us. After the death of Moses, Joshua was to lead His people into the Promised Land. After 40 years of waiting, this must have seemed impossible. God knew Joshua would face fear and doubt; that's why He gave him courage and the warrior mindset by promising His presence.

Warriors do four things- *refuse to make excuses, revel in tough situations, recover from setbacks, and rely on God's presence and power*. There's no challenge we'll face that He can't overcome. Knowing this brings confidence to everyone who trusts in Him.

>GO

When facing challenges, do you make excuses or find a way?

What are some circumstances that test your actions, attitude, and effort?

Do you have the warrior's mindset?

>OVERTIME

Father, help me to refuse to make excuses, to revel in tough circumstances, and recover from setbacks. Give me courage in the face of adversity. Amen.