

Emotions

Story: On November 19, 2004, the Indiana Pacers held a commanding 97-82 lead while visiting the Detroit Pistons. There was less than a minute left in the fourth quarter when Ron Artest gave a hard foul to Detroit center Ben Wallace. Wallace retaliated to what he felt was a cheap shot with a monstrous shove! A player scuffle ensued on the court. The player brawl was coming to an end when a cup, thrown from the crowd, hit Artest. What followed has become known as “The Malice at the Palace.” Artest, in a rage, leaped into the stands punching fans! Other players followed. It is considered one of the ugliest scenes in the history of the NBA. Artest would be suspended for the remainder of the season. Because of player reactions, a total of \$11 million was forfeited by Pacer and Piston players due to suspensions.

Emotion is why we LOVE sport, but we must be able to recognize emotion while we are in the moment. The person who can see and control the emotion of the moment is a powerful person indeed! You are going to get hit when the “cup of life” is thrown at you. You must keep your poise.

Questions to consider:

Do your emotions ever get the best of you?

Is having composure important in your sport? Why?

Share an experience where you have seen composure make a winning difference in a game.

Why is being composed extremely important to the success of a team?

What are some of the areas that set you off? What could help you remain composed?

Context: In the previous chapter, David stood up for God’s honor and killed Goliath. God’s hand is with David and everything he does prospers. David is a faithful servant of Saul and God blesses him with many victories in battle. David’s popularity grows among the people, however Saul who is still the King feels threatened because the attention isn’t solely on him.

Scripture: I Samuel 18:5-11

1. Why did Saul have a hard time hearing others praise David for his victories?
2. What was Saul consumed with?
3. What tends to happen when we don’t think rightly?
4. How should have Saul handled his emotions in regards to how he treated David?

Key Verse: “A fool always loses his temper, but a wise man holds it back.” Proverbs 29:11

Anchor to remember:

- Manage your emotions or they will manage you.