

## Emotions

**Challenge:** On November 19, 2004, the Indiana Pacers held a commanding lead 97 to 82 while visiting the Detroit Pistons. There was less than a minute left in the fourth quarter when the former Ron Artest now Metta World Peace gave a hard foul to Detroit center Ben Wallace attempting a layup. Wallace retaliated to what he felt was a cheap shot with a monstrous shove! A player scuffle ensued on the court. The contained player brawl was coming to an end when a cup, thrown from the crowd, hit Artest who was laying across the scorer's table. What followed infamously became known as "The Malice at the Palace." Artest in a rage leaped into the stands punching fans! Other Pacer teammates 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. As a result 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 is able to see and control the emotion of the moment is a powerful person indeed!

"Peak Performance" isn't so much about your ability to focus. It's more about your ability to refocus. We will all get knocked down, but our ability to get back up, keep our composure, and refocus is the key.

Poise means calm, thinking clearly, and acting appropriately. It means being aware of your surroundings, being alert to what is happening now, and anticipating what may happen next in the future. Having poise allows you to accurately and objectively assess your circumstances, determine what needs to be done, identify what you can do, and then carrying out those actions in an effective and swift way. It is what separates the peak performers from all the rest, because it is what allows you to execute in the face of obstacles and problems, when other people might not be able to.

### Questions to consider:

How do you manage your emotions?

Is having composure important in your sport? Why?

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

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

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

**What's going on:** In the previous chapter, David has 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.

### Game Time: 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.