



## Discussion Questions

1. The athletes can train up to 6 days a week. What do you learn about hard work and achievement from the video?
2. Many times, when we come to the end of our own physical strength or wisdom, we turn to God for help. Can you recall a time that you have done that? How did God help you?
3. Sportsmanship is behaviour and attitudes that show respect for the rules of a game and for the other players. It means that we will win humbly and lose graciously. Do you show good sportsmanship when you play sports or games with others?
4. We learn about the Fruit of the Spirit from the Bible. Which of the following will help you to change your attitude to have good sportsmanship - Love, Joy, Peace, Patient, Kindness, Goodness, Faithfulness, Gentleness & Self-control?

