



## 12<sup>TH</sup> MAN MINISTRIES

Character Coaches Teaching Guide

Title: ATTITUDE

*Big Idea: We can control and are responsible for 3 things... our attitude, our preparation, and our effort.*

***"We can't control the OUTCOME but we can control what COMES OUT of us."***

Question: Have you ever seen someone with a bad attitude? How could you tell they had a bad attitude?

**Attitude is a decided way of thinking or feeling that is communicated in our actions.**

*"Body language never whispers, it screams."*

We can tell a lot about a persons thoughts or feelings based on their body language.

*Attitude isn't inherently "bad"... it just demonstrates how we feel about ourselves, others, and our situation.*

**The intentional athlete doesn't allow situations or people to affect their attitude!**

*You were taught to stop living in your old ways and to embrace a new attitude.*

*Start living a God-fashioned life, a life renewed from the inside and working itself into your conduct as God reproduces his character in you! – Ephesians 4*

***Make decisions based on your MINDSET rather than your MOOD!***

Question: What kind of attitude should the intentional athlete have?

1 Thessalonians 5:18 – "Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live."

**The intentional athlete has an ATTITUDE OF GRATITUDE!**

***"Ability is what you are capable of doing. Motivation determines what you do. ATTITUDE determines how well you do it." – Lou Holtz***

Practical Application: Take a moment before the game starts to look out at the field and choose to be thankful. Choose an attitude of gratitude!

Prayer: God, allow me to have an attitude of gratitude. Let me be most thankful for the life that I get to live in relationship with you... a life paid for by Jesus. Amen!

