

Principle Breakdown Grid - Hurtin' for Certain

What is the question we are asking for this Principle?

- How do I deal with pain?

What is the main point(s) of this Principle?

- Pain is guaranteed in life. It is God's instrument for developing our character and helping our athletes walk through it.

What is one word that would sum up this Principle?

- Trust (in God)

If the audience only gets one thing out of this principle what should that be?

- We can't choose our trials, but we can choose our responses to them.

Why is this the Biblical text for this principle? How does it illustrate the point?

- Joseph's life contains lots of unexplained trials even when he is obedient to God.
- You get to see his godly response to pain and how the spotlight is on God's faithfulness.

What should be your first words to your audience as you introduce this Principle?

- How will you deal with pain in life?

What are we asking the audience to consider changing about the way they do their job/profession?

- See their own trials, and those of their athletes, as an opportunity to trust God and watch Him work.

What is the most challenging thing about teaching this Principle?

- Talking about trials can be a sensitive issue for people with deep & current pain. Be gentle in the way you challenge them to respond to their trials.

How do you go about picking examples to use for this Principle?

- Personal examples are great. The audience wants to know how you as a teacher and minister have dealt with pain as you walk with God. Also use relevant stories of athletes they would recognize.

Who is your audience and how can you connect the material with them?

- AT's, Team Physicians and Strength Coaches who see athletes struggle with injuries everyday...some serious and not so serious... also personal struggles

Closing: Land the plane well

Teacher Notes - Hurtin' for Certain

Review of last three principles and the question we asked for each...

#1 : Who or what do I worship?

#2 : What motivates me?

#3 : How do I grow?

The question we are asking for Principle #4 is "How do I deal with pain?" As Athletic Trainers/Strength and Conditioning Specialists we not only need to know how to help our athletes deal with pain but also learn how to best deal with the trials that come up in our own lives. The clips below show the pain of athletes and how they react to their injuries. Instead of focusing on how we as Athletic Trainers/Strength and Conditioning Specialists help our athletes through pain, try and recognize the pain or struggles in our own lives and how we decide to react to it.

Suggested clips for this principle includes...

- Bethany Hamilton – My Wish www.youtube.com/watch?v=45v6yDmbJSk
- Bethany Hamilton – Shark Attack www.youtube.com/watch?v=ZnyopNkTWsU
- Just Wright - Scott's Injury*
- Just Wright - Contract News*

*must go to the [aiasportsperformance](https://www.youtube.com/channel/UC...) youtube channel (log-in is aiasportsperformance@gmail.com and password is Hebrews 12:1)

Transition to Passage

Discussion Leader's Guide - Hurtin' for Certain

Discussion Leader Note: Review "Nail It" and Focal Point"

1. Can you think of a time you encountered a trial and saw God's hand through that?
2. Look at 1 Peter 1: 6-7 together in your group . . . what positive results do we see from a Christian who allows God to use trials in his or her life to develop character?
 - a. Have you seen yourself grow through trials and be faithful in the midst of it?
 - b. Have you been able to help athletes become better through trials?
 - c. How can we respond to those who become bitter?
3. How do you encourage Christian athletes who are going through a serious injury?
 - a. What about athletes who are not Christians?
4. How do you personally deal with trials you encounter?
5. Thinking about what you have learned today, what are some of God's promises that you can comfort yourself, a colleague, or an injured athlete who is going through tough times?

"We can't choose our trials,
but we can choose
our responses to them."