

# IronWorks: **Game on! PLAY HURT.**

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“Ball Control” Teacher: Roger Thompson

ARE YOU PLAYING HURT?

\_\_Excruciating hurt:

\_\_Wear-and-tear hurt:

\_\_Lonely hurt:

\_\_Chosen hurt:

“Ball Control”: Practicing the basic disciplines to stay on offense.

① **CORE TRAINING** = \_\_\_\_\_

Repetition: Ephesians 5:18 *"Be filled with the Holy Spirit."*

Teamwork: 1 Peter 3:7 *"... so that nothing will hinder your prayers."*

② **HEALTHY DIET** = \_\_\_\_\_

Start full: Ephesians 5:1-2 *"...as dearly loved children."*

Portion control: Romans 12:1-2 *"Do not be conformed..."*

③ **DISCIPLINED REST** = \_\_\_\_\_

Chill: James 4:13-16 *"you are a mist..."*

Play: Matthew 6:34 *"tomorrow will worry about itself..."*

### Small Group Discussion Questions

- ① Do you identify with one of the descriptions of "Playing Hurt"? Why?
- ② Is there a discipline of "Ball Control" you need to re-emphasize?
- ③ What is that one thing that worries you, disturbs you, or obsesses you and keeps you from being restful?

Here are some resources to help sustain you:

For Core Training: The North Face of God, by Ken Gire  
Love and Respect, by Emerson Eggerichs

For a Healthy Diet: Truefaced, by Bill Thrall  
Margin, by Richard Swenson

For Disciplined Rest: A Fine and Pleasant Misery, by Patrick McManus  
Youtube clips of Brian Regan