

News Story Summary

Professional tennis players are playing longer and still winning matches. Roger Federer, recent Wimbledon's men champion is 35 years old. And Venus Williams, a recent women's finalist at Wimbledon, is 37. It's becoming more common to see players in their 30s still competing at a high level in the sport. Players attribute their longevity to improved training methods, fitness habits, diet, and rehab exercises. They work on their flexibility, endurance, and core strength – all of which contribute to their longevity. A generation ago, tennis professionals over the age of 30 retired as their bodies wore down. The secret to success for today's players is spending more time working in the gym rather than spending hours just hitting tennis balls out on the court. They spend time working on exercises that prevent injuries and strengthen their bodies. Today's players are also much more careful about their eating habits, focusing more on eating fish, lean meats, and vegetables.

(For more on this story, search the Internet using the term “tennis players practice habits”.)

Focus Attention

To supplement the Focus Attention idea, begin by sharing the news summary. Note that these tennis professionals are adopting new training practices related to exercise, conditioning, and diet and in doing so are extending their careers. Then ask the two questions printed at the beginning of the session: *What do you do that requires intentional practice? What benefits have you seen as a result of that intentional practice?*

Challenge

To supplement the Summarize and Challenge ideas, remind the group of the article. Note that the professional tennis players are gaining the benefit of an extended career simply because of their obedience to certain training and diet practices. Then follow the instructions under Report to discuss the first question set under In My Context for this session: *What blessing have you experienced as a result of being obedient to God? Remember that some blessings are found in what you avoided rather than in what you gained. Share these with your group, taking time to thank God for all He provides through salvation in His Son.* Encourage volunteers to respond.