

Youth Group Small Group Ministry (October 5, 2014)

Topic: Competition (co-created by Ethan Love)

Advisor: Sean Elliot; Mentor: Doug Fortin

Opening Words & Chalice Lighting

“I have been up against tough competition all my life. I wouldn’t know how to get along without it.”

-Walt Disney

Purpose: We come together to build connections and to talk about what deeply matters.

Reading of Group Covenant

Golden rule: Treat others how you want to be treated

Respect each other

No side talking

No phones except for time check

Don’t take someone else’s seat if they called 5’s

Get outside together

When someone is breaking the Covenant, we’ll say “Dharma.”

Check-In: Each person shares how they are doing.

Focus Reading:

Some people feel there is healthy and unhealthy competition and see the following as characteristics of each:

Healthy Competition:

- encourages the people involved to work harder than they would have without competition.
- may help you to achieve more growth and success because you are doing your best at something you care about.
- changes the boundaries of what you believe you are capable of
- requires the courage to take risks and requires the willingness to fail,
- helps you feel proud of yourself for trying

Unhealthy Competition:

- causes you to feel negatively about other peoples’ successes as opposed to motivated or inspired by them
- happens when you wish for others to have obstacles or limitations so that they are held back.
- causes you to feel shame when you lose or fail.
- motivates you to seek competitors who are naturally weaker than you, so that you will feel the advantage.

Questions

- ⤴ Do you feel competitive pressure in your life? If so, in what area of your life?
- ⤴ Have you experienced healthy competition in your life? How so?
- ⤴ Have you experienced unhealthy competition in your life? How so?

Check-Out & Confidentiality Check: Is there anything that you shared here today that you would like to be held confidential? Otherwise this is a reminder that we treat each others' sharing with kindness and respect.

Closing

“You have competition every day because you set such high standards for yourself that you have to go out every day and live up to that.”

-Michael Jordan