



KEY VERSE: Philippians 4:13 – *"I can do all things through Him who strengthens me."*  
(HCSB)

The worst sentence in sports (and frankly, anytime) contains two words. These two words will change your will to accomplish a task, change your coach's reactions toward your attitude, and greatly impact your role on any team. What are these two little words that will cause uproar anywhere you go... "I cant."

Even to read them should make you cringe. with dismay. Most of the time when we use this sentence, it is not because there is a significant obstacle that prevents us from completing a task or exercise, it is because we the think that we are not capable of accomplishing it. Ultimately, saying, "I can't" is our way of giving up. Think of it this way...

## **I CAN'T = I WON'T.**

The truth is that through our faith, we can. Faithfulness to our efforts, the willingness to fight through the tough times of growth in every aspect of our life, and the passion to always set our achievements a little higher is the attitude that represents the "I CAN" way. It comes down to a personal, mental decision that you have to make – one between excellence and excuse. The Bible teaches us that our strength to persevere is found in Jesus. Consider these words –

*"Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory. **3**We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. **4**And endurance develops strength of character, and character strengthens our confident hope of salvation. **5**And this hope will not lead to disappointment. For we know how dearly God loves us..."*  
(Romans 5:2-5).

In everything you do, an "I CAN" attitude will make all of the difference – in your education, in your relationships, in your athletics, in your efforts, and in your desire to be the best you can be!

**List some instances when you said “I CAN’T” but you could have with a little extra effort. What was your excuse for why you couldn’t?**

Example: Clean my room - I was too tired after lunch.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Write one or two sentences that describe the attitude you should have when it comes to accomplishing tough tasks or even when you might have an excuse why you think you “can’t” do it. How will it change the way you see tough moments?

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