



Men's Golf Fellowship

Speaker Discussion Questions

Dr. David Cook

Spiritual Topics: Life's Pressures, Spiritual Preparedness, Trust and Eternity

About the Talk

Sports psychologist David Cook shared several principles that he uses to help professional athletes overcome their barriers to success, such as “Embracing the Pressure” and “Practicing for the Emergencies”, as well as encouraging them in the areas of trust and perseverance. These same principles are important in your walk and relationship with God. Let's take some time today to reflect on how they can help us as well.

Discussion Questions

- David spoke of the first principle he uses in sports psychology as “Embracing the Pressure”. The idea is that pressure is actually not a bad thing, just something to be confronted and used to make you better at your sport. He used the example of a young pole-vaulter named Scott who would get up every morning and “put his feet on some heat because where he wanted to go was a place of fire”. What do you think of this principle of confronting your fears? Do you think that pressure can actually make you better? If so, can you think of an example where this was true. Now as a group, let's think of the pressures of life. What are some of the general life pressures that everyone faces and feels? What are specific pressures that you have felt in your business career or family? Is there a particular time in your life that you felt more intense pressure than at other times?

Related Scripture: James 1:2-4 – Embracing the Pressure

- David started out his talk this way: “Thank you for inviting me here. It's so good to be here. This is what I love to do. I like to share some things that might help you in life, but also help you understand that there is a bigger game.” What do you think he meant by that? What could be bigger or more important than the things of this life? What are your thoughts on eternity? Is there something beyond this life? If so, describe the best you can what you think eternity is like. If there is an eternity beyond this life, how should that affect the way we live our lives now?

Related Scripture: Ecclesiastes 3:11 – Eternity

- David talked about another major principle he uses in coaching called “Practice for the Emergency”. He told of the time when he was getting his pilot's license

and the instructor reached over and shut down the engine. After dealing with that simulated emergency, the instructor told David that he could never sign off on his license unless he was prepared to handle in-flight emergencies. Have you ever thought of this principle in your own life? What are some of the emergencies that happen in life generally? What emergencies have happened in your life? Were you prepared for them? How did you respond both positively and negatively during the emergency? Are there ways in which you could have been more prepared? ***Related Scripture: Matthew 7:24-27 – Preparing in advance***

- David told the story of Kate on the Nebraska girls' volleyball team. She was the "weak link" and the coach was considering replacing her in the rotation for the national title game. David suggested that the coach not replace her, but rather sow seeds of trust by telling Kate that he trusted her and wanted her to start the game. Kate went on to have the game of her career and almost singlehandedly win the national title. The message...trust is powerful. Can you recall a time when someone trusted or had faith in you? How did it make you feel? How did it affect your attitude and performance? Has your trust in someone ever been broken? Can a broken trust relationship ever be re-established? How? In your opinion, what are the factors that need to be there for you to trust someone deeply? ***Related Scripture: Psalm 20:7 – Trusting God***

Closing Prayer

Lord, I ask that you help me prepare spiritually for the emergencies of life. I have sometimes sought after the things that delighted me alone without regard for You. Please forgive me and help me to consistently live life as Hezekiah did and remain faithful and trusting in You.