

Mental resilience: Top performers learn to turn nervous energy into calm focus in the gym or on the world stage. Every Olympic athlete I've worked with has this trait. They are recognized not just for their potential but for their ability to deliver when it matters most. Massive shifts in life are often determined by a few minutes where our abilities shine, creating a quantum change in life. A giant slalom skier told me she's always terrified on top of the mountain, and the trick is to switch that off in one instant.

Discipline: Building up to the defining moments of life involves the mundane, daily grind of incremental improvements that are utterly unglamorous. Learning to make 1% daily improvements guarantees outsized success, as most people are dabblers. Elite athletes adhere to strict training schedules, follow healthy diets, and maintain disciplined lifestyles to ensure peak physical and mental condition. Delayed gratification was the essence of a short track practice I observed many times, where skaters go in tight circles at insane speeds, and one move may cost you everything.

Passion and drive: Before you devote much of your life to mastering something worthy, you need the fuel to keep going when success is nowhere on the horizon. Like great professionals, athletes may have stumbled upon their discipline by chance or coincidence, but what drives them is a fire that cannot be extinguished. This intrinsic motivation drives them to push beyond their limits and stay committed, even when the going gets tough. Another friend described the twice-a-day wrestling practices since he was a boy as a

mission that allowed him to endure many disappointments and injuries.

Coachability: Athletes know better than anyone that a coach is their ticket to success. They are humble, attentive, and genuinely obedient, a rare quality among high performers. They actively seek advice from their coaches and peers and are willing to make necessary adjustments to improve their performance. I've been stunned by how a mountain of a man who could kill me with his bare hands could listen to every word I say and do everything I've asked of him with no pushback or grumbling.

Attention to detail: They know that one signature move or technique could be the difference between no medal and a gold medal. Their attention to every detail of their field is nothing short of inspiring. Elite athletes are meticulous in their approach to every aspect of their performance, from nutrition and sleep to technique and strategy.

When we watch the Olympics, it's easy to think these athletes belong to a superhuman race. But having worked with some of them, I know their amazing performances depend not only on talent but also on qualities anyone can cultivate.

Are you ready to live like the spiritual athlete Paul was speaking of? To find out, you can take our free assessment, which provides a detailed score across 11 dimensions of life. It only takes five minutes to answer 40 questions. Find this story at disciplestoday.org to get started!

LATEST STORIES ON www.DisciplesToday.org:

Go to www.DisciplesToday.org to read the latest News articles and to access the archives for all channels.

> All-Africa Build Conference 2024

August 5, 2024 • Vida Li Sik – Johannesburg, South Africa
The All-Africa Build Conference in May 2024 gathered international speakers and disciples from around the continent in Johannesburg, South Africa. The theme of the conference was BUILDtogether and brought...

> Last Chance to Register for N. American Teachers Conference

August 7, 2024 • Dr. Gregg Martuzky – Antelope Valley, CA, USA
We are very excited about the upcoming ICOC Teachers' Conference taking place at AV REACH, our church facility in the Antelope Valley (one hour north of Los Angeles). We will be having five great keynote lessons...

> Experience Alaska with Disciples Today Travel

August 6, 2024 • DT Travel
The 49th US state is unlike anywhere else on earth: incredible wildlife, hundreds of glaciers and snow-capped mountains – God's splendor is fully on display! On July 6, 2025, Disciples Today Travel (DT Travel) will be taking you on a seven-day cruise from...

> Northern Virginia Church Seeks Full-time CFO

July 31, 2024 • Northern Virginia Church of Christ
The NVCOC is seeking a full-time Chief Financial Officer (CFO). The CFO will be responsible for the overall financial management and implementation of church finance activities, including planning, budgeting, forecasting, risk-management and governance...



disciples today

To Inspire, Inform, Unify and Grow
the International Churches of Christ

INTERNATIONAL & LOCAL NEWS BULLETIN

WWW.DISCIPLESTODAY.ORG • ISSUE 970

Five Traits of Olympians to Help You Excel in Any Field

UPCOMING EVENTS

Teaching Ministry Conference

August 15-18, 2024
Tallinn, Estonia

North American Singles Conference

Anaheim, CA, USA
August 29-September 1, 2024

North American Church-Building Teacher's Conference

Lancaster, CA, USA
September 6-7, 2024

DT Hawaii Cruise

September 21-28, 2024

Americas Workshops for Spanish Speakers

Online • October 5, 2024

InsideOut Christian Counselors Conference

Atlanta, GA, USA
October 18-19, 2024

Pure & Simple XV

Saddle Brook, NJ, USA
November 8-10, 2024

August 7, 2024 • Christian Ray Flores – Austin, TX, USA

I've learned much from the athletes I've had the privilege of discipling, mentoring, and coaching. This list includes several professional athletes and five Olympic athletes. We can learn much from their character and apply it to our spiritual, professional, and personal lives.

I believe the Apostle Paul was chosen to preach to the Gentiles because of his familiarity with the Greek and Roman cultures – the same cultures that brought us the Olympic Games.

He knew sports were a big part of their lives and used the principles of athletic competition to equip Christ's followers living in Greek and Roman cultures to be spiritual athletes.

He appealed to the culture of the Gentiles with a familiar language that motivated them, as seen in his words in 1 Corinthians 9:24-27:

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize."

Over the years, I've observed clear patterns in the traits that separate the talented from the extraordinary. The good news is that these traits are not limited to athletes. They are the same in any space where excellence is essential.

Inspired by the current summer Olympics in Paris, I'll focus on traits shared by every one of the five Olympic athletes I've had the pleasure of working with. All of them are faithful Christians who have competed with the best in the world.



CONNECTING DISCIPLES IN
CHURCHES AROUND THE WORLD



International News reprinted
courtesy of Disciples Today
www.DisciplesToday.org
content@dtoday.net
All rights reserved ©2023