



Commit or Quit?

Lesson Content

It was the end of my son's basketball season one year when the soccer season got an early start. Since he played both sports he found himself in a dilemma because the last game of a losing basketball season conflicted with the first game of a promising soccer team. Well, as you can imagine, he was ready to dump basketball and move on to soccer. I reminded him that he had made a commitment to that basketball team, not just for a few games, not just for most of the season, but for the entire season. He needed to honor his original commitment to one, before he started his the other.



Commitment is honoring a promise that you made, to yourself or to others, in spite of the fact you don't feel like it. It's the opposite of bailing or quitting. It's easy to find good reasons to give up on the difficult or are less enjoyable things. It's easier to rationalize our change in direction, but really, we're just telling ourselves Rational Lies to get us off the hook.

Commitment doesn't always come naturally, especially when something gets old... when it's no longer NEW or EASY. So we have to TEACH our kids about commitment and its value.

Here are 2 steps I recommend for teaching this lesson in your home:

1) Describe the Things YOU Are Committed To. It will be easier for them to grasp "commitment" if you give them real-life examples. Like your commitment to: Family; Career; your Church, or the volunteer work you do. Give specific examples of what commitment looks like, especially when it's not convenient, so they know what commitment to a team looks like, BEFORE the season starts. We're going to practice even when they don't feel like it; we're going to do our very best even if we're losing; we'll finish the season, even if they no longer enjoy it.

2) Explain the Value of Commitment. Quitting and commitment have something in common-- they both become habits! The difference is that there's no real benefits to quitting. With commitment we gain self-discipline; there's always something learned; and we grow our self-esteem. There's temporary relieve in quitting, but there aren't any lessons.

My son chose to play in the final basketball game, and had his best performance of the year. But even if he hadn't, he could be proud of the fact that he honored his commitment to the team.

Teach your children the importance of being committed from the beginning of a season, to the end. After that, it's okay to re-evaluate and decide whether to continue on, or go in a new direction next season.

A sport should never feel like a life sentence to a child.



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Discussion Guide

1

Make a list of the things to which you are strongly committed as a parent, spouse, employee or business owner.

2

Describe the benefits you've experienced by being committed and share these things with your children.