

Healthy and Unhealthy Competition

2 Samuel 2

There was competition between the house of Saul and the house of David in the kingdom of Israel. Each house ruled part of the kingdom, and battles were fought between them. Some people handled the competition well, like David, but some did not.

Competition can bring out the best in people, and it can bring out the worst in people. Explain how:

Circle competitive events you think are healthy, and cross out ones you think are unhealthy. Your experiences with competition will affect your choices. Discuss your answers with others and listen for a variety of viewpoints.

The Olympics

Spelling Bees

T.V. Game Shows

Professional Sports

Beauty Contests

Sports

Eating Contests

Talent Shows

Math Contests

Circle positive results that can come from healthy competition. Cross out negative results that come from unhealthy competition.

pride in yourself

self-discipline

feeling better than others

feelings of teamwork

excitement

cheating

feelings of accomplishment

caring only about winning

making your best effort

boasting

motivation

wishing others to make mistakes

stress

insulting remarks

feeling less than others

fitness of mind or body

Are you the sort of person who enjoys competition? Does it bring out the best or the worst in you?