

TAMIKA CATCHINGS

SUMMER GAMES BIBLE STUDY



Audio Interview

Visit <http://www.fca.org> and listen to the Sharing the Victory Radio interview with Tamika Catchings. Then, go through the following questions...

Facing Adversity

1. Tamika Catchings has had faced adversity in her life - hearing impairment, injuries, yet she is able to say "I'm glad it happened to me". How do you react when adversity enters your life?
2. **Read Psalm 21:1-5.** How has the Lord provided shelter to you in your days of adversity?
3. Why does the Lord allow trials in our lives? **Read Romans 8:28-29.**
4. What does it mean to be conformed to the image of Christ?
5. What are some things you need to do to better prepare yourself to have peace in the midst of adversity?

Focus

1. Tamika talks quite a bit about focus. Why is focus so important in sports performance?
2. **Read 2 Corinthians 4:16-18.** What are some of the "unseen" things Paul is talking about?
3. Where is your focus?
4. What things do you do on a daily basis to keep yourself focused on Him?