

# THE WORLD'S MOST POWERFUL WORD

## “VOLITION”

The word volition is defined in the dictionary as, “An act of making a choice or decision, the power of choosing or determining.” What makes this word and concept become, then, the most powerful in the world? Simply, it is a reflection of the act of free will that God granted to Adam and Eve in the Garden of Eden. Still today, this ability to choose is the overriding force in all of our lives during our time on earth.

It is through our own volition that we make countless decisions each day. What time we are going to get out of bed and start our day, what we will have for breakfast, and what clothes we will wear for the day are all decisions we must make each morning. Each of these actions is our volition, or choice, and pretty easy decisions to make.

However, each day we must also make much more complex choices that can have a profound influence on our lives and the lives of others. Will we maintain a positive or negative attitude throughout the day? How hard will we work, and how much will we remain focused on our daily tasks? How will we treat those with whom we come in contact today? Will we be kind and considerate with our words, or will we be harsh, demeaning, and hurtful? With whom will we share our love, and who will we separate from our love? How will we respond to the words and actions of others, as well as daily events over which we have no control? Perhaps, the most important use of volition in our lives each day is how much we will allow Jesus to enter our hearts and guide our thoughts, words, and actions. That choice, truly, is ours to make every day for the rest of our lives! Likewise, this decision will have more of an impact on our character and who we are as a person than any other!

As athletes, we certainly must make these same choices each day. However, there are other questions we must answer daily as well. How much will I listen to my coaches, and how much effort will I put into doing everything they ask? What kind of teammate will I be... will I be loyal to my teammates and coaches and be a positive leader for the team, or will I be selfish and a negative influence with my words and actions? Will I give perfect effort in every wind sprint, drill, and play during practice as well as games? Will I give my very best each day to make my coaches, teammates, and school proud? Will I try my best to live my life as an athlete in a way to bring honor to my parents, to my family, and to God?

Each of these daily actions is our choice... our VOLITION! May we use our own volition to strive every day to become the person God created us to be!

1. Why is the word volition said to be the most powerful word in the world?
2. How can your volition affect you in your daily life?
3. How can your volition affect your success as an athlete?
4. In what ways can you use your volition to be a better teammate?
5. How can this team use volition to become a stronger and better team?

**At the end of the day, who you are and who you become are  
totally up to you!**