

CHAPTER 4

COMPONENTS OF A COMEBACK

God specializes in do-overs. God specializes in start-overs. God specializes in new beginnings. God specializes in comebacks. If you have had a setback and want a comeback, God is your answer. Zephaniah 3:17 says:

The Lord your God wins victory after victory and is always with you. He celebrates and sings because of you. And he will refresh your life with his love.

God is always there to bring you to victory.

He celebrates because of you.

He will refresh you.

He will restore you.

Whatever has taken place, whatever the setback in your life, whether financial, the loss of a loved one, a health issue, or a job loss, God wants to bring you to a comeback.

I read in the newspaper about a guy who got shot. When the paramedics brought him into the emergency room, he was still awake and became really scared because the expressions on the faces of the nurses and the doctor told him that he was not going to make it. They asked him, “Are you allergic to anything?” He purposely paused to make sure they were all listening. Then he said, “Bullets. Now operate on me like I’m going to live!” And he did live. This man believed his comeback was possible, and he wanted the people attending to him to believe it too.

Your comeback is possible, but certain key components must exist in your life. When they do, God will do his part.

RESTORE YOUR CONFIDENCE

Will you do your part? Will you do what you can do? If so, the first thing you can do is restore your confidence. You can choose to be confident.

Your confidence always takes a big hit when you have a setback.

When you lose your job, it shakes you. When your spouse walks out the door, it rocks you. Setbacks have a way of affecting your confidence like nothing else, and confidence is crucial to a comeback. Confidence is the expectation that you will succeed and is the power that propels you to a comeback. You have to restore your confidence, your

courage, and your edge. People who make comebacks are people who have restored their confidence.

Having confidence should come easier when you know the Bible is telling you that your God is going to win victory after victory and is always with you. You can base your confidence on the reality of who God is.

Confidence helps you to take advantage of new opportunities. Comebacks always come with new opportunities. People who stay in the setback, who allow the setback to become a step back, are people who watch opportunities go by without seizing them. They do not take advantage of these opportunities because they lack confidence. A lack of confidence keeps you from making the decisions you need to make.

Your comeback will be in part about opportunities and the decisions you make about those opportunities. Some people are so negatively impacted by their setbacks that they are paralyzed and cannot make new, better decisions.

David Duval was once the number-one ranked golfer in the world. He had plunged all the way to number 882 and needed to qualify just to play in the 2009 US Open at Bethpage Black. He was tied for the lead on the seventieth hole when his five-foot par putt caught the back of the lip and spun 180 degrees out the other side. He ended up finishing tied for second, his best finish on the PGA tour in eight years. Duval has definitely experienced several

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The past cannot be changed, but your future certainly can. God's message is restoration, that comebacks are possible with His help. It is the enemy of your soul who wants you to be filled with regret, focused on your past mistakes and failures.

Romans 8:1 says,

“There is therefore now no condemnation for those who are in Christ Jesus.”

If you have received God's forgiveness, there is no guilt. If you haven't, you need to receive that forgiveness.

You cannot change the past, but you can change the negative results of your past actions. You can decide that you will no longer have the same setbacks. Acting with wisdom gained from your setback can eliminate negative results. In the chapter, “Lessons from a Setback,” I explained that there are lessons to be learned from a setback. But here is what is important to understand:

You need to learn the lesson and then bury the experience. After you have extracted the lesson from the setback, stop replaying the experience.

I was talking with someone recently about one of my own setbacks. I have learned the lessons, but I have no desire to rehash the experience. Bury the experience. Refuse to allow the hurt, guilt, pain, and disappointment back into your life. Learn the lesson, move on, and lose the regret. Lose the kind

of thinking that keeps you stuck in the setback because you can't let go of the past.

You can't make a comeback while dragging around the past. Unfortunately, for many of us, there are people who will not let us forget. It isn't great to have those folks in your life. What I have learned is, either they change or you have to get rid of them. This is not an easy thing to do, but if people keep talking about your past mistakes, they will hinder your comeback.

Refuse to dwell on the past.

Lose the self-pity.

Lose the regret.

You are on your way to a comeback.

HAVE FORWARD FOCUS

A third component of a comeback is having a forward focus. You need to have a laser-like focus, and it must be in a forward direction.

If you focus on your setbacks, you have more setbacks. This is not what God wants for you. It is not God's plan for your life.

You can get past the health challenge,

You will get past this crushing loss,

You will move past the relationship that broke apart.

And you will do so by proceeding with new goals, new vision, for a new future. Your forward focus will not allow you to stay in the setback position any longer.

God creates marvelous comebacks. He does them all the time. Here is a unique comeback story. There was a young couple that wanted to be missionaries to Africa, a very noble desire. As they went through the qualifying process, the wife discovered that she had some medical issues that disqualified her from living in that kind of climate. The couple was devastated. Their dream had died. They longed to serve and help people, but now because of a health issue, they were stopped in their tracks and didn't know what to do.

The young man took over his father's side business in which he made grape juice for communion in church services. He built the business into the huge company that makes Welch's Grape Juice, Welch's Grape Jelly, and many other products, making a lot of money through which he financially supported African missions. This couple never was able to go to Africa, but what a difference they made through their giving. God turned their physical setback into a financial comeback.

You cannot have any more excuses or spend any more time placing blame. Your focus can only be forward. Don't look back. Jesus said,

“No one who puts his hand to the plow and looks back is fit for the kingdom of God”(Luke 9:62).

The kingdom of God is about focusing on the motion that takes you forward. Try balancing a bike just by sitting on it; you can't do it. But if you start moving, you can balance it perfectly. Forward movement—that is the kind of focus that leads to comebacks.

You miss one hundred percent of the shots you never take. You will never see results unless you make an attempt. Do you realize the best shooter makes fifty percent of his shots? If you could shoot fifty percent, you could have a long career playing basketball. That means, half the time you make it, half the time you miss. In baseball, it is even better. If you are a .300 hitter, you can have a long and successful baseball career. A batting average of .300 means that out of ten at bats, you have three hits. It may not seem very impressive to those not familiar with baseball, but it is the standard for a good hitter. If you were to hit .400, you would be in very rare company in the history of baseball.

You must have focus and move forward in the direction of your comeback. If you do not, you will stay in the setback. No one wants to stay in the setback, yet so many people do.

Too many people allow their setback to be a *step* back.

Take one step forward and then another and another by having a laser-like focus on the future that God has planned for you.

REGAIN YOUR MOMENTUM

There is another key component to a comeback: You must regain your momentum. Momentum is one of the best friends you could ever have. A well-known leader once told me, “Rick, momentum is your best friend because momentum will make you better than you could ever be.”

Without momentum, you will look worse than you really are which is why setbacks are always about the loss of momentum. When you lose momentum, it is amazing how things can go in the wrong direction. Momentum is so powerful that when you shift from setback to comeback, you can shift the momentum in your life.

It is just as the Bible says—you go from “victory after victory.”

Momentum is emerging energy and limitless passion that positively fuels a comeback. What you need is to regain the momentum you once had, and that begins with concrete change and builds through positive experiences. That is how momentum works. You have a positive experience. Then you have another positive experience, which gives you a little more momentum that continues with clear direction, moving you down the path to your comeback. That leads

you to a new start, a new beginning, a new goal, a new opportunity, and eventually a new future.

Momentum is mysterious, but I've tried to show how

concrete change + positive experiences + clear direction = momentum.

Momentum is your best friend when you are making a comeback. Nobody has ever had a comeback without it.

Once you get some momentum in your business, job, marriage, family, or health, it is amazing how it will fuel you right into a comeback. It is almost magical how it empowers you. Before you know it, you feel like you are gliding, and things are not so hard. Pieces start falling into place. It is easier to eat better and exercise. It is easier to be married to your spouse, and you start getting along better. You do the things you are supposed to do, and it gets easier. Momentum will fuel you right into a marvelous, powerful comeback.

My youngest son's football team was undefeated in the regular season of his junior year in high school and won the district championship. It was a dream season for a school in only its fourth season of varsity football. They won against teams they had never defeated before in thrilling fashion. My son ran for over eighteen hundred yards and scored twenty-one touchdowns.

They continued to win and went on to play for the regional championship on a bitterly cold night for Virginia, especially

in November. They were playing another undefeated team, who was a very formidable opponent.

The game started off great with my son Wes having a long run, scoring a quick touchdown. But from that point on, everything went terribly wrong. They had turnovers, played poorly, and were behind 28–7 at halftime. We held out hope that they could turn it around after halftime, but the other team scored another touchdown, and they were now down 35–7. At that point, the game seemed lost for certain, and their dream season looked to be over.

Then my son's team scored a touchdown. The other team got possession and fumbled the ball. My son's team scored another touchdown, and the other team turned the ball over again. Momentum started kicking in; before we knew it, my son's team had scored four straight touchdowns, and the score was tied.

Each team then kicked a field goal, and the game went into overtime. In high school football, each team has an opportunity to score in overtime. The other team missed a very short field goal, and my son's team made theirs. They had come all the way back from a twenty-eight-point deficit and won the championship, the greatest comeback in Virginia high school football playoff history. The momentum they had in the second half simply propelled them to victory.

You know exactly the comeback you need, that you desire so much. God will be with every person who desires to

come out of a setback and into a comeback. If you lose the regret, restore your confidence, and focus on your future, God will propel you into victory after victory. You can ride momentum straight into a comeback.