



FCA Wrestling – Team Huddles CORE PRINCIPLES & LEADERSHIP GUIDELINES

Welcome Group leader! Thanks for organizing this “Team Huddle” group. This means you want to discuss and learn along with your group what the lessons mean.

Does this mean you need to know all the answers? **NO.** Just say “That is a great question and I don’t know the answer. What do you think it means?” If a question begs an answer, just say “I will find out and get back to you” and then follow up!

As group leader, you have a few responsibilities. These include: organizing a time, a place, and a group of wrestlers who want meet, and guiding your group through these lessons. Below are a few “core principles & guidelines” that will help your group stay on task. You will want to go through these “core beliefs & guidelines” during your first meeting time. You may have to ask the questions, guide the discussion or encourage others to talk a bit more but you can do it!

If any important issues or questions come up, or if there are serious needs of a group member, **PLEASE** call Bill Gifford (with FCA Wrestling) for some guidance!

1. **Confidentiality:** Anything shared in group time is to be held in strict confidence. Very hard to do, but let’s try. This helps people feel safe to share and it shows respect for one another.
2. **TIME:** Be respectful of others’ time by starting and ending on time. This will allow the coaches and kids to get home for dinner and their evening responsibilities.
3. **Encourage everyone to talk:** Don’t let any one person dominate the conversation. Graciously re-direct the conversation to another wrestler if one person dominates the sharing time. It is also important to try to stay on topic and support the lesson. Sometimes silence is good for some to think or start to talk.
4. **Major on the majors:** Stay on topic of the day with the materials you have. Do not bring in politics, what your church or preacher said, and other potentially inflammatory topics should be avoided.
5. **This is not a counseling session:** Members can best serve one another by praying and encouraging the person in need. **If a real serious issue / problem comes up, please refer this person to someone who can help them.** Alert Bill Gifford, and perhaps call a local pastor you trust.
6. **Attendance:** Make a commitment to come every week.
7. **Prayer:** Encourage group and individual prayer to gain a deeper relationship with Jesus.
8. **Worship:** God loves song, praise, and music! Suggest some contemporary Christian artists to listen to. Many kids do not even know these exist!



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Week 1: Wrestling – God’s Sport. (Genesis 32: 9-10; 22-30.)

God used the sport of wrestling as part of the Christian heritage in the Bible. For instance, in the 32nd Chapter of the first book of the Bible, Genesis (meaning “In the beginning”), verses 24 thru 28, Jacob wrestles with the Angel of God all night. Afterwards, the Angel blesses Jacob, saying: “Your name will no longer be Jacob...it will be Israel, because you have struggled with God and with men and have prevailed.” The nation of Israel, was named for Jacob through our sport.

Irenaeus, one of the most important theologians of the 2nd Century, referred to the Apostle Paul as “an able wrestler.” Paul wrote much of the New Testament, and in many analogies he referred to the struggles of life as analogies to sport. He knew first hand the wrestler’s life.

Questions:

1. How can the lessons we learn in wrestling help us in our daily lives?
2. Do we wrestle with temptations?
3. Spiritually speaking, who is our greatest opponent in life, and how can we prepare to win as we wrestle every day with this opponent?

CONCLUDE WITH A SHORT PRAYER



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Week 2: Fasting – Did God want everyone to make weight? (Matthew 4: 1-11; Acts 13: 2-3)

Fasting is primarily the act of willingly abstaining from some or all food, drink, or both, for a period of time. It is interesting that “Fast Food” has the word “Fast” in it, meaning “to abstain from”. Is God trying to tell us something?

Fasting is a spiritual discipline of the Christian faith. Jesus himself fasted for 40 days in the desert, after his Baptism, when he went off into the wilderness and endured the temptations of Satan. Fasting is a discipline because it teaches our minds to control the passions of our fleshly appetites. It is an exercise, like lifting weights, that strengthens and empowers the mind to rule the body.

When you’re fasting, your body is calling out to you “I am hungering for food”. When you feel that, think about God who “Is hungering for a relationship with you”. When you feel hunger, talk to God. Thank Him for your many blessings. Tell Him your concerns. Apologize for your shortfalls. As you are fasting to prepare for the season, think about Jesus who fasted for 40 days to prepare for battle with the devil.

Questions:

1. How does the discipline of fasting benefit us?
2. If we don’t exercise our body, what happens?
3. Do you ever fear an opponent? Can fasting strengthen our mind to quiet the fear?
4. If we don’t exercise the mind as the captain of the body, what happens to our thoughts and emotions, and how does it affect our performance?
5. When we face peer pressures in school and around the community, can this kind of spiritual discipline be applied to strengthen our resolve?
6. Why did the Disciples fast?

CONCLUDE WITH A SHORT PRAYER



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Week 3: REACHING YOUR POTENTIAL

Scripture: **Col. 3: 23**

“And whatever you do, do it with all your heart, for the Lord, rather than for men; knowing that from the Lord you will receive the reward of your inheritance. . . ”

There are probably three sources of motivation in life: To live for yourself; to live to please men / other people; or, living to please God. The first two motivations go hand-in-hand... living to please men is really living for yourself, because your real motivation is to gain people’s acceptance in order to feed your own ego. Whenever we live to please ourselves or men, we are living from self-centered motives. Living to please God is all-together different, and demonstrates an “eternal perspective”.

Discussion Questions:

1. Where does Col. 3:23 say our source of motivation in life should come from?
2. What kind of “rewards” do you think the Lord has for those who live to please Him? (Teacher – You can also see Matt.6:21; Matt.19:21; Luke 16: 19 -30; and James 5:3 to compare the treasures of this earth compared to eternal rewards.)
3. Consider the motivation of God’s eternal rewards compared to the reward of pleasing men. How does each source of motivation help you reach your full potential as an athlete / as a person?

Pleasing men as your source of motivation:

- How does this affect your work ethic when there’s no one watching?
- How does this affect your preparation when your opponent is weaker than you?
- How does this affect your pride in victory or self-image when you lose?

Pleasing God as your motivation: (knowing He is always with you, and rewards those who live for Him):

- How will this affect your work ethic in practices?
- How will this affect your nervousness before matches?
- How will this affect your view of yourself whether you win or lose?

The bottom line is that pleasing men is a superficial source of motivation which does little to develop our character and leaves us more stressed out and empty. Living to please God develops our character properly and prepares us for a lifetime of success. One motivation stresses, while the other blesses.

Which motivation will really help you reach your full God-given potential in life?

CONCLUDE WITH A SHORT PRAYER



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Week 4: The body is God's temple – how are you building yours? (1 Corinthians 6: 17 - 20)

The Bible says our bodies are members of Christ, so we should treat them as we would treat Jesus, and anyone joined to the Lord is one spirit with Him. It says our bodies are a sanctuary for the Holy Spirit who is in us. We are not our own, but belong to God, and were bought with the price of His bloodshed on the cross.

Questions:

1. When someone is coming to visit, do we tend to clean up our homes?
2. Should we do the same knowing our bodies are home for the Spirit of God?
3. What can we do to make and keep the body clean for Him? It might require prayer to change some habits, and a commitment, but aren't all things possible for God?

CONCLUDE WITH A SHORT PRAYER



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Week 5: : Maintaining a Winning Attitude

Scripture: **I Sam. 17: 26, 31 – 33, 37, 45 – 46**; “. . . *Then David said to the Philistine (giant – Goliath), ‘you come to me with a sword and a spear . . . but I come to you in the name of the Lord . . . This day the Lord shall deliver you into my hands . . . that all the world will know there is a God in Israel.’*”

In I Samuel 17, we see David as a teenager, (before he was the king of Israel), slay Goliath the Giant of the Philistine army, (the enemies of Israel). David was a teenager going up against the largest and greatest warrior the armies of Israel had ever seen. Goliath was about 9 feet tall, and incredibly strong. The soldiers of Israel were so afraid of him they would not go out to battle. Yet young **David prevailed over Goliath for one main reason; he had a “winning attitude”.**

I Sam. 17: 20 – 51 shows how **David demonstrated his winning attitude in three ways:**

1. David was willing to take his stand for what was right, even if no one else would do it, even if no one else followed. He was the only man in Israel willing to stand up to the giant warrior, Goliath.
2. David faced the challenge by staying focused on God, not the obstacles / challenges: When everyone else was looking at the size and strength of Goliath, David was focused on the greatness of his God. David believed the Lord would protect him, and give him the victory, so he was not afraid to go into battle.
3. Finally, David acted on his faith. David did not just “talk a good game”, he acted on his beliefs. If you want to know what someone believes, watch their lifestyle. Many athletes say God is their strength, but they quit when the going gets tough. David stood for what he believed, focused on the Lord rather than the obstacle, and acted on his faith by going to fight Goliath without hesitation.

Discussion Questions:

1. Have you ever had to “stand alone” when everyone else was doing something you knew was wrong? *How do you respond to “the complainers” who have negative attitudes about hard work in practice, cutting weight, etc...? Do you encourage them and set a good example, or do you let them influence you?*
2. *When you face a tough opponent, are you focused on your opponent’s record, or are you focused on doing your best for the glory of God? (What you focus on will determine your performance. This is true for every challenge you face in life.)*
3. *How do you face tough challenges in life? Do you “run to the battle”, or “do you shrink from the battle”? When you shrink from the battle, what are you focused on, the Lord, or the challenge?*
4. **The Scripture says, “David ran quickly to the battle line to meet the Philistine.” (I Sam. 17: 48). *Does that sound like ‘fear or faith’ to you?***

Conclusion: *As we focus on the Lord, (rather than our challenges), will we be able to face life with courage and a positive attitude. Let wrestling teach you how to face the real challenges of life, by putting your faith in God.*

CONCLUDE WITH A SHORT PRAYER



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Week 6: Endurance – run the good race. (1 Corinthians 9:24-27)

Paul (a former wrestler) says “Do you not know that runners in a stadium all race, but only one receives the prize? Run in such a way that you may win. Now, everyone who competes exercises self control in everything. However, they do it to receive a perishable crown, but we an imperishable one. Therefore, I do not run like one who runs aimlessly, or box like one who beats the air. Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified.”

Questions:

1. What are our team goals?
2. What are your individual goals?
3. Where do you want to be in 200 years?
4. What are the different prizes that Paul is referring to? (How are they perishable or imperishable)?
5. How are the spiritual struggles of life like our sport?
6. How do we compete to win in the real match called life?
7. What do you want as the “ultimate prize” someday?

CONCLUDE WITH A SHORT PRAYER



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**Week 7: The importance of “team” in an individual sport – did Jesus need the Disciples?
See Luke 6: 12-16.**

Jesus chose 12 men to help him build the Church. They became a team, each with his own capabilities. One of them, Judas, was a betrayer. None of us wants to be like Judas. The team is counting on each of us to pull our weight, to do our work, to be fit for the competition. We’re only as strong as our weakest link, and we’re in it together. We count upon each other.

Questions:

1. If I slack off or fail to do my workouts, how does that impact you?
2. If I set low goals for myself, how is the team affected?
3. If I don’t make weight for a match, how is the team impacted?
4. Do I care about the team?
5. How does this team element of our individual sport prepare us for later duties in life / will anybody else be counting on us?

CONCLUDE WITH A SHORT PRAYER



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Week 8: : Strength – where it comes from, how to build it. (Philippians 4: 13)

“I am able to do all things through Christ who strengthens me.” (Phil. 4:13)

Questions:

1. How does our faith in Christ strengthen us?
2. How do we exercise to build strong bodies?
3. What type of exercise can we do to grow in our relationship with God? (Examples: prayer, fasting, reading scripture, attending worship and Church, being charitable, being a friend, setting good example/ sharing Jesus with others through word and deed, honoring mother and father.)
4. Can I build spiritual strength through exercising my witness, like bodily strength through physical exercise?

CONCLUDE WITH A SHORT PRAYER



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Week 9: Praying for your match. (Philippians 4: 6-7)

Paul (a former wrestler) writes: “Don’t worry about anything, but in everything through prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses every thought, will guard your hearts and your minds in Christ Jesus.” (Phil. 4: 6-7)

John 15:7 Says; “If you abide (remain) in Me, and My words abide in you, ask whatever you wish, and it will be done for you”. This verse is not about some kind of “name it and claim it” theology, (that if you pray for something, God will give you what you want, just the way you want it). This verse communicates a profound principle of life: If you are building a close relationship with Jesus, and you are studying and applying His Word (the Bible), and if you desire to accomplish God’s will for your life, then your prayers will actually reflect God’s will for you. Then God will answer your prayers by accomplishing His will through you. It is important to be aware that God’s will for you may not be what you think it is. God’s will for you may be how He builds your character through a loss, or how He tests your character in ‘who do you give the glory to’ when you are victorious.

Questions:

1. Do you ever get nervous prior to a match? Have you ever prayed about that fear?
2. Do you think your opponent might be praying also?
3. What do you pray for?
4. Have you considered praying for the ability to honor God in the competition, through good sportsmanship, or for protection for both you and your opponent from injury, or for the opportunity to glorify God in either victory or defeat?

CONCLUDE WITH A SHORT PRAYER (Consider praying Psalm 27)



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Week 10: Technique and the Word – training pays off when you need it most. (Psalm 1)

The first Psalm discusses what happens to a person who is grounded in God's Word. He is described as being like a tree, planted by rivers of flowing water, where the roots are well nourished to grow deep, and whatever he does prospers. In parallel, the psalm describes the wicked as being like chaff, or dust, that the wind drives away. It explains that the wicked will be ruined, and the way of the righteous will last for ever.

Questions:

1. If we wait to begin to get ready for our competition, the day prior, or the day of, how successful will we be?
2. How is reading God's word, and prayer, similar to wrestling practice?
3. Will we be able to withstand the world's temptations without preparation?
4. If we don't know where we're going, which road will take us there?

CONCLUDE WITH A SHORT PRAYER



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Week 11: Who's on top of the podium? (1 Corinthians 15: 50-58)

I Cor. 15: 50-58:

50 Now I say this, brethren, that flesh and blood cannot inherit the kingdom of God; nor does the perishable inherit the imperishable. 51 Behold, I tell you a mystery; we will not all sleep, but we will all be changed, 52 in a moment, in the twinkling of an eye, at the last trumpet; for the trumpet will sound, and the dead will be raised imperishable, and we will be changed. 53 For this perishable must put on the imperishable, and this mortal must put on immortality. 54 But when this perishable will have put on the imperishable, and this mortal will have put on immortality, then will come about the saying that is written, “Death is swallowed up in victory. 55 O death, where is your victory? O death, where is your sting?” 56 The sting of death is sin, and the power of sin is the law; 57 but thanks be to God, who gives us the victory through our Lord Jesus Christ. 58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord.

Questions:

1. Who is the ultimate victor?
2. When we live in and for Christ, who is victorious?
3. Can we prepare for competition in this manner? Can we compete in this manner?
4. Can we live in this manner?
5. How do we live in this manner?
6. What is faith? What is our Hope?

CONCLUDE WITH A SHORT PRAYER



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Week 12: The Key to Winning; Losing (1 John 1: 5-9)

I John 1: 5-9 says,

“This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 6 If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Questions:

1. How important is it not to deceive ourselves?
2. Does a champion know his own weakness?
3. What does he do about it? Based on this scripture, what are we to acknowledge?
4. How are we supposed to walk/live?
5. What does it mean to walk in His light, and have fellowship with one another?
6. What does the word “confess” mean? (Answer: literally it means - “to agree with”)
7. Ultimately, who are we supposed to “agree with”, concerning our character and our mistakes?
8. What is the promise of this passage, (for those who “agree with God” concerning their sin and are willing to be honest with themselves and the Lord)?

CONCLUDE WITH A SHORT PRAYER



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Week 13: Staying Focused on the Goal

Hebrews 12: 1-2; *“Therefore, since we have so great a crowd of witnesses surrounding us, let us lay aside every encumbrance, and the sin which so easily entangles us, and let us run with endurance the race that is set before us; fixing our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him, endured the Cross, despising the same, and has sat down at the right hand of the throne of God.”* (Also see Phil 3: 12 -14)

Hebrews 12: 1 – 2 gives us a key to victory in life: “Stay focused on the goal”. In order to attain victory on the mat and off the mat, we must do three important things:

1. “Lay aside every encumbrance (and the “sin which so easily entangles us”).
2. “Run the race (compete) with endurance”.
3. “Fix our eyes on Jesus” / Stay focused on the goal.

Discussion Questions:

1. What happens when we listen to the wrong influences, or get “side-tracked” from our goals?
2. What happens when you are worried about the crowd, or the strength of your opponent?
(Answer: Usually you are not as focused / “mentally zoned in”, and as a result you don’t react as well, or stay as mentally tough in a competition / wrestling match.)
3. What does it mean “to have endurance”? (... to “run (or compete) with endurance”)? *(Answer: endurance is enduring strength. It comes from a determination to overcome challenges, work hard, and to persevere to the end.)*
4. How does being focused on the goal / “the finish line” lead to victory?
5. How can we stay focused on the goal? *(Ans.: By keeping our eyes on the goal / the finish line.)*
6. What or “Who” is the finish line for the Christian life? *(Answer: to become one with the Lord; to become “like Him”; to see Him face to face one day.)*
7. What keeps you from following the Lord?

Conclusion:

It can be hard to stay focused on our competitive goals. When we have a bad match or a bad week in practice, we can get discouraged, and let it affect our motivation & focus. But in Phil.3:12 -14; the Apostle Paul says “not that I have reached my goal yet... but one thing I do, forgetting what lies behind, and reaching forward to what lies ahead, I press on toward the goal...”. Paul wouldn’t let his past victories or defeats keep him from “pressing on” toward his goal (becoming like Christ). People who focus on their goal, (rather than the past) will accomplish great things. This is true on the wrestling mat, and it’s true in our Christian faith. If you want to have a life that honors God (at everything you do), stay “focused on the Lord”. Learn from mistakes, but leave the past behind and press on toward the “finish line”, (a “growing relationship with the Lord”). ***“Keeping your eyes on Jesus” will result in real victory, on the mat, and off the mat!***

CONCLUDE WITH A SHORT PRAYER



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Week 14: Strategy – Listen to the Coach (The Lord’s Spirit). (1 John 4: 6)

1 John 4: 6 says; “We are from God. Anyone who knows God listens to us; anyone who is not from God does not listen to us. From this we know the Spirit of truth and the spirit of deception.”

Just like coach is preparing us for victory in wrestling and in life, so God has provided His word and His Spirit for us to have counsel and His wisdom in our struggles along life’s path. He teaches us victory through faith in Him.

Questions:

1. When you are unsure, how do you know if someone is telling the truth?
2. When confronting peer pressure, how is that like Adam in the Garden of Eden?
3. What power enables us to overcome false teaching?
4. Can we trust our coach? How much more can we trust God’s Word and His Spirit?

CONCLUDE WITH A SHORT PRAYER



FCA Wrestling – Team Huddle

(Last devotion of the regular season –it’s important to have pencils & 3x5 cards ready)

Week 15: To the winner goes the Prize. (1 Corinthians 9: 24-27)

I Cor. 9: 24-27 says; “24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control,[a] lest after preaching to others I myself should be disqualified.”

Questions:

1. What does it mean that athletes compete to win a perishable crown?
 2. How can we avoid being disqualified?
 3. What disciplines do we practice to win in wrestling?
 4. What are the disciplines necessary to follow Christ?
 5. What is the imperishable crown Paul is referring to?
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Important Conclusion to the regular season (this is when you share the Gospel message):

As we end the team devotions for the regular season, there is one final / compelling question: “Will you appear someday at God’s “Judgement Seat”, (His “Great White Throne”) and have your hand raised in victory, and receive His imperishable crown?” Or, will you go down in defeat, to an eternity separated from God and His Kingdom of Heaven? If you want to know for sure that you are on God’s team, and a champion in His eyes, there are 4 points you must know and apply:

1. **God created you for an eternal purpose, and He loves you.** John 3:16 says, “For God so loved the world, that He gave His only begotten Son, that whosoever believes in Him, should not perish, but have eternal life.” God made you (Gen. 1:27); He loves you (John 3:16); and He wants to have a personal relationship with you (John 15:13; Rom.5:1, 10).
2. **Although God created us for a relationship with Him, all of us have rebelled against Him,** and gone our own independent way (at times) with our lives. The Bible calls this attitude “sin”. Rom. 3:23 says “All have sinned and fall short of the glory of God.” Sadly, Scripture goes on to say, “The wages (penalty) of sin is death...” (Rom. 6:23)”. Death here does not just refer to physical death, but to spiritual death, to spiritual separation from God for all eternity.
3. **The “Good News” is that Jesus came to die on the Cross in our place.** Rom. 5:8 says, “But God demonstrated His love toward us, in that we were still sinners, Christ died for us.” And not only did Jesus take our sin penalty upon Himself, but He conquered death when He rose from the grave on the third day (I Cor. 15: 3-7). Jesus Christ is God’s solution to our problem of sin. Jesus Himself said, “I am the Way, the Truth, and Life, no man comes to the Father, but through Me.” (John 14:6).

4. **The key to joining God's Team, is turning to God, repenting of our sins (turning from our sin to God), and receiving Jesus Christ into our heart as Lord and Savior.** It is not good enough to just agree intellectually with the first 3 points. We must turn to God and surrender our hearts to Christ. John 1:12 says, "As many as received Him (Christ), to them He gave the right to become children of God." Jesus Christ is knocking at the door of your heart today (Rev.3:20). Will you open the door, turn from your sin, and ask Him to be the Lord of your life?

Close in a word of prayer, giving all the wrestlers a chance to pray and ask Christ into their lives.
An appropriate prayer may sound something like this:

Sample "Salvation Prayer":

"Father in Heaven, I know have sinned against you. Thank you for sending Jesus Christ to die on the Cross for my sins. I ask You to forgive me of my sins. I now ask Jesus to come into my heart, and be my Lord and Savior. Please help me Lord to become the kind of man (person) that You want me to be. In Christ's Name, Amen!"

CONCLUSION OF SEASON – GET THE FEEDBACK:

Ask all the wrestlers to fill out a 3x5 card on this last devotional session. Ask them for their names, contact info (if necessary), their feedback on the season devotions, and what kind of decisions (if any) that they made for Christ. Specifically ask them to write down in their own words what the devotions meant to them, if they received Christ for the first time, or if they may have 're-committed' their lives to the Lord.



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Week 16: “To the winner goes the Prize” continued (from previous week) ... Now that you are a “champ in God’s eyes”, let’s talk about some things that are true about you:

During the wrestling season we have looked at many principles in God’s Word, and how it applies to being a champion (on the mat, and in life). For all of you who have given your lives to the Lord, you are a “Champ” in God’s eyes. Now let’s look at what happened spiritually, the moment that you surrendered your life to Christ, and asked Him into your heart.

1. Christ came into your heart. (Rev. 3:20)
2. You were forgiven of your sins. (Col.1: 13-14; 2:13-14; I John 1: 9)
3. You were saved from the consequences of your sins. (Eph. 2: 8-9)
4. You became God’s child. (John 1:12)
5. God’s Spirit came into your life, and you were “born” spiritually. (John 14: 15-17; John 3: 1-8; Rom.5:15)
6. You received eternal life, and became God’s child for all eternity. (John 5:24; I John 5: 11-13; Eph. 1:13-14)
7. You shall receive power to become God’s servant and witness wherever you go. (Matt.28: 18-20; Acts 1:8)
8. You became a new person in Christ, with a new purpose for living (2 Cor. 5:17-18, 21).
9. You began the great adventure for which God created you. (John 10:10)

As you say each point, read at least one of the key passages from your Bible, to support the point. At the conclusion of the 9th point, ask the thought question below, and then lead the wrestlers in prayer.

Thought Question: “Can you think of anything more exciting than being a child of God?”

How would you like to express your appreciation to the Lord for saving your soul and giving you eternal life?

Lead the wrestlers in praying together (out loud), thanking God for their salvation, their spiritual growth, and the many blessings mentioned above (in the 9 points). You may ask certain wrestlers to take one of the numbers to thank God specifically for that spiritual blessing. After about 5 -10 minutes of ‘conversational’ prayer (out loud), you close the time in prayer (or ask one of the wrestlers ahead of time to close the time in prayer).

*****ASK THE WRESTLERS: “Who would like to continue this Bible study after the wrestling season is over? Get a list of the wrestler’s names & contact info, and schedule the next time to meet.*****

CONCLUDE WITH A SHORT PRAYER