



FCA Wrestling – Team Huddle

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 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