



## FCA Wrestling – Team Huddle

### 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