



FCA Wrestling – Team Huddle

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