



FCA Wrestling – Team Huddle

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