



FCA Wrestling – Team Huddle

Week 2: Wrestling – “BALANCE” (Proverbs 3: 5-6.)

Balance is one of the keys to wrestling. Great wrestlers have technique, endurance and strength, but they must also have balance. There was a state champion wrestler that had ALL the tools. One morning, he woke up with “vertigo”. Something just happened where he lost his sense of balance. When got out of bed, he fell on the floor and couldn’t get up. He called out to his father, who ran to his side and had to lift him up and put him in a chair. They sent him to all the best doctors, but none could cure the vertigo. The wrestler had to re-learn how to balance himself. He had to find his center of gravity, and constantly think about it with every move he made.

Balance is one of the keys to life. Great people work hard and have a winning attitude, but they must also have balance. School (work), Fitness (health), Family and Faith are a part of everyone’s life. All are important, and each must receive enough time and attention for you to be in balance. Ignoring any one can cause you to lose your balance and “fall”. But only one can be your “center of gravity”. What is your center – School? Athletics? Family? Faith? God calls each of us to put Him as the center of our life. If you do, God promises to “make your path straight” (Prov. 3:5-6) and give you the balance you need to be a champion in life.

Prov. 3: 5- 6 states, “Trust in the Lord with all your heart, ... In all your ways acknowledge Him, and He will make your paths straight”.

Discussion Questions:

1. Have you ever seen someone who lost their balance? What happened?
2. Have you ever seen someone who lost their balance in life? (a “workaholic”, a “party animal”, a “fitness freak”, etc...) What happened?
3. Between School, Athletics, Family and Faith, where are you out of balance (too much or too little?)
4. What could you lose, if you lose your balance in life?
5. What does it mean to put God/ Jesus in the “center” of your life?
6. How does putting God/ Jesus in the center of your life improve your balance?

CONCLUDE WITH A SHORT PRAYER