



## FCA Wrestling – Team Huddle

### Week 1: Wrestling – “BASICS”. (Proverbs 9: 10.)

Every good coach and wrestler knows that success starts with “basics”. If you don’t keep your head up, elbows in, and a good base on your feet, all the fancy technique in the world will not help you be a good wrestler on your feet. If your head drops in a scramble on the mat, you can easily end up on your back. We pay a heavy price for not paying attention to the “basics” in wrestling, and the same is true in life.

**The book of Proverbs tells us that “The fear of the Lord is the beginning of wisdom; And knowledge of the Holy One is understanding.” (Prov. 9:10)**

This passage basically means: **Having a healthy respect for God, and realizing that He created us for a purpose, results in living a ‘wise’ life, a life that leads to true success.** This kind of success doesn’t mean we always win wrestling matches, or will be rich someday, but it ultimately means success in God’s eyes, for all eternity. And a life that is lived “wisely” upon this earth will result in a life of purpose, peace, integrity, loving relationships, and a strong work ethic, (just to mention a few important blessings) While an unwise life, (one that seeks after the pleasures of this world without stopping to think about the consequences of actions), always leads to ultimate heartache and pain.

**So, in this life, we must “keep our head up”, to see life from God’s perspective. And when we “look up” to Him, for wisdom and guidance, (rather than following the crowd), we will “win” the scrambles / the battles of life, because our actions will be sound, leading us to ultimate success.**

### Discussion Questions:

1. How does respect for God display itself in our daily activities?
2. How would respect for God impact our ‘work ethic’ in the wrestling room?
3. How would respect for God impact the way we listen to our coaches, our parents, and our teachers?
4. How does a lack of respect for God and authority lead to negative consequences in our lives? How about on the mats?
5. Can you see how “seeing life from God’s perspective” can positively impact everything you do?

Understanding this important “basic” of life (having respect for God), will impact everything in our lives, whether on the mats, in the classroom, and how we handle our human relationships.

### CONCLUDE WITH A SHORT PRAYER