



FCA Wrestling – Team Huddle

Week 10: “Our Invisible Opponent” (Eph. 6: 12 - 18; 1 Peter 5: 8 – 9)

Before you step on the mat to wrestle your opponent, you must first wrestle the invisible opponents – Doubt & Anxiety. You cannot see these invisible opponents, but they are real, and they are tough! Doubt attacks your mind; “Is my technique good enough”, “Will my conditioning get me through the match? Through overtime?”, “this guy looks strong and tough”, etc. Anxiety attacks your body; your heart rate quickens, your stomach churns, and your focus changes. Often these two opponents can be tougher than the actual opponent you face on the mat. However, as you mature in wrestling, you will learn through experience to anticipate and defeat these invisible opponents, so you are ready to achieve your full potential on the mat.

Before you step out of bed each morning to wrestle all the challenges of the day, you must first wrestle another invisible opponent – the Devil. You cannot see this invisible opponent, but he is real, and he is tough! Satan attacks your mind; he whispers “Your behavior is not good enough”, “Your thoughts are sinful”, “You deserve to be punished”, “Nobody, especially God, could possibly love you.” As you mature in your faith, you will learn that Satan is the “Father of Lies”, you will learn to anticipate his attacks, you will learn God’s truth about you and be prepared to defeat the invisible opponent so you are ready to achieve your potential in life – and for eternity.

Ephesians 6: 10 – 12

“Be strong in the Lord, and in the strength of His might. ... For we do not wrestle against flesh and blood, but against the rulers, against the powers, against the forces of darkness, against the spiritual *forces* of wickedness in the heavenly realm.”

Discussion Questions:

1. When does Doubt attack your mind?
2. What do you do when Doubt attacks your mind?
3. What lies does Satan tell you?
4. What does the Bible say about you?
5. Who do you believe? Why?

CONCLUDE WITH A SHORT PRAYER