



FCA Wrestling – Team Huddle

Week 3: “MENTAL DISCIPLINE” (Numbers 14: 24)

Mental Discipline (Joshua & Caleb) – “Champs” in the game of life.

After the Lord freed the Israelites from slavery in Egypt, He led them up to the land He had promised them, through Moses. Moses sent out 12 men, one from each of the 12 tribes of Israel, to scout the land they were to take possession of, and for 40 days these scouts went out, Caleb and Joshua among them. When they returned, they reported that the land was desirable, but that it was inhabited by giants, living in fortified cities, and they would not be able to prevail against them. However, **Caleb reported in Numbers 13: 30: “We should by all means go up and take possession of it, for we shall surely overcome it.”** The Israelites were 2 years into their Exodus from Egypt at this point, but despite all the miracles they had seen, the people believed the rest of the Scouts, and sought to stone Caleb and Joshua. Therefore, the Lord punished the Israelites with a total of 40 years of wandering in the wilderness. Only after this unfaithful and disobedient generation died off in the desert, did God finally allow their children to enter into the “Promised Land”, under the leadership of his two faithful warriors, Joshua and Caleb.

Joshua and Caleb disciplined themselves mentally to stick to the vision that God gave them. And because of their mental toughness and faith, they and their descendants, did inherit the Promised Land. In Numbers 14: 24 the Lord declared; **“But my servant Caleb, because he has had a different spirit and has followed Me fully, I will bring into the land which he entered, and his descendants shall take possession of it.”**

Discussion Questions:

1. Caleb saw the same sights his peers had seen; yet, who did Caleb place his trust in?
2. Where did Caleb and Joshua obtain their strength and drive? Where do you find yours?
3. Numbers 14: 24 states Caleb follows the Lord fully; Who do you follow?
4. What happened to the Israelites in this passage who chose not to believe?

Romans 8: 28-31 states: **“And we know that all things work together for good to those who love God, to those who are called according to His purpose ... What then shall we say to these things? If God is for us, who can be against us?”**

CONCLUDE WITH A SHORT PRAYER