



FCA Wrestling – Team Huddle

Week 4: “PREPARATION” (1 Cor. 9:24 - 27)

1 Corinthians 9:24 states; “**Do you not know that in a race all runners run, but only one receives the prize? So run that you may obtain it.**”

A serious athlete / wrestler must prepare himself for competition with hard work. He must train by drilling technique, conditioning, strength training, hard wrestling, and even mental preparation (studying the sport, knowing the rules, understanding how to use the mat space, and to learning the tendencies of key opponents). All this happens before he ever steps on a mat to compete. All the athletes compete, but it is the wrestler who “trains to win” that usually end up on the winner’s podium.

The passage in 1 Cor. 9: 24 – 27 explains that the Olympic-level athletes “exercise self-control in all things”, but they train for a “perishable crown” (the Olympic wreath put on the head of the victorious athlete). On the other hand, we who live for God, train ourselves for an “imperishable crown” (one that God promises to all who have lived faithfully for Him).

Psalm 1 puts it this way; “the man” who lives for God, will ultimately be “... like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers...for the Lord knows the way of the righteous, but the way of the ungodly shall perish”.

Thought Questions:

1. How is wrestling like the race described in 1 Cor. 9: 24 - 27?
2. If we don’t prepare, practice, push ourselves beyond what we thought our limits were, would we be capable of sustaining and expecting victory?
3. Does preparation improve our confidence and ability? Have you ever been in a situation where you hadn’t adequately prepared? What was it like?
4. How is our daily life like this race?
5. While you wrestle with God, have you considered wrestling for God?
6. When you are preparing, are you doing it for you, or Him? What are you really preparing for?

CONCLUDE WITH A SHORT PRAYER