



FCA Wrestling – Team Huddle

Week 5: WHO ARE YOU? (Ephesians 2:10)

Who are you? I mean really, who are you? OK, I've got your name, but who are you? Are you a student? Are you a son? Are you a brother? Are you creative? Are you serious? Are you funny? Are you moral? Are you athletic?

You may be ALL those things, but you are also a WRESTLER. Wrestling is different. You don't "Play" wrestling. You may play basketball. You may play baseball. You may play football. You may even play hockey. But, you don't "play wrestling". Wrestling is not just something you do. Wrestling is a sport that absorbs your life in many ways. A wrestler is who you are. Wrestling is not just during a match, or during practice, it's 24-7. Wrestling is not just technique; its strength, its endurance, its balance, but most of all, its discipline. And that's what separates Wrestlers from those who just play a sport.

But you are even more than a wrestler. You are the unique workmanship of God, created to follow Jesus Christ, to achieve your full potential. Scripture tells us in **Ephesians 2: 10, you "are God's workmanship, created in Christ Jesus for good works"**. In many ways, Christians are like wrestlers. Christians are "different". You don't "Play" Christianity. Christianity is not just something you do. A Christian is who you are. Christianity is not just on Sunday and not just at church. It's 24-7. Christianity is not just discipline; it's strength, it's endurance, it's balance, but most of all, it's following Jesus Christ. And that's what separates Christians from those who just play life. Think about it!

Discussion Questions:

1. Name some ways that wrestling is different from other sports.
2. How does it make you feel to be known as a wrestler?
3. How are Christians different?
4. What does it mean to "follow Jesus Christ"?

CONCLUDE WITH A SHORT PRAYER