



## **FCA Wrestling – Team Huddle**

### **Week 9: “Train yourself to Listen” (James 1: 19)**

In our previous lesson, we discussed what ‘humility’ looks like. Being humble is an important trait, because it also helps us remain “teachable”. When we are “teachable”, we listen to others advice and counsel, and we learn more. This is true in wrestling. It is true in life.

**James 1:19 states; “... Let everyone be quick to hear, slow to speak, and slow to anger...”**

When we are “quick to hear”, we learn and improve. It is a smart wrestler who listens to his coaches for instruction, even when he’s exhausted, and in the middle of a tough battle. (In fact that is when it might be the most important time to listen.) The best wrestlers, or athletes, are the ones who never stop learning. They are the ones who “soak in” good coaching. However, if we think we know more than the coach, or get ‘defensive’ when people correct us, it means we are not listening, and we are NOT learning. People who are not humble enough to learn from others, eventually “hit a ceiling” in their performance. They may have all the talent in the world, but eventually they reach a point where they stop developing and improving. (This is why some high school “state champs” don’t do so well in college wrestling. They think that because they were state champs, they already know everything.) But the ones who keep listening, learning and working, are the ones who keep improving and reach greater heights.

**Proverbs 1: 5 states; “A wise man will hear and increase in learning; and a man of understanding will acquire wise counsel.”**

### **Discussion Questions:**

1. Do you have a hard time listening to your coaches, parents, or teachers?
2. Or, do you listen to their advice and think about what they have told you?
3. Does anyone learn anything, without learning it from some other source outside themselves, either from parents, teachers, or coaches, or even from reading good books, good materials?
4. Is a teachable athlete, a good listener, or a poor listener?
5. What kind of athlete, wrestler, student, or person, do you want to be? Humble & teachable? Or arrogant and “un-teachable”? The choice is yours!

**CONCLUDE WITH A SHORT PRAYER**