



FCA Wrestling – Team Huddle

Week 8: “The Key to being a real ‘Winner’ – Humility”: (1 Peter 5: 6)

Have you ever seen a wrestler win a big tournament in a dramatic fashion, and then walk off the mat with humility and grace? What do you think of him? Compare that to the athletes who run around pumping their fists in the air, pounding their chest, and telling everyone that “they are the greatest”. Which behavior displays humility, and which behavior displays a narcissistic (self-absorbed) pride?

There is nothing wrong with taking pride in a job well-done. However, when we want to exalt ourselves over others, and be the center of everyone’s attention, we miss the point of life (and competition). That kind of self-absorbed, prideful behavior demonstrates a deep insecurity. If we need the approval of men to feel good about ourselves, we are basing our self-image on the wrong foundation. Someone will eventually come along who can beat us, and then what do we do? A self-image built upon the accolades (rewards) of men is destined to eventually come tumbling down.

God has a better idea. He wants us to realize that we are already special because we are made in His image (Gen. 1: 26-27; Ps.139: 13-14); deeply loved by Him (John 3:16); and created for His own special purpose (Eph. 2:10). A self-image built on this foundation, can handle the disappointments and rejections of life. Our security comes from God, not man. And we can allow Him to build us up as He sees fit. **1 Peter 5: 6 says, “Humble yourselves therefore, under the mighty hand of God, that He may exalt you at the proper time.”**

So whether you win or lose a match, remember that you are already special to God, and deeply loved. Winning does not make you a more worthwhile person, and losing does not make you less worthy as a person. When you understand this, **humility becomes a mark of your true character.** .

Discussion Questions:

1. What do you think of a wrestler who wins a big match and reacts with humility?
2. When someone loses a match, and pitches a fit, throwing his headgear, etc..., what do you think his source of self-image is based upon? (Upon God’s approval, or man’s?)
3. How do you want to act when you win a tough match? Or, when you lose a tough one because of a bad call by the ref?
4. How do your reactions in these situations reveal the true nature of our self-image and character?
5. Do you believe that trusting in God’s love for you can affect the pressure you place on yourself before a big match? (Remember putting too much pressure on ourselves can hurt our performance.)

Note: Whether you win or lose, always walk off the mat, with your head held high - with grace, dignity, and humility. **Because when you do your best, that is always good enough for God.**

CONCLUDE WITH A SHORT PRAYER