



## FCA Wrestling – Team Huddle

### Week 10: Escape – How to break free from the enemy’s grasp. (1 Cor. 10: 13-14)

Just as we talked about “reversing our opponent”, every wrestler knows what it is like to be ‘stuck on the bottom’ under a tough opponent. You have to work hard to get an escape, and you cannot give up. You have to keep your head up, get hand control, and keep moving. No matter how tired you are, you must keep moving. And if you keep standing up long enough, you will eventually work your way free. In life, we face tempting situations all the time. Some of those situations will trap you and keep you down, on the bottom in life, just like a tough opponent in a wrestling match who is ‘cranking’ on you from the top, trying to turn you over and pin you. Just ask any young man in prison if he wishes he had found a way to escape the temptation that ultimately put him behind those bars and walls.

**Whenever you face those moments of temptation**, (whether it’s following your buddies to go out drinking and driving; stealing something because you think you can get away with it; treating a young lady without respect; etc...), **you always have a choice**. You can choose to do right, or you can choose to do wrong, but you are never without a choice. In fact, God actually promises that He will not allow us to face any temptation so great that we cannot overcome it. *1 Cor. 10: 13 tells us that “No temptation has overtaken you, except what is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation He will also provide a way of escape, so that you are able to bear it / endure it (the temptation).”* In other words, when you think something is so tempting you cannot stop yourself, get over it; it is a temptation that many have already overcome, and God is going to provide you with an escape route, if you will take it. **YOU CAN OVERCOME IT.** So, remember, falling into temptation is totally avoidable, no matter what it is, and God will always help you through it. **The choice is completely in your hands.** Will you fall into temptation; or do what you know is right and follow God’s path for your life?

### Questions:

1. Have you ever faced a temptation that you thought was too tempting to stop?
2. Once you have fallen into temptation once, is it easier or harder to avoid the next time?
3. How do you think you can make wiser choices in the future, and break a cycle of sin in your life?
4. Are you willing to do whatever it takes to escape the way of temptation, and follow the path of escape provided by the Lord?

*Remember, the choice is always yours, and God will always help you (when you want the victory). Following God’s direction and His path will always help you avoid the awful consequences of foolish behavior, and will set you up for a life of success, peace, and joy.*

**CONCLUDE WITH A SHORT PRAYER**