



FCA Wrestling – Team Huddle

Week 12: "Control" (Eph. 5:18)

In wrestling, "Control" is crucial, but it is also subjective. The Rules Book states "Control occurs when an individual has gained restraining power over an opponent." In scramble situations, it can be difficult to determine who has control, and when. In certain situations, the exact same position can be declared "control" if one wrestler is out of bounds, but "no control" if both wrestlers are in bounds. Often, two very experienced officials will view the same action, and one will determine "control" and the other will not. It is not always obvious to determine who is in control.

As a wrestler, your goal is to get control of your opponent, and keep him under your control. In life, "Control" is also crucial, but it is also subjective. When we are young, we are under the control of our parents. When we are at school, we are under the control of our teachers. When we are at practice, we are under the control of our coaches. But each of us has our own will. We want to be independent. We want to be free. We want to be in control of ourselves. And while that sounds ideal, by definition it also is just "selfish". Sometimes it seems like we just cannot be in control of our self. The media and the culture can control our thinking. Alcohol or drugs can control people's perspective. Lust can control actions. Envy and jealousy can control. ***What or Who controls you will determine your success, your happiness, and even your eternal destiny.*** So, here is the great news – ultimately, you get to decide in life who or what controls your thoughts, actions, and choices. ***God gave you a free will***, and He has an amazing plan for your life. You will only know His love and plan for your life, if you surrender control to Him. ***Eph. 5: 18 tells us to "Be filled with the Spirit". In the original Greek language, this word 'filled' here literally means, "controlled and empowered by". The passage means that God is calling us to be continually under the control of His Holy Spirit.*** The fruit of His Spirit is a life that demonstrates the qualities of a true champion, including love, peace, patience, goodness, faithfulness, & self-control (Gal. 5:22-23).

Proverbs 3:6 "In all your ways acknowledge Him, And He will make your paths straight."

Proverbs 25:28 "Like a city that is broken into and without walls, Is a man who has no control of his spirit"

1 Corinthians 9:25 " Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

2 Corinthians 5:14-15 " For the love of Christ **controls** us, having concluded this, that...He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf".

Discussion Questions:

1. Think of someone or something that controls your life in a negative way? (You don't have to say it out loud.)
2. Name someone or something that controls your life in a positive way?
3. What is it like when people are "out of control"?
4. Who decides who has control?
5. What is stopping you from giving God control of your life?

CONCLUDE WITH A SHORT PRAYER