



FCA Wrestling – Team Huddle

Week 11: Reversal – Scoring from the bottom. (I John 1: 8 -10.)

Every wrestler knows, that a wrestling match is a battle. The battle involves our physical, mental, and our spiritual being. We must maximize our body, our mind, and our heart, in order to compete in a “winning manner” (giving our best). Just as we fight to win on the mats, the Scripture is clear that we also fight a spiritual battle in life. Eph. 6: 10 – 12 tells us; “Be strong in the Lord, For we wrestle not against flesh and blood, but against the rulers and powers, ...and forces of darkness / wickedness in the heavenly realms.” God is telling us that in reality, we are all in a spiritual battle, a ‘spiritual wrestling match’ with His enemy, Satan (the devil), and his evil hosts (fallen angels).

How we wrestle this match matters more than any match we will ever wrestle on a mat. Since none of us are perfect, we all find ourselves at times, being ‘taken down’ by the devil, when we fall into temptation of one kind or another. How we respond to these situations, when we stumble and fall, determines who will win the “big match of life” in the long run. When you stumble along the way of life, doing something you know in your heart is wrong, you have two choices: Wallow in the sin, and let Satan beat up on you; or ‘fight off the bottom’ and get back ‘in control’. God gives us simple instructions on how to “reverse” our position and get back on top. I John 1: 8 – 10 tells us that no one is perfect, but anyone cannot admit that they have sinned, they are basically calling God a liar and are not in relationship with Him. **But “if we confess our sins (to the Lord), He is faithful and just to forgive us of our sins, and to cleanse us from all unrighteousness” (1 John 1:9).** So when we ‘confess our sin’ (agree with God that He is right and we are wrong), asking His forgiveness, we are ‘reversing our situation’, getting back into a close relationship with the Lord, and getting back ‘in control’ in life.

If you let Satan keep you down, and whup-up on you, he will. But if you are willing to be honest with yourself and God, and humbly confess your sins to the Lord right away, (whenever you blow it), you can ‘stay on top’ in the wrestling match of life. When the final whistle blows someday, you will be a winner in the greatest match of all... the wrestling match of life.

Discussion Questions:

1. Have you ever been tempted to do something you knew was wrong? (Welcome to the human race.)
2. How do you feel about yourself once you have done something that you know is wrong?
3. According to 1 John 1:9, what is the one thing we can do to pick ourselves up, dust ourselves off, and get back in control of the fight/ get back in control of our lives?

CONCLUDE WITH A SHORT PRAYER *(Give the wrestlers a chance to pray silently during this time, and to confess anything in their lives that they know is not right with God, to redirecting their hearts back to the Lord.)*