

FCA MARYLAND LACROSSE

2020 FALL HUDDLES



ENDURE

THE CHALLENGE
WITH JOY
WITH PATIENCE
WITH COMMITMENT
WITHOUT FEAR
WITH GOD

ENDURE

-Hebrews 10:35-36

ABOUT ENDURE

We are certainly in a time like no other. The challenges we are facing are unexpected and leave us constantly searching for the right answer. However as athletes, we are faced with challenges constantly. Whether in practice or games we know difficulty is apart of the process. So what is often our response? We Endure! We work hard, train, practice, and prepare so when the unexpected takes place we can be ready. Miraculously, God directs us to do the same thing. What are we supposed to do during this odd time of uncertainty? We Endure! God even takes it one step further by showing us what it takes to endure and how to do it. To endure means so much more to God because it shows him that we won't give up when the going gets tough. Hold on and use this time God has placed us in.

FCA is here to encourage and provide the opportunity to live and ethical, virtuous, and spiritually fulfilling life. This fall, we will spend time learning and discussing what it means to Endure the time we are in and the challenges we face. More importantly, how we endure them; *With Love, Commitment, Patience, Joy, Without Fear, and To Last* in our Team Huddles. We will look at what the Bible has to say about each topic, why choosing to endure glorifies God, and how to incorporate ENDURE into our lives. We hope that our time looking at each topic will influence and motivate you in your faith journey, but also primarily encourage you to dive deeper into your relationship with Jesus Christ as Lord and Savior.

THEME VERSE – Hebrews 10:35-36

So do not throw away this confident trust in the Lord. Remember the great reward it brings you! Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised.

TABLE OF CONTENTS

<u>PAGE #</u>	<u>HUDDLE TITLE</u>	<u>VERSE</u>
1	ENDURE THE CHALLENGE	Psalms 121;1-8
2	ENDURE WITH JOY	James 1:2-3
3	ENDURE WITH PATIENCE	Romans 12:12
4	ENDURE WITH COMMITMENT	Proverbs 16:3
5	ENDURE WITHOUT FEAR	John 14:17
6	ENDURE WITH GOD	Ephesians 6:13-17

STAFF CONTACT INFORMATION

Ryan Horanburg	FCA DIRECTOR	(571) 239-5021	rhoranburg@fca.org
Dan Mulford	FCA MD DIRECTOR OF OPERATIONS	(443) 841-4960	mulford.daniel@gmail.com
Kyle Savick	FCA CLUB MINISTRY COORDINATOR	(443) 617-1965	ksavick@fca.org

ENDURE – THE CHALLENGE

WARM UP

- Name a time where you went into something expecting one thing and it ended up being completely different?

WORKOUT

There's no doubt that most of us went into the year 2020 expecting things to be a lot different than they are now. Fast forward to the fall and this season, things are still looking different. No one could have predicted that a mask is something you had to remember not to leave the house with. The bigger reality is that things are going to continue to be different. If the unexpected is going to continue to happen, then it is up to us to be able to adjust. The challenge is to understand what it means to expect the unexpected.

God never promised that we are always going to know what's going on or that everything will run smoothly. He actually promises us the exact opposite. Things may be different than what they seem. We will experience some unexpected situations. However, God also teaches us how to approach those promises. WE ENDURE. God teaches us to learn to rise to the occasion and accept the challenge. Everyday you step on that field you embrace and endure the challenge. If it's a game you choose to take on your opponent and if it's practice you choose to embrace the grind and get better everyday. God is asking us to do the exact same thing. Everyday when you wake up and you face the trials and challenges of the day remember, God wants you to Endure and rise up. Everyday will bring something new and unexpected. It could be exciting like the covid restrictions are lifted or a burden like more quarantine. Either way, we can expect the unexpected by accepting the reality and choosing to endure the challenge

Psalms 121:1-8

"I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber. Indeed, he who watches over Israel never slumbers or sleeps. The Lord himself watches over you! The Lord stands beside you as your protective shade. The sun will not harm you by day, nor the moon at night. The Lord Keeps you from all harm and watches over your life. The lord keeps watch over you as you come and go, both now and forever.

QUESTIONS

- What does it mean to endure?
- What should we do when the unexpected occurs?
- What does it mean to rise up to the challenge?
- How we use God to endure the challenges?
- How can we help others to endure?

WRAP UP

As athletes we are taught to develop a mindset of never giving up and accepting whatever the game throws at you. We may not like it but we know it is out of our control and we just have to focus on making the best out of the situation. I challenge you to develop that same mindset in your walk with Christ. There will be days that you do not like, but understand just like a game it is out of your control. Ask God to give you the strength to endure and continue to push when the days get hard. The biggest thing we can control is how we react when life becomes unexpected.

CLOSING PRAYER

ENDURE – WITH JOY

WARM UP: Can you name a time where you had to do or go through something hard, but in the end it made you better?

WORKOUT

In the season of life that we are in, finding joy can seem difficult at times. It may be easier for us to focus on the negative of what we are going through instead of looking for the positives that are right in front of us. For example with school, some of you may be back in your classrooms and some of you may have school online. It is easy to be in a state of mind that focuses on the negative and say, “This is awful...I wish I was in school and could see all my friends” or “I wish I was doing school online, so I didn’t have to wear a mask all day”. It’s all about perspective and how you view the situation. When we focus and dwell on the negative, we lose sight of the potential positive or joy that can come from the situation we are in. Our attitudes and outlooks are contagious, think about if you would want someone to catch yours.

It’s not easy to have a joyful outlook all the time, especially if we are being asked to endure a tough situation. However, In James 1, God is writing to the people who have lost sight of what He is asking of them and how they as believers should act. He is reminding them that with the troubles and trials that come into their lives, they are being given an opportunity to see the positivity and joy that can come from it, if they look for it. Like in anything we do, there cannot be growth without a struggle/stressor.

James 1:2-3

“Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. Learn well how to wait so you will be strong and complete and in need of nothing. If you do not have wisdom, ask God for it. He is always ready to give it to you and will never say you are wrong for asking. You must have faith and ask Him.”

QUESTIONS

- What stuck out to you about this verse (**reread verse**)
- Why can challenging things actually help us?
- Why does God want us to have joy, even during the hard times?
- How can we help others find joy in the hard times

WRAP UP

There will be times in our life where we feel uncomfortable or upset by a decision, a situation or just life, in general; however, with this reminder from James, we know that it is only a mindset. We can choose how we look at these uncomfortable situations. We can look at them as negatives or change our mindset and CHOOSE to find the joy/positives in them. Remember that we cannot grow unless we are faced with a situation that tests us. CHALLENGE: When things arise in your life that feel like a negative, choose to endure with joy and focus on the positives. Learning can only make you better.

CLOSING PRAYER

ENDURE – WITH PATIENCE

WARM UP

- GET IN ORDER: Have your team get in alphabetical order (A-Z), **WITHOUT TALKING**

WORKOUT

When you have a problem, whether it is a homework problem, sibling problem or friend problem, how many times do you try and fix it before you ask for help? We can try and try and try again to fix a problem ourselves, but ultimately there are some problems we cannot fix on our own. For example, when you are learning a new skill in lacrosse, it can be very frustrating to do it on your own, but when you ask your coach for help and they break it down for you, you can begin to see what you need to work on so that you can do it successfully. Do not get discouraged because of frustration, instead seek guidance, have patience and keep working.

The bible defines the word patience as endurance, being able to work through problems without letting our emotions cloud our judgment. To successfully endure means to successfully be patient. Even in troubling times we must focus and understand that God's plan is always the best plan, even if we can't understand it quite yet. In Romans, Paul is reassuring us of Christ's presence. He is telling us that we can rejoice when we have hope, are patient in trouble and we continue to seek Christ's guidance in prayer. Now, he is not saying that we will receive answers right away or that we will not have frustrations or problems, but he is telling us that there is power in having hope, being patient, and in constant prayer, so we should rejoice.

Romans 12:12

“Love each other as Christian brothers. Show respect for each other. Do not be lazy but always work hard. Work for the Lord with a heart full of love for Him. Rejoice in our confident hope. Be patient in trouble, and keep on praying.”

QUESTIONS

- What problem have you tried to fix on your own, that you ended up needing help with?
- What does it mean to have patience?
- Why does God ask us to be patient?
- How can we help others to be patient?

WRAP UP

Remember, do not get discouraged because of frustration, instead seek guidance, have patience and keep working. We can rejoice when we have hope, are patient in troubles/struggles and we continue to seek Christ's guidance in prayer. We have power in Christ, when we are patient. **CHALLENGE:** If there is a time in the next week, where you get frustrated with a problem that you cannot solve on your own, take a second and breathe and then give it to God and ask for guidance.

CLOSING PRAYER

ENDURE – WITH COMMITMENT

WARM UP

- What does commitment mean to you? Tell me about a time you had to commit to something?

WORKOUT

In the game of lacrosse there are days that feel like defeat, and those are the ones that you need to be united. When you decide to be a part of a team, you decide to stand with your teammates. This is a commitment that parallels the one you make with The Lord when you give your life to him. You commit to picking your teammate up when they are down. You commit to pushing yourself to the standard you are called to. You commit to not only enduring you own pain and failures but enduring those of your teammates as well. By doing this, you all grow stronger. With the Lord, this is seen. The Lord calls us to follow, no matter the doubt, no matter the fear, and no matter the risk we may endure. We commit to The Lord and we commit to his word.

Within FCA, there is a commitment to you as an athlete to lead you into a growing relationship with Jesus Christ. This is done through the core values of integrity, teamwork, serving , and excellence. When we commit to something it means that we are not only agreeing to finish the task at hand, but also to do it to the best of our abilities. Just like in the sport of Lacrosse we commit to the season before it starts. We have no idea what may happen or how the season will go. We choose to endure any outcome and are dedicated to seeing it through till the end. God asks us to do the same thing with our relationship to him. We have no idea what the rest of our life is going to bring. But when we choose to commit to God we choose to endure all life throws at us. We also know that we will be able to take on whatever it is because of our commitment and willingness to push through.

Proverbs 16:3

We can make our own plans, but the Lord gives the right answer. People may be pure in their own eyes, but the lord examines their motives. Commit your actions to the Lord, and your plans will succeed.

QUESTIONS

- How can we show God we are committed
- How does commitment help us endure.
- Why should we commit to God
- How can we help others commit to God?

WRAP UP

Now we know that though we may endure hardships, and we may not know the rhyme or reason, The Lord is there to guide us and surround us with the tools that lead us through these times. We, as the children of God, have the right to get through life hand in hand and step by step. This is a blessing for us to embody the word commitment via our ability to persevere and overcome. I challenge you the next time you commit to something, to do it with integrity, teamwork, serving, and excellence.

CLOSING PRAYER

ENDURE – WITHOUT FEAR

WARM UP

- Can you name a time where you knew exactly how to beat the other team, as if you already had the answer?

WORKOUT

Often times our coaches work hard to have the best strategy to be successful. They use plays and different players as keys to get the edge over another team. Almost like they have all the answers on how to come out with a victory. It's a great feeling knowing how to beat a team going into the game. You feel confident, more prepared, and ready to take on the challenge. You're not as worried or nervous either because you feel like you have the keys to success. Just like coaches can give us the keys to win a game, God gives us the keys to live life without fear. The biggest key is faith. Faith beats fear every time. However, we have to be willing to use the keys. If you didn't use the information your coach gave you, then it would be useless. If you choose not to trust God, then your faith is no match for your fears.

There is a saying that states, "The key to change is to let go of fear". Since we are talking about fear that means for us to endure without fear, we must change our ways. God wants us to understand that one of the reasons we fear is because we do not trust that He has everything under control. As much as we say we believe God is in control, we can still become easily fearful of the unknown. We start to believe only what we can see and understand. God reassures us time and time again that if we can step outside of our understanding and realize that God understands so much more than we ever could, then we will truly begin to believe that he has everything under control. We will let go of fear because we have decided to change our ways. We will be able to endure what ever life throws at us because in the end we trust that God has a plan and it will all be alright.

John 14:17

"Do not let your heart be troubled. You have put your trust in God, put your trust in Me also. There are many rooms in My fathers house. If it were not so, I would have told you. I am going away to make a place for you. After I go and make a place for you, I will come back and take you with me. And you may be where I am. You you know where I'm going and you know how to get there."

QUESTIONS

- Why does faith beat fear?
- What do we need to do to have faith?
- How can we change our ways to trust God?
- How do we help others have faith over fear?

WRAP UP

God is encouraging us to take the keys he has given and trust what is written in the Bible. It's one thing to hear that faith is the answer to dealing with fear, but it's another to believe it. Especially when troubling times come and we must endure. I challenge you to begin every challenge with trust first. Before getting anxious or worrying about what may go wrong, think about how great it will be because God is with you.

CLOSING PRAYER

ENDURE – WITH GOD

WARM UP

- What happens if you play lacrosse without gloves or a helmet? Why do we need equipment?

WORKOUT

There's a reason that lacrosse requires you to wear all the necessary equipment. We need to wear equipment so we can protect ourselves and others. Equipment allows us to stay safe and continue to play. Could you imagine playing a full contact game with no equipment? The game would stop every 30 seconds because of injuries and players would not feel safe. The reality of the game of lacrosse is that even if you wear the proper equipment there's still a chance that you could get hurt, however we know that the chance of us getting hurt is a lot less if we put on our equipment. We choose to endure the game of lacrosse and all the brutal hits because we know we have protection. Without that protection we could still decide to endure the game, but it would be a lot harder.

As athletes we choose to endure the game but as we all know we are so much more than just athletes. God has created us as unique, special, and amazing individuals. Each day we wake up, we decide to go through life. We know that some days can be great, but we also know some days can be tough and hard to get through. God teaches us that it is so important to choose to get through both the good and the bad days with him. Picture God as your protective equipment and lacrosse as your daily life. Just like you choose to endure lacrosse, God wants you to endure life with him. He is the protection we need to get through life. He wants to take care of us. You can try to go through life without God, but in the end you will just end up hurt. Just like you would if you were playing with no equipment. God does not promise life will become easier if you choose to endure with him, but he does promise that he is the only way we will find success!

Ephesians 6:13-17

“Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth in the body armor of God's righteousness. For shoes, put on the piece that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the spirit, which is the word of God.”

QUESTIONS

- What does it mean to endure?
- Why do we endure with God?
- How do we invite God into our lives?
- How do we help others endure with God?

WRAP UP

At the end of the day, you're going to find out that there are ways to try to do life without God. God gives us the choice to choose to do life with him. Unfortunately, you'll learn that life will become extremely hard without God and unfulfilling. We are created for a purpose and we are not meant to do life alone. I challenge you to think about your life and how it would be different by choosing to do life with God!

CLOSING PRAYER