



FCA Wrestling – Team Huddle

Week 8: : Strength – where it comes from, how to build it. (Philippians 4: 13)

“I am able to do all things through Christ who strengthens me.” (Phil. 4:13)

Questions:

1. How does our faith in Christ strengthen us?
2. How do we exercise to build strong bodies?
3. What type of exercise can we do to grow in our relationship with God? (Examples: prayer, fasting, reading scripture, attending worship and Church, being charitable, being a friend, setting good example/ sharing Jesus with others through word and deed, honoring mother and father.)
4. Can I build spiritual strength through exercising my witness, like bodily strength through physical exercise?

CONCLUDE WITH A SHORT PRAYER