



FCA Wrestling – Team Huddle

Week 2: Fasting – Did God want everyone to make weight? (Matthew 4: 1-11; Acts 13: 2-3)

Fasting is primarily the act of willingly abstaining from some or all food, drink, or both, for a period of time. It is interesting that “Fast Food” has the word “Fast” in it, meaning “to abstain from”. Is God trying to tell us something?

Fasting is a spiritual discipline of the Christian faith. Jesus himself fasted for 40 days in the desert, after his Baptism, when he went off into the wilderness and endured the temptations of Satan. Fasting is a discipline because it teaches our minds to control the passions of our fleshly appetites. It is an exercise, like lifting weights, that strengthens and empowers the mind to rule the body.

When you’re fasting, your body is calling out to you “I am hungering for food”. When you feel that, think about God who “Is hungering for a relationship with you”. When you feel hunger, talk to God. Thank Him for your many blessings. Tell Him your concerns. Apologize for your shortfalls. As you are fasting to prepare for the season, think about Jesus who fasted for 40 days to prepare for battle with the devil.

Questions:

1. How does the discipline of fasting benefit us?
2. If we don’t exercise our body, what happens?
3. Do you ever fear an opponent? Can fasting strengthen our mind to quiet the fear?
4. If we don’t exercise the mind as the captain of the body, what happens to our thoughts and emotions, and how does it affect our performance?
5. When we face peer pressures in school and around the community, can this kind of spiritual discipline be applied to strengthen our resolve?
6. Why did the Disciples fast?

CONCLUDE WITH A SHORT PRAYER