



## FCA Wrestling – Team Huddle

**Week 16: Nutrition (The importance of what you put into your body, & mind).  
(Psalm 1: 1 - 3; Rom. 12: 1 – 2)**

As wrestlers, what we eat determines our body's make-up, and energy store. It is critical that we nourish ourselves with proper nutrition, at the proper time, and over time as we wrestle through the season. Our diet requires discipline if we aim to be champions. In our relationship with God, the most important path we will ever take, requires discipline as well. We've all heard the cliché, "you are what you eat." In life, we can nourish ourselves on the Truth of God's Word. His Truth focuses on such virtues as: Faith, Hope, Love, Fortitude (Courage), Justice, Temperance (self-control), and Prudence (wisdom). As we practice these virtues, through disciplined living, and walking with our Lord, we grow into people of character and honor. On the other hand, if we practice vice through undisciplined living, we become spiritually weak, and "vicious", living lives that are destructive to ourselves and others. Whether we become people of Godly virtue, or people enslaved to the weaknesses of the flesh, it always depends upon whether we are feeding our spirit or our flesh. The one we feed is the one who thrives.

*Psalm 1: 1-3 states; <sup>1</sup>"Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, <sup>2</sup>but whose delight is in the law of the LORD, and who meditates on his law day and night. <sup>3</sup>That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers."*

*Romans 12: 1 – 2 states; "I urge you brothers, by the mercies of God ... to present yourselves as a living and holy sacrifice, acceptable to God, ... And do not be conformed to this world, but be transformed (changed) by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God."*

### Discussion Questions:

1. When we pray the Lord's Prayer, who's will are we praying be done, Thy, or My?
2. When we live out this prayer, seeking this day our daily Bread, who is the Bread of Life?  
John 6: 48
3. How can we obtain this daily Bread, for our nourishment?
4. If a wrestler needs nutrition for his body, how much do you think we need nourishment for our soul?

**CONCLUDE WITH A SHORT PRAYER**