



“Discipline yourself for the purpose of Godliness”- 1 Timothy 4:7 (NASB)

HCYA HURRICANES SOCCER – WEEK 8

Unbelievable! Thanksgiving is already upon us, and we find ourselves with only nine practice sessions left for the season! It’s been quite a journey so far, with all teams working hard to improve their performances through concentrated effort on the training ground. Time surely flies when you’re having fun, and I’m always encouraged when I see kids playing with a smile – playing with joy. As coaches, we work hard not only to develop accomplished athletes, but also to encourage participation simply for the love of the game. The physical, social and psychological benefits of belonging to a team should never be understated, and our hope (and prayer) is that the Hurricanes players will make memories and friendships for a lifetime. We believe too, that the game provides an incredible platform to disciple young people – next generation leaders – in their faith. For this reason, we continue to stress the importance of Spiritual Disciplines...



SPIRITUAL DISCIPLINE: FASTING – FOR THE PURPOSE OF GODLINESS

The thought of going without a meal (or two) is enough to send most of us into a tailspin. A rumbling tummy is not something we enjoy nor endure too often. And yet, Scripture is very clear on the issue of fasting. In fact, Jesus Himself mandated believers to fast. In Matthew 6:16-17, He stated, “When you fast...” and in Matthew 9:14-15, He declared that the time would come when His disciples “will fast”. But without a purpose, fasting can be a miserable, self-centered experience about willpower and endurance. It’s important, therefore, to recognize that fasting is a believer’s VOLUNTARY abstinence from food in a desire to be more like Christ. It’s a demonstration that we hunger for God more than we hunger for food. The Bread of Life (John 6:35) becomes our focus, so that when our stomach growls (or our head hurts), we are reminded of the very reason for our fasting... • To strengthen prayer • To seek God’s guidance • To express grief • To seek deliverance or protection • To express repentance and the return to God • To humble ourselves before God • To express concern for the work of God • To minister to the needs of others • To overcome temptation and dedicate ourselves to God • To express love and worship to God

There are many purposes for fasting, none of which are done to earn God’s favor or His acceptance

Note: A broader view of fasting is one in which, for spiritual purposes, a person abstains from or denies himself the enjoyment of something other than food (e.g. “fast” from the media/social media, a sport or hobby, video games, TV etc.). The reason might be that we sense the activity is exerting too much influence on our hearts or our time and we need to fast from it to regain a more biblical perspective.

In an age of gluttony and self-indulgence, we may struggle to accept and begin the practice of fasting. And yet, no Christian should ignore fasting’s benefits in the disciplined pursuit of a Christlike life.

See you at the field on Tuesday December 3!

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“Sharing biblical truth to reach, teach & encourage next generation leaders through soccer”



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MEMORY VERSE

“Whenever you fast, do not look gloomy like the hypocrites. For they make their faces unattractive so that their fasting is obvious to people” (Matthew 6:16)