It's Better to Skip a Meal

Are there times when not eating is better than eating?



Fellowship of Christian Athletes © 2025 8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909 Comments or Questions, fca@fca.org Privacy Policy | Report a Problem | Copyright

Source URL: https://fcaresources.com/podcast/2009/07/13/it-s-better-skip-meal