

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > It's Better to Skip a Meal

---

## **It's Better to Skip a Meal**

Are there times when not eating is better than eating?



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

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