



Heart of an Athlete: Daily Devotions for Peak Performance

Fellowship of Christian Athletes

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Heart of an Athlete: Daily Devotions for Peak Performance Fellowship of Christian Athletes

In life, as in sports, a quick timeout to rethink and re-center on the goal is a smart strategy. *The Heart of an Athlete Playbook* gives readers regular spiritual training for life on and off the field. This collection of 25 devotional readings are a quick start for athletes at any level, offering memorable, biblical insights for handling challenges and playing with God's purposes in mind. Readers will be introduced to the FCA devotional method, "PRESS," designed with athletes in mind: Pray, Read, Examine, Summarize, and Share, and will discover how to use biblical principles to become a dynamic competitor for Christ.

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