

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

[Home](#) > Fit 4 Ever: Proper Hydration

Fit 4 Ever: Proper Hydration

It should come as no surprise that Jesus knows how important water is to life; that's the way He designed it. And in this Scripture, Jesus tells the Samaritan woman everything she needs to find salvation. Living water represents eternal life. Jesus has it, you must ask Him for it, and it is a gift to be received.

Bible Reference:

John 4



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/article/fit-4-ever-proper-hydration>