

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

[Home](#) > Fit4Ever: Food for Thought

---

## **Fit4Ever: Food for Thought**

*“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”* – Philippians 4:8 (NIV)

Almost every credible source links the foods we eat to our moods, our ability to focus, our energy levels, and our athletic and academic performance. It even affects how we think, which, in turn, affects almost every area of life from our relationship with God to our ability to perform under pressure and overcome challenges.

### **Bible Reference:**

Philippians 4



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/article/fit4ever-food-thought>