

## **Fit4Ever: Get to the Source**

*“A little yeast leavens the whole lump of dough.”* – Galatians 5:9

Legend has it that, in years past, in order to test whether or not mental patients were ready to re-enter society, they were put in a housekeeping closet with a sink, a mop and a bucket. The sink drain was closed, and there was water running from the faucet, spilling onto the floor. If patients quickly grabbed the mop and bucket and began to mop the floor, they weren't ready for independent living. However, if they turned off the faucet and opened the drain before they began mopping, they were considered ready to go. What this revealed was that those who were able to get to the source of the problem and fix it were considered competent. Those who merely treated the symptoms were not.



Fellowship of Christian Athletes © 2025  
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-get-source>