

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

[Home](#) > Fit4Ever: Training Aimlessly

Fit4Ever: Training Aimlessly

"...I do not run like one who runs aimlessly...Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified." - 1 Corinthians 9:26-27

"Living without a purpose and a plan is like sailing a ship without a rudder—you'll float aimlessly in circles and go nowhere." – Unknown

Don't you just love that quote? Personally, I believe it paints a great word picture for life, especially as it pertains to our physical health.



Fellowship of Christian Athletes © 2024
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/fit4ever-training-aimlessly>