

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

[Home](#) > Leap of Faith

---

## Leap of Faith

*"This is the end of me."*

That was the only thought that raced through the mind of Middle Tennessee State University jumper Sarah Nambawa when, on Dec. 31, 2009, she tore her posterior cruciate ligament while training for an upcoming meet.



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/leap-faith>