

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

[Home](#) > [Fit 4 Ever: Dynamic Warm-Up](#)

Fit 4 Ever: Dynamic Warm-Up

Have you ever been caught off-guard and missed an opportunity to share your faith? I have. And each time it has happened I have become more determined to “always be prepared.” Peter speaks often of preparation. And he knows that the only way a believer can be fully ready to defend the faith is if he is prepared.

Bible Reference:

1 Peter 3



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-dynamic-warm>