

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 © 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/fit-4-ever-dynamic-warm>