

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

[Home](#) > FCA Magazine Reading Plan: Rest

FCA Magazine Reading Plan: Rest

This five-day reading plan, adapted from content within FCA Magazine, focuses on “rest” and explores the benefits of rest, renewal, and honoring the divinely created Sabbath. It offers perspective and encouragement for the coach or athlete struggling to make time for rest – both physically and spiritually – in their busy schedule.



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/reading-plan/fca-magazine-reading-plan-rest>