

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

[Home](#) > Moods, Anxiety & your Spiritual Life

---

## **Moods, Anxiety & your Spiritual Life**

Is there a link between your mental and spiritual health?



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/podcast/2008/08/20/moods-anxiety-your-spiritual-life>