



# Heart of an Athlete Playbook: Daily Devotions for Peak Performance

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# Heart of an Athlete Playbook: Daily Devotions for Peak Performance

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**Heart of an Athlete Playbook: Daily Devotions for Peak Performance** Fellowship of Christian Athletes  
In life, as in sports, a quick timeout to rethink and re-center on the goal is a very good idea. The Heart of an Athlete Playbook gives readers regular spiritual training for life on and off the field. This collection of 25 devotional readings are a quick start for athletes at any level, offering memorable, biblical insights for handling challenges and playing with God's purposes in mind. Readers will be introduced to the FCA devotional method, "PRESS," designed with athletes in mind: Pray, Read, Examine, Summarize and Share, and will discover how to use biblical principles to become a dynamic competitor for Christ.

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