

Heart of an Athlete: Ronald Brookins

“Trust in the LORD with all your heart, and do not rely on your own understanding...” – Proverbs 3:5 In the Big Sky Conference, Sacramento State’s Ronald Brookins has a common, household name. Since bursting onto the track scene as a freshman, the senior hurdler and long-jumper has spent his college career rewriting the Sac State record books and garnering All-American accolades, all while leading the campus FCA Huddle and guiding his teammates and competitors closer to the Lord.

Bible Reference:

Proverbs 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/heart-athlete-ronald-brookins>