

## **Built On The Rock**

### **Ready:**

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock." - Matthew 7:24-25

### **Set**

Having won two national titles at Nebraska and competed for several seasons in the NFL, Scott Frost was coached by football legends throughout his playing career. Now, as the offensive coordinator and quarterbacks coach at perennial powerhouse Oregon, he is passing the lessons he learned from those coaching greats, including former Huskers' coach Tom Osborne, down to the next generation of athletes.

The Wood River, Neb., native recently sat down with FCA to talk about going "All In" as a coach both in his sport and more importantly in his faith, and the impact that can make on a team. Drawing upon Christ's parable comparing the men who built their houses on the sand and the rock in Matthew 7, Frost emphasizes that faith, not football, should always hold the top priority in life.

"If football is the most important thing, if I'm 'All In' for football, and it's first, then I'm building my house on the sand," he said. "Once something goes wrong with that, then you're completely miserable and you're whole world gets turned upside down. I think it's very powerful when you can be 'All In' for God first, and then 'All In' for football second. Because then no matter what happens with football, even if you're competing for a national title and you lose a game, if you're all in for God first, your foundation is on the Rock."

Click below to watch the full video, then take a few minutes to answer the questions and read the related Scripture.



**Go**

1. Do you find your identity in your sport? If so, does the season become exhausting with the highs and lows of wins and losses?
2. As a coach, how can you encourage your athletes to see the bigger picture beyond this season?
3. As an athlete, how can you encourage your teammates to find their identity away from their sport?
4. What does it look like in your life to pursue Christ and His love over any athletic accomplishments?

## Workout

- Matthew 7:24-27
- 1 Corinthians 9:25-27
- Colossians 3:17
- 1 John 2:17



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