

Setbacks

Ron Brown and Roy Helu on Setbacks

Following the exciting Husker win over rival No. 20 Oklahoma in a 10-3 victory at Memorial Stadium, Ron Brown and Roy Helu talked about how this year's setbacks have made the team stronger.

After gaining 138 of the 139 rushing yards for Huskers against the Sooners, Roy Helu talked about his struggles this season.

"Many fans would view my struggles with injuries the past few games as setbacks. However, according to God's Word there is really no such thing as a setback. Romans 8:28, says, 'And we know that for those who love God all things work together for good, for those who are called according to his purpose.'

"During today's game, doubt began to creep into my thinking because of the pain in my shoulder, but God's Word gave me strength. I had written part of the 23rd Psalm on my arm as a focal point or reminder to depend upon the Lord's strength during the game. When I was struggling during the game, it reminded me that the Lord is my Shepherd and that there is no reason to fear my circumstances."

Coach Ron Brown defined a setback as something that can be positive in our lives rather than negative.

"Most people define setbacks as something that sets you back and keeps you moving from where you want to go. We have lost three games so far this season so you could call that a setback. Besides losing some games, we have had lots of critics this season. But a setback is really a first-foot forward. It's an ejection seat as God loves to allow a trial in our lives so He can show his power.

"Jesus died on the cross for our sins but eventually rose from the dead. It says in James 1:1-4, 'Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.'

"This teaches us that what might appear to be bad for us may be the launching pad for something great in our lives. God wants to use every circumstance in our lives to conform us to the image of His son Jesus according to Romans 8:29, 'For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.' "



WARM-UP

1. Watch the internet videos. Go to www.youtube.com and search for "Ron Brown and Roy Helu on Setbacks." You can also find them at www.nebraskafca.org.

WORKOUT

1. What is the worst suffering you have faced as an athlete? What has God taught you through it?
2. How does Romans 5:3-5 relate to setbacks?
3. Read Proverbs 3:5-6. What does this passage teach you about athletics and life? Why is it difficult to trust God?
4. According to Philippians 4:6-7, how can prayer help you overcome a difficult situation?
5. What does it mean to "consider it all joy" in James 1:2? When you encounter problems, is joy a choice or an emotion?
6. What is the difference between trials and temptations? (see James 1:1-13)

WRAP-UP

This week, memorize... "And we know that for those who love God all things work together for good, for those who are called according to his purpose." – Romans 8:28 (ESV)

PRAYER

Lord, thank you for using the setbacks in my life to conform me to the image of Jesus...

GOSPEL FOCUS

The Christian life is a process of renewing every dimension of our life-- spiritual, psychological, corporate, social--by thinking, hoping, and living out the "lines" or ramifications of the gospel. The gospel is to be applied to every area of thinking, feeling, relating, working, and behaving. – Tim Keller

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