

## Focus

### *Cross Training with Roy Helu*

Any good Nebraska football running back is elusive. Just ask anybody that has tried to tackle Roy Helu, Jr. The 6-foot, 215-pounder has already run for 111 yards on 16 attempts (6.9 per carry) against Western Michigan and San Jose State. While many Husker fans wonder if he is the answer to reviving the once powerful Husker running game, I wondered about what helps him prepare and compete in front of 80,000 screaming fans. Thankfully, he wasn't elusive with his answers during my postgame interview after the Huskers beat San Jose State.

Q: What helps you stay focused on competing for Christ?

A: I use focal points that remind me that competing in sports is not about my glory—but God's. Not about my selfish desires—but about His glory. I have written several focal points or reminders on my arm. One of them says, "Christ carried the cross." This reminds me of the sacrifice that Christ made for me by sacrificing himself on the cross to pay for my sins. Since I will no longer face God's wrath, because I have repented and placed my faith in Jesus, how can I do anything less than my best for Him?

Q: When were you first exposed to the "Doing Sports God's Way" concept?

A: I attended, along with several of my teammates, an FCA Camp hosted by Coach Ron Brown last year. We learned that there is a difference between talking about playing for Christ and actually doing it. The camp included the most physically demanding workouts any of us had experienced. Though we were tired, Coach Brown reminded us about how much Christ endured for us. That helped all of us focus on Christ and giving Him the glory rather than focusing on our pain and exhaustion.

Q: What have you been learning from God's Word?

A: Each week, I have a Bible verse that I try to memorize. This week it was Philippians 2:3, "Do nothing from rivalry or conceit, but in humility count others more significant than yourselves."

Q: How has the Gospel impacted your life?

A: It's all for nothing if Christ didn't die for our sins. It's awesome to know that we have a Lord that loves us and has been so gracious to us. Besides experiencing a peace each day because of the gospel, I can't wait to spend eternity in Heaven.



## WARMUP

Biblical Focus: The ability to concentrate on pleasing God with our thoughts and actions.

1. Watch the internet interview with Roy Helu, Jr. Go to [www.godtube.com](http://www.godtube.com) and search for "Cross Training with Roy Helu"

## WORKOUT

1. Who do you know that stays focused on the task at hand? What results from their focused effort?
2. Roy Helu, Jr. uses focal points as reminders to "Do Sports God's Way." What are some focal points you can use?
3. Roy's focal point is "Christ carried the cross." How does this biblical focus help him in football?
4. Why is it so hard to actually apply God's Word to your sport?
5. How can you humbly serve your teammates?
6. Can focusing on Heaven help you in sports? Explain.
7. What does it mean to "repent and believe" in Christ? Read Mark 1:15 and Acts 20:21.

## WRAPUP

This week, memorize...

"Do nothing from rivalry or conceit, but in humility count others more significant than yourselves." Philippians 2:3 (ESV)

## PRAYER

Lord, help me to do nothing for selfish reasons but humbly serve you by looking out for my teammates and coaches...

## GOSPEL FOCUS

Every time we look at the cross of Christ it seems to be saying to us, "I am here because of you. It is your sin I am bearing, your curse I am suffering, your debt I am paying, your death I am dying." Nothing in history or in the universe cuts us down to size like the cross. All of us have inflated views of ourselves, especially in self-righteousness, until we have visited a place called Calvary. It is there, at the foot of the cross, that we shrink to our true size. — John Stott

Gordon Thiessen is the founder of Cross Training Publishing and serves as the Director of Training and Resources for the Nebraska Fellowship of Christian Athletes. He is author of 12 books for Christian athletes and coaches that can be found at [www.crosstrainingpublishing.com](http://www.crosstrainingpublishing.com).

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