

Consistency

Ron Brown and Khiry Cooper on Consistency

Consistency can be defined as “reliability or uniformity of successive results or events.” For the Christian athlete or coach, you can add “accepting myself as God created me with my gifts, talents, abilities and opportunities.”

Here is how Coach Ron Brown applies consistency to sports, “What turns a player from good to great is the character quality of consistency. It’s doing a task extremely well and repeating it many times. Proverbs 22:29 says, ‘Do you see a man skillful in his work? He will stand before kings; he will not stand before obscure men.’ In sports, we have the opportunity to consistently and diligently perfect our craft with the Lord’s help. The key is to spend time in God’s Word so you can be inspired and informed to use your gifts for His glory. God made a promise in Psalm 84:11, ‘For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly.’ Walking uprightly means consistently walking in faith with the Lord Jesus Christ.

Nebraska Wide receiver Khiry Cooper understands the importance of being consistent in his spiritual life as well as his football career. “What impacts my spiritual life will affect my sports. I have learned that the more consistent that I am in practice, the closer it will bring me to being a better football player. Spiritually, it’s also true that the more consistent that I am with reading and applying the Bible to my life, the more my life will reflect Godly attitudes and actions. It’s also helps me to have a more consistent Christlike attitudes and actions by praying with my teammates before games. Several of the skill position players pray that we would glorify the Lord on the field just before kick off.”



The Bible is an example of consistency. We know confidently from God and His Word that when He makes a promise, He always follows through. God assures His people so we can walk by faith while He is at work. Here are a few (out of thousands) promises that God has given us:

- * God is always with us (Deuteronomy 31:6).
- * God is always in control (Proverbs 3:5-6).
- * God is always good (Romans 8:28).
- * God is always watching (1 Corinthians 10:13).

When God makes us a promise, He always keeps it. We can always depend on Him.

WARMUP

1. Watch the internet videos. Go to www.youtube.com and search for “Ron Brown on Consistency” and “Khiry Cooper on Consistency.” You can also find them at www.nebraskafca.org.

WORKOUT

1. Who is someone you know that is incredibly consistent on the field, in the classroom, at work or in their life choices? How does this person make you feel?
2. How would you describe your effort during practices as compared to games?
3. Would you consider yourself consistent? Why or why not?
4. How comforting is it to you that we serve a God who is incredibly consistent?
5. Which of the Bible promises mentioned means the most to you and why? What will it take you to realize that God’s promises are for you?
6. How has God shown you that He follows through on His promises?

WRAPUP

This week, memorize . . . “For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly.” – Psalm 84:11 (ESV)

PRAYER

Lord, thank you for being so consistent. You are the same yesterday, today and tomorrow. Help me to . . .

GOSPEL FOCUS

You may completely spoil the gospel by confused and contradictory directions . . . Confused and disorderly statements about Christianity are almost as bad as no statement at all. Religion of this sort is not evangelical. – J.C. Ryle

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