



Heart of an Athlete June 2015

Name: Rebekah Schmidt
Hometown: Woodbury, MN
School: Drake University
Sport(s): Softball

List your chosen attribute: Composure

What is your personal definition of this word?

Able to compete at the highest level possible no matter the circumstance in the game, no matter how you feel, persevering with the Lord to overcome the battle. No one can tell the current status of the game by their body language and facial expressions... whether you are up by a lot or down by a lot, he or she remains level-headed pressing on toward the goal.

What is your favorite Biblical passage that deals with this characteristic?

Psalm 118:6 The Lord is for me, I will not be afraid. What can man do to me?

Proverbs 21:21 He who pursues righteousness and love finds life, prosperity, and honor.

Why did you choose that particular passage?

I love these verses because they are short but so incredibly deep and rich with meaning. I put Psalm 118:6 on my pitching glove to remind me that God is for me and will show favor on my life, thus I will choose not to be afraid and choose to overcome fear with Him. When He is with me, what can man do to me? Absolutely nothing. Having this mindset does not mean we will never fail, but it helps me stay in perspective and get through failure, so success can mean so much more.

Please give an application/example of this word in your life.

I strive and long to understand and execute composure in my life. Composure is a sign of stability and self-control. And those two things lay a great foundation for the Lord to be present in one's life. I desire for adventure and spontaneous events, but through it all, more than anything, I want to fully know my identity in Christ and remain composed on an incline of knowing His glory more and more in my life.

How do you apply this word in your sport?

I think composure is an excellent attribute to have. I did my best to display this as my teammates looked up to me. I was expected to lead my team as a senior pitcher. At times it was a daunting task and I felt inadequate to do so. However, when I turned to the Lord and completely relied on His strength and not my own, I was able to stay composed which

allowed my team to feed off of that composure as well. Composure is such a vital attribute to have in sports, and life, in my opinion. It is so easy to get wrapped up in the moment with emotion. Though emotion is good to portray, it needs to be within reason to keep on keeping on.

How did you first become involved in FCA?

I went to a Christian High School in Minnesota so we did not have FCA, but rather chapel once a week as a school. I went to FCA for the first time at Drake University. I really liked meeting in small groups at the end and discussing issues on a more personal level. FCA has grown a lot at Drake and we have an awesome leader, Dave Applegate, who is so passionate about college students and their growth with the Lord. Drake FCA would not be where it is without him.

How active within FCA were/are you?

I went pretty regularly my freshmen to junior year. My senior year, I decided to be on the leadership team. We met at Dave's house every now and again for a meal and discuss upcoming events for FCA. Last summer, of 2014, I was able to help out with a week long summer softball FCA clinic. I was a huddle leader and it was awesome to hear different perspectives at different ages. I loved mixing faith and softball. That honestly is the true design of athletics from God: implementing them both which allows an athlete to experience God in a whole new way and also experience the game to its full potential with Christ. Jesus, within the game, brings athletes to their absolute full and richest potential when they choose to embrace Him in their game. But unfortunately, for the great majority of athletes, highschool, college and professional level, never experience the game the way they truly desire because God is missing in their lives and thus, it is impossible to get to the deepest satisfaction possible.

What is your athletic experience? (Where?)

I was a pitcher for the Drake University Softball team. I played for four years and had a great finish to the season with my team. Though we did not make it as far as we hoped for, it was personally my best season and I loved every minute of it. I can honestly say it was from the Lord. It is amazing how God wants to show favor on our lives through the sports we play. He wants to be present in every aspect of our lives, including when we are dribbling a basketball, tackling the quarterback, or pitching a softball. When we surrender all we have, God can bring us further into his presence while playing the sport beyond what we can imagine.

Favorite Bible verse: Proverbs 21:21 He who pursues righteousness and love finds life, prosperity and honor.

Favorite sport: Softball

Who is your athletic role model?

Russell Wilson—I love his humility and overall demeanor on the field. I believe he portrays what a Christian athlete should look like.

How has God impacted you through FCA?

I loved the community in FCA. It was awesome getting in small groups and listening to what other athletes were experiencing: good or bad. It was awesome that we all connected through athletics, but that was only surface level. We were then able to share deeper thoughts that mattered much more than just our sports.

Share one tip that helps you be a Christ-like competitor:

Learn to give everything and never expect anything in return: no reward, no thank you, no pat on your back. You give because you are in love with the Lord, you love your teammates, and merely want to give everything you can so the team can press on and move forward at the expense that you go backward. In my mind, that is true leadership that honors God and digs deep to the core of who we are. The more I implemented this, I found never ending joy that kept my heart right where I desired it to be. It is NOT easy, but more than worth it.

Have you signed the Team FCA Competitor's Creed?

I have not.. but I have read it!

Sport(s) and position played, if applicable:

Softball pitcher X4 years: Drake University

Sports Achievements:

MVC Pitcher of the Year: Senior Year

MVC Regular Season Champs: Senior Year

MVC All-Tournament Team: Senior Year

Drake Statistical Leader: All-Time Game Appearances

Favorite Pig Out Food:

Nachos: Chips, cheese, salsa, queso, sour cream, onions, etc

Favorite Music Groups:

Sidewalk Profits, Big Daddy Weave, Phil Whickham, Zac Brown Band

Favorite Books:

Bittersweet, Cold Tangerines, The Bible!

Favorite Sports Teams:

MN Vikings, MN Timberwolves

Future goals:

Work my way up in the MN Timberwolves and Lynx organization. Do missions overseas for an extended period of time, living the most-simple life so others can partake and experience what I have had for a lifetime.

The biggest concerns facing youth today are:

Apathy and justification that the life they live is satisfying and there is nothing bigger to experience but themselves. The fear to take a leap of faith.

The biggest concerns facing Christian youth today are:

Justifying that not engaging in "big sins" such as drugs, sex, or alcohol means they are where they should be with the Lord. Though saying no to those activities is awesome, there is so much more life to attain and experience by running to the Lord and actively pursuing HIM, rather than just 'not' doing the 'wrong' thing.

Favorite Pastimes:

- 1A High School State Softball Champions (4 years in a row)
- State Basketball tournament (x2 years)
- 4 amazing years spent with amazing teammates at Drake. From road trips, to flying south, we traveled the country together taking on some of the best teams in all of Division 1. I could have not asked for a better experience overall. I was in tears of joy

and sadness when my career came to an end, but I had so much to be thankful for, for the opportunities of a lifetime that many athletes only dream of experiencing.

Other comments: Wherever you are in your journey as an athlete, pursue the Lord in your athletics. I can assure you, you will get further in a more fulfilling, deep and rich way. Though playing for yourself and the world is easier, you will end up at a dead end, looking back at your athletic career wondering and wanting so much more. But only the Lord can fill that wonder. Let Him. It's worth it. I promise. May God bless your future endeavors. Know Him and make Him known in your sport. That is the original design. The way everyone deep down wants to experience life, but no one chooses that road. Choose the road less taken.