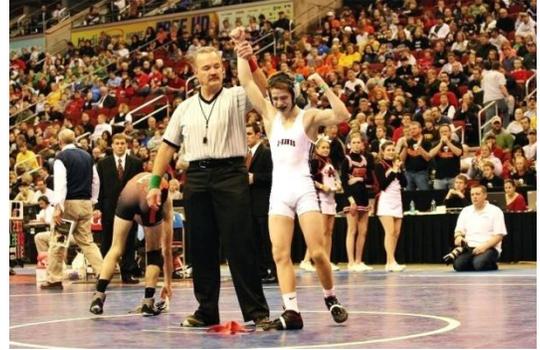


Heart of an Athlete – January 2013

Name: Colby Knight
Hometown: Urbandale, Iowa
School: Urbandale High School
Sport: Wrestling



List your chosen attribute: Perseverance

What is your personal definition of this word?

I would describe perseverance as the will power and determination that it takes to push past your limit.

What are some of your favorite quotes from other people about this word?

“Our greatest glory is not in never failing, but in rising up every time we fall.” – Ralph Waldo Emerson

“By perseverance the snail reached the ark.” – Charles Spurgeon

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

(Perseverance)

“But the one who stands firm to the end will be saved.” – Matthew 24:13

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.” – James 1:2-3

(Lack of perseverance)

“But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away.” – Mark 4:17

Why did you choose that particular passage?

I chose Matthew 24:13 for a few reasons. Despite its concise nature, it is powerful, clear, and applicable. This verse captures the essence of perseverance in faith by stating clearly that we need to stand *firm* to the end, and we will be saved. We must not give up on our faith, and we must not give up in any aspect of our lives.

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

There are many struggles and challenges that come automatically with the sport of wrestling. These trials include maintaining weight, overcoming injuries, and upholding a positive mental state. All of these challenges had surfaced in my sophomore year wrestling season. I immediately put everything in God’s hands, and through His grace, I was able to give him glory by winning the state title at 112 lbs.

How do you apply this word in your sport?

I apply perseverance in every part of wrestling. Applying perseverance to training and applying perseverance to competition are equally important. I have to attack every lift, run, and practice with the same persevering mentality that I would have before a wrestling match. For me, it is not only important to finish strong, it is important to do extra and push past my limit. I praise God for instilling this perseverance and determination in me, because I know it has made me a better wrestler, and a more faithful servant of the Lord.

How did you first become involved in FCA?

My freshman year I attended the large group FCA meetings in Urbandale. I also helped my older brother, who was an officer at the time, lead worship.

How active within FCA were/are you?

I have always been very active in FCA, and have always valued the positive impact it has had in my relationship with God. I became an FCA officer as a sophomore. This year, I am a co-president for Urbandale's FCA group. I have also helped lead worship for the past four years through playing guitar and singing.

What is your athletic experience? (Where?)

I have wrestled for my entire life. I grew up wrestling in Colorado, but have lived in Iowa for the past six years. Wrestling has allowed me to travel abroad multiple times, has enabled me to experience extraordinary events, and has helped me to meet many incredible people.

Favorite Bible verse:

"Truly he is my rock and my salvation; he is my fortress, I will never be shaken." – Psalm 62:2

Favorite sport:

Wrestling

Who is your athletic role model?

My older brother, Evan. He has always been a very positive influence in my life spiritually, athletically, and academically.

How has God impacted you through FCA?

God has impacted me in many ways, and FCA particularly has been such an amazing blessing and opportunity that God has given me the privilege to be a part of. What a blessing it is to come together and fellowship and worship with fellow student-athletes. FCA has refined the way I think athletically, has positively impacted my prayer life, and has given me an opportunity to lead worship.

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

Give all of the glory you receive directly to God.

Have you signed the Team FCA Competitor's Creed?

Yes.

Sport(s) and position played, if applicable:

Wrestling. Varsity 103, 112, 120, 132 lbs.

Sports Achievements:

2011 State Champion at 112 lbs; 2010 State Runner-up at 103 lbs; 2012 State 4th place at 120 lbs; 2x Junior Freestyle Nationals All-American; 3x Folkstyle Nationals All-American; 2011 1st Team Academic All-State for wrestling; Current HS career record for wrestling: 112-7

Favorite Pig Out Food:

Oreos

Favorite Music Groups:

Tenth Avenue North, Jack Johnson, MuteMath, Kings of Convenience

Favorite Books:

"Crazy Love" – Francis Chan, "One Thing You Can't Do In Heaven" – Mark Cahill, "Facedown" – Matt Redman

Favorite Sports Teams:

Cornell/Harvard Wrestling

Future goals:

Wrestle in college at an Ivy League university, wrestle on the world-level

The biggest concerns facing youth today are:

How easy it is to obtain and use illegal substances. Students become dependent on these substances and it distances them from God.

The biggest concerns facing Christian youth today are:

Finding *time* in our busy schedules to dive into scripture, worship the Lord passionately, and courageously spread the word of God to our peers.

Favorite Pastimes:

Playing guitar and writing songs, reading, photography, hanging out with friends

Other comments:

Big thanks to Dave Applegate and all he does for FCA and the body of Christ!

Colby will be attending Harvard in the fall where he will be studying Computer Science and Economics.