

## Heart of a Coach – September 2008

**Name:** Rick Fox  
Drake University Football Coach

**List your chosen attribute:**  
Contentment

**What is your personal definition of this word?** Trusting God that he knows what is best

**What is your favorite Biblical passage that deals with this characteristic?** Philippians 4:11-13



**Why did you choose that particular passage?** It reminds me that joy is not dependent on the circumstances but rather on the nature of God. We can depend on him and the fruit of such dependence will be contentment regardless of the circumstances.

**Please give an application/example of this word in your life.** This is constant struggle as a coach, a father, husband, friend and son. I am responsible for my actions but there is much I cannot control. When I come to that point I have to choose to trust God and my contentment will be the evidence of my faith in him.

**How do you apply this word in your sport?** There is much that I cannot control as a coach. I can attempt to control what I can but the outcome of the competition often has to do with things I cannot control. At this point I have a choice of becoming anxious and trying to take matters into my own hands, trusting some sort of luck or fate, or trusting in the promises of the creator and sustainer of the universe. When I choose to trust God the result is contentment.

**How did you become involved in FCA?** Through leading a college chapter at Aurora University where I had my first coaching job.

**How active within FCA are you?** New to the area so just getting involved with Jaysson Gurwell and Dave Turnball here at Drake University.

**What is your athletic experience?** Played college football at Wheaton College in Wheaton, IL.

**What is your coaching experience?** Drake – Current; Centre College (Danville, KY 1999-2007); Wheaton College (Wheaton, IL 1986, 1992-1999); Aurora University (Aurora, IL 1986 – 1992)