

Heart of an Athlete – March 2009

Name: Whitney Jacobs
Age: 21
Hometown: Atlantic, IA
School: Iowa State University
FCA Role: student-athlete



List your chosen attribute: Forgiveness

What is your personal definition of this word?

Freedom from the situation and peace. Loving our enemies.

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

Forgiveness is an action not a feeling.

If you say that you can't forgive somebody you're saying you can't love them; you can't love God and not love people.

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

Matthew 18:21-35

Why did you choose that particular passage?

It exemplifies the power of forgiveness and un-forgiveness.

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

I was raped while here at college by somebody close to me and dealt with un-forgiveness a lot! It wasn't until I forgave myself and this person that I was able to be free from the situation and have a peace about it. My un-forgiveness caused extreme bitterness in my life and it was like it had put me in a prison and burdened my heart.

How do you apply this word in your sport?

When interacting with teammates and coaches everyday hurtful things can be said or you can have a dispute with a teammate or coach. I forgive and move on because if I don't there is no progress and it becomes an uncomfortable environment.

How did you become first become involved in FCA?

I became involved here at Iowa State. We didn't have a program when I got here initially, but it was on my heart to get one started. I contacted Dave Turnball and met with him about it and God kind of did the rest. He connected me with other athletes who were interested and it really took off from there. It was like God had already put all of us here and in place but somebody just had to make the first move.

How active within FCA are you?

I am part of the leadership team and I am vice-president of our FCA at Iowa State.

What is your athletic experience?

I throw the hammer for the Iowa State Track and Field Team.

Favorite Bible verse: Phil 3:13-14

Favorite sport: basketball

How has God impacted you through FCA? He has directed some awesome messages that have impacted me as well as giving me a support system.

Share one tip that helps you be a Christ-like competitor: Keeping in mind that my actions are a constant witnessing and testimony. Also, knowing that it's not about me but about God.

Sport(s) and position played: track & field; throw hammer

Favorite Pig Out Food: Chocolate...especially ice cream

Favorite Music Groups: Kirk Franklin, Deitrick Haddon, Lecrae, Fred Hammond, MaryMary

Favorite Books: Woman Thou Art Loosed by T.D. Jakes, Battlefield of the Mind by Joyce Meyer, Reduce Me to Love by Joyce Meyer

Future goals: go to grad school next year, improve in my athletics, and my personal and career aspirations are to do public speaking about rape on college campuses and violence against women.

The biggest concerns facing youth today are: direction-they look to celebrities, music, movies, etc to give them direction on how to live and act but the world is evil and they are being led down a dangerous path.

The biggest concerns facing Christian youth today are: identity, standing out, being pulled by the flesh and spirit. It's a season in life where being part of something and fitting in is important so it's hard to find yourself and to stand out and have the strength and the power to live more in the spirit than the flesh.

Favorite Pastimes: I love playing basketball