

company along with the company of Jesus. Point Him out, freely, without fear or intimidation. You're not responsible to sell Him to them. You're simply saying what you've seen. You're not the judge. You're the witness...And you'll see – people will listen. Not because we're so good, but because He is compelling!" (Speaking of Jesus, p. 105).

I love this invitation to lay down the burden of needing to prove something. We can simply rest in the "rightness" of Jesus & trust that he will lead us in the paths of righteousness for his name's sake.



Down Time is God's Time

DR. BILL PUBOLS
DIRECTOR

One of the principles we teach at Athletes in Action's Ultimate Training Camp (see Daniel Barth's interview inside) is, "Down time is God's time." For college athletes, even though most strenuous workouts and practices



include moments of recovery, time between drills, or simply waiting for the next thing to happen. The principle is to use such moments to refocus one's thoughts on God, remember a key truth or Bible verse, or briefly reconnect by acknowledging God's presence and Lordship. This exercise guards against negative thinking and sinful attitudes while actually increasing focus on the task at hand, and many athletes have reported that this is—quite literally—a game-changer for them. It is tempting to allow the summer at the BSC to be a "down time," and merely wait for the fall to start again, while preparing for the slate of fall activities. As the thermometer flirts with 90 degrees, however, I am challenged to see this as "God's time." This means realigning our ministry from the heart, for God's purposes, while guarding against attitudes associated with fatigue and burnout. The summer is a time not just to check out, but to rejuvenate. Our doors are still open, and keep ministering to students, but the focus for them, and us, is on remembering our first love (Rev. 2:4). Down time is necessary and good, but join me in a commitment to make it, "God's time."



Editor: Laura Njoroge



Photo Credit: Nurya Arpa

The Fruitfulness of Rest

LAURA NJOROGE
Editor/Library Manager

In a message entitled *My Life as a Tomato*, Phil Vischer – creator of Big Idea Productions (aka Veggie Tales) – shares about the dream that he feverishly pursued for years of becoming the Christian *Walt Disney*. For a time that goal seemed well within reach for this creative genius as his Bible story-telling vegetables were delighting the masses. However, under the surface of his success he was literally working himself to death.

One evening he was reading about the fruit of the Spirit (Galatians 5) which he had always considered a duty, kind of like homework – just something else we *have to do*. But in that moment he realized, if you are filled with the Spirit your life will naturally produce **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, & self-control**, simply because that is the *nature* of the Spirit. Phil told his audience, "I turned to my wife that night and said something that startled her: 'I don't think I'm a Christian!' I read her the fruit of the Spirit and said, 'None of these are coming out of me. I'm not joyful, I have no peace, I'm not filled with love. I'm stressed, I'm cranky, I'm fatigued, I'm anxious, and **NONE** of those are on the list!'"

In 2003 Big Idea Productions fell apart. Phil saw all his grand dreams of impact fade away until all that remained was his relationship with God. And in that season, he came to the amazing realization that God was enough. Phil says, "I felt God's love for me – a love so strong that

he was willing to let everything I was doing for him fall apart in order to save me from myself. That freaked me out. The great works I had been doing for God were not as important to him as I was."

This is not the end of Phil's story by any means, but I find this message to be particularly poignant. In fact, it's one that I need to hear regularly, & I don't think I'm the only one.

Recently I was pondering & journaling on the topic of Godly rest. Allow me to share a few lines from those musings if you will.

"We tend to see rest as unproductive, but I would argue that rest gives the fruit of the Spirit the opportunity to take root deeply, and the visible results will manifest down the road. Think about it: Love. Joy. Peace. Patience. Kindness. Goodness. Faithfulness. Gentleness. Self-control. Are these the qualities of the busy, the driven, the overworked, & the overwhelmed? Well...no. In the soil of Godly rest these qualities will be cultivated, and they will overflow into our work because it will no longer be the fruit of our striving but the fruit of the Spirit who dwells within us."

Godly rest can be an act of faith as well as obedience. Can you trust God with your time enough to set your work aside for a little while? You might just be surprised at what He can do!



DANIEL BARTH ATHLETES IN ACTION

Daniel Barth is a 2019 BSU graduate, a black belt and national champion in karate and an aspiring U.S. national team member. We asked Daniel to share about his faith journey during the years at Boise State & beyond.



What was your expectation when you first came to BSU?

My expectations were that I would be able to plug right into a community and thrive when I arrived at Boise State. Being a bigger campus with a lot to offer I imagined it would be no issue finding Christian brothers and sisters to link arms with. I felt the freedom of college would allow for some amazing ministry opportunities to manifest and I was eager to get involved. I had just become a believer my senior year of high school, so I was still riding high from that and I did not consider all the potential challenges I might face in college.

What was surprising and/or challenging about the environment here, especially pertaining to outreach and ministry?

What surprised me the most about moving to Boise and trying to do ministry was the posture and attitude people had towards Christianity. Being a Christian was widely accepted, if not the norm. The majority of the people I interacted with either on campus or around town that were from the area identified as Christian, but there seemed to be a certain complacency that was ingrained in the culture. While it was widely accepted, it was not often discussed in any kind of depth. I often struggled to initiate conversations in group settings about any spiritual topics. Being a Christian seemed more like a job that everyone had as opposed to a lifestyle that they let direct their steps. This made outreach difficult at times because it was easy to get discouraged. My first two years on campus I struggled greatly with this particular area because I was disappointed by the lack of urgency in the lives of my fellow believers. However, as I grew more accustomed to the environment I started to view the challenge as an opportunity instead of a detriment.

How did you initially get connected with the BSC, & what has been your involvement with the Center since?

I found out about the BSC through Cru, one of the ministries that had their weekly meetings there. I went to the first Cru meeting of the year and met Bill shortly after. Bill and I connected right off the bat, so I began meeting with him on a regular basis. My involvement afterwards was mostly behind the scenes, like helping Bill brainstorm and plan for events, but I also had the privilege of speaking at the annual spring banquet my sophomore year and then emcee it my junior and senior year.

How has your personal faith and relationship with Jesus changed through this season?

In this season of life the way that I view people has drastically changed. God has revealed more of His heart to me and helped me to view people the way that He views them. People are no longer too far gone or projects to be worked on, but beloved children of God who are deeply loved and cherished by Him. I always struggled to view people in this light because it is against our nature to see them as such. We want to categorize ourselves and put ourselves above others. The church body as a whole can fall into the “comparison game” trap far too easily. I am often guilty of it myself. But God has continued to shift my perspective and help me view people the way He does.

Share about a defining moment for you in ministry that has shaped your perspective.

The summer of 2018 I had the opportunity to serve as an intern at the Ultimate Training Camp which is a camp for college and pro athletes all around the country. The camp is put on by Athletes in Action, a non-profit ministry that seeks to use the platform of sport to share the Gospel with athletes. As an intern, I had the opportunity to lead a small group of five collegiate athletes to help them grow in faith throughout the week. One of the men in my group, a top-rated wide receiver who is now playing in the NFL, struck me with something he said. When I asked about what his biggest roadblock in walking in faith has been he said to me, “My whole college career I have desired consistency in my walk with God, but I have never had it because no one in my locker room has been walking with me, so it is hard not to slip up.” That particular statement struck me because I had spent the beginning stages of my life as a believer being quite judgemental towards believers who continued to slip up. I would often say that if they were really serious about walking with God then they would not be falling into the same issues over and over again. But through this interaction at camp, God opened my eyes to the faults in my

previous thinking. Many people have a genuine desire to walk with God, but they do not have any examples in their life that link arms with them and show them how to live a Godly life. What they need more than anything is a friend to show them grace and to love them through their period of vying for consistency. I recognized that I had not been that friend for people. I had been the friend that cut them out of my life because I did not feel they were living right. This did not benefit myself or my friends and I realized that I needed to change. Through God’s grace I began to have more compassion for people and their situations.

What is next for you beyond Boise State?

After graduating from Boise State in the fall of 2018 I was accepted to be a full-time field staff member with Athletes in Action, the ministry mentioned above. Athletes in Action is Cru’s (formerly Campus Crusade for Christ) athletic ministry that seeks to reach the student-athlete population all around the world. As standard for most non-profit missions organizations, Athletes in Action does not have any centralized funds, so staff members rely on the support of individuals, churches, and businesses that are looking to further the spread of the Gospel for our salaries. I am currently in the support raising stage and looking for partners that can support me either prayerfully or financially. Once I reach my financial goal I will move to Dallas, Texas, where I will be serving the student-athlete community at Southern Methodist University. God has given me a heart for working with athletes because of the unique pressures they face in college, especially being at a big sports school like Southern Methodist. I plan to stay there for several years, but long-term I feel the Lord may be calling me to go overseas and live in a different country where the Gospel cannot be easily accessed or accessed at all. I am excited to move to Texas and then see where God leads me from there.

How can Kardia readers partner with your ministry?

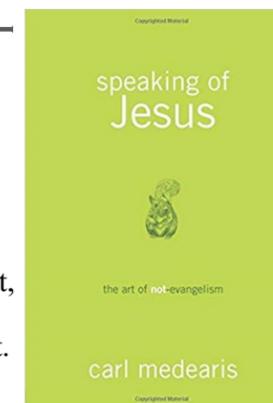
I am always in need of new partners, either prayerful or financial, so if you would like to hear more about my vision and what God is doing with Athletes in Action, I would love to chat with you. You can email me at daniel.barth@athletesinaction.org or visit my give page linked below to learn a little more.

<https://give.cru.org/1023258>



FROM THE LIBRARY — SPEAKING OF JESUS

I have a confession to make. Being right is too important to me. I think it’s always been that way. I can become so focused on being right that I lose sight of the **people** involved in the conversation. In fact, I’ve come dangerously close to making a religion out of being right. Have you?



How many times do I try to share my faith with someone only to get caught up in the weeds of proving point after point? Countless times has noble intent bowed to the pride and insecurity that contaminate my soul. So what’s the solution? Author and speaker Carl Medearis would counsel me & others like me to simply “Speak of Jesus.”

It was through Carl’s book that I was compelled to get to know Jesus more personally by, of all things, *reading the Gospels*. Though I say it somewhat jokingly, it is all too real that many of us avoid the Gospels in favor of passages in the New Testament that are less confusing and generally more linear in their theological reasoning. However, I was drawn to the idea of not only speaking of Jesus in a real way, but of knowing Jesus on a deeper level with the aim of authentically imitating him. Carl writes:

“Practice acting like Jesus. Review the Gospels several times a day. I know them well enough now that I can literally scroll through all eighty-nine chapters and find several examples of how Jesus acted or spoke in a given situation and attempt to do something similar in my current circumstance. You can’t imagine how helpful that is if you haven’t done it. In order to do so, you have to know the Gospels inside and out and recognize that you have Jesus residing in you by the Holy Spirit’s power. Get used to this and it’ll change your life. We speak of what we know. Know Jesus and you will speak Jesus” (Speaking of Jesus, p. 91).

Carl intentionally lives among people who do not identify as followers of Jesus -- both overseas and in the States -- but Jesus has a way of being found in such situations...sort of like in the Gospels. I appreciate Carl’s perspective as he writes:

“Relax. Enjoy your friends. Enjoy their