

Discovering the **CROSS** in CrossFit

ATHLETIC RECRUITMENT

By Josh Elmore

2 Chronicles 16:9

"For the eyes of the Lord move to and fro throughout the earth that He may strongly support those whose heart is completely His..."

I ran across this verse in a book by Charles Swindoll called "Moses." Its context is God calling Moses to be His instrument of salvation for the Israelites in Egypt. As with most biblical stories, I immediately saw this instance in history through the current lens of being a CrossFit coach. While that may sound strange to you, it provided some amazing perspective on the Lord's brilliance.

Before I began my CrossFit career and entered the fitness industry, I was a professional grappler and aspiring MMA fighter. At one point I had the opportunity to train with Quinton "Rampage" Jackson and his coaching staff for a weekend in Las Vegas. At the time, Rampage was the UFC Light Heavyweight champion and his team was known as one of the best around. After that weekend, they invited me to train with them at their facility in Big Bear, California. I was on cloud nine! I felt more legitimate as an athlete than ever before. I had never felt so honored in my life, and that experience of being recruited by one of the top teams around still is fresh in my mind.

Meanwhile, CrossFit is now becoming the legitimate and recognized sport for those claiming to be the fittest on earth. As with the sport of MMA (and most other legitimate sports), the best athletes will emerge as well as the best coaches and teams. Any good coach knows in order to build great athletes you need great people surrounding those athletes. Therefore, it's only natural that CrossFit coaches will start recruiting the right people to bring into their stables, and subsequently, the time is not far off when the best CrossFit coaches will begin to recruit elite CrossFit athletes and the most promising prospects.

This is all exciting stuff for our sport! But there is something infinitely more exciting about this practice of recruitment. The God of the universe, our Creator, does the same thing with you and me! Read verse 9 from the text again and let the truth sink in. Our God is actively searching for hearts who seek His heart. The reality that we get to wake up to every day is that our God is active. He is building His team and the only requirement is that we fully trust Him and commit our hearts to Him. Imagine getting a call last year from Rich's or Annie's team inviting you to be a part of their training because you have something desirable that will help get them to the Games. How great would it be to know you had a part in their Games victories last year? Pretty awesome, I say. Likewise, just as honored and blessed as I felt to be recruited by Rampage, even greater still is the realization that we are all being recruited to be on God's team, where there is no better Coach and no better team. The only requirement is that our heart be fully devoted to Him.

- What things, desires or ideas are keeping your heart from fully belonging to God?
- What can we do to catch God's eye so He will see us and use us?
- What does God's promise to "Strongly Support" mean to you?
- Study the cross-references in this verse (a): Prov 15:3; Jer 16:17; Zech 4:10 (b): 2Chr 15:17