





Home sweet...

Home,

My home is in heaven. I am just traveling through this world.

-Billy Graham

Home is the nicest word there is.

-Laura Ingalls Wilder

Home is the place we love best and grumble the most.

-Billy Sunday

... You can't truly be considered successful in your business life if your home life is in shambles.

-Zig Ziglar

Strength of character may be learned at work, but beauty of character is learned at home.

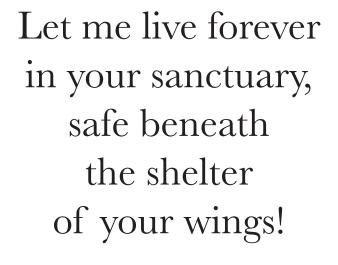
-Henry Drummond

A man travels the world over in search of what he needs and returns home to find it.

-George A. Moore

Love begins by taking care of the closest ones - the ones at home.

-Mother Teresa



Psalm 61:4



Inspired is a Christ-centered magazine sharing uplifting stories and encouraging faith in God and living a life of integrity every day at home, work and in the community.

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Where Your Heart Is

"I'm coming home" are sweet words... whether speaking them or falling on your ears. It's a great feeling to share the good news that you are coming home, and it's just as exciting to hear them as a parent or grandparent.

More people dream about coming home than about leaving. When was the last time you watched a news story about someone dreaming to leave home? I can't think of one example. Compare that to... when was the last time you watched a story about a soldier coming home to surprise his or her son or daughter in school and didn't get choked-up with a tear or more in your eyes?

"Coming Home" is the theme for this year's Fellowship of Christian Athletes April banquet in which Iowa native and NFL legend Kurt Warner will be coming home to speak. Kurt will be returning to an important stop in his journey that would take him to the pinnacle of football, his induction into the NFL Hall of Fame just last year.

Kurt signed with the Iowa Barnstormers in 1995, and was named to the Arena Football League's First-team All-Arena in both 1996 and 1997 after leading his team to Arena Bowl appearances in both seasons. Playing for the Iowa Barnstormers at Veterans Auditorium was not just an important training ground for his future success on the playing field but also important training ground in his journey of faith, as it was for his Barnstormer teammate David Bush and others.

Although "Coming Home" is the theme for this issue, the meaning is so much more than one person's story. It is yours



and mine...unique and different and wonderful for each of us. I hope as you read this issue, you will reflect on your coming home – and its meaning to you and those you love – past, present and future.

written by Scott Brunscheen

"No matter what happens on the football field, it doesn't change the kind of person I am." Kurt Warner

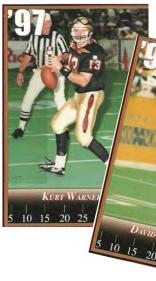
Investing in Life...

David Bush

In 1995 the Iowa Barnstormers began their first season in the Arena Football League. I joined the team in the fifth game of the season as center, snapping the ball to a young quarterback named Kurt Warner from UNI. It was an exciting time to be a part of the team, as we

were winning and everything was rolling in the right direction. But winning on the field was not the same as winning in life. Some on our team were searching, including Kurt and myself.

Matt "Farm Boy" Eller, a teammate from nearby Radcliffe, invited Kurt and a few other teammates to my apartment to meet his friend, Pastor Pat from Stonebrook Church in Ames.



Pastor Pat Sokoll was a former football player at Western Illinois. We could easily relate to one another and were drawn to his integrity and character. Kurt and I were raised in church, he as a Catholic and me from a non-denominational church. But as with many young adults, we were at a crossroads in life and searching. We had real discussions with Pastor Pat that led to open-ended questions about choices, faith, life in this world and the next. One question he asked I will never forget, "On a scale of 0-100, how confident are you of going to heaven?" Both Kurt and I were unsure.

We met weekly, and our healthy discussions and relationships grew, as did our faith. One night, Kurt and I made the decision to commit our lives to Jesus Christ. We were living at Fleur Apartments and wanted to be baptized. It was after 10:00 p.m. and the pool at the apartment had closed, so eight of us piled into our cars and drove to Gray's Lake. With our headlights on the water, Kurt and I were baptized.

Something changed in our hearts that night.

Our commitment to God transformed our lives, as relationships and purpose all had a different meaning. Our friendships grew deeper, including those with Pastor Pat.

The '96 and '97 seasons were an exciting time for the Iowa Barnstormers' as we packed "The Barn" of Veterans Auditorium and played in the Arena Bowl two years in a row. As attractive as the success of our team was, I was drawn more to how Pat led his life. He was a man with a tender heart and strong relationship with his wife and kids. He loved singing, praying and showing unconditional love to his family – and to us. I drove to Ames each Sunday because I wanted to be like Pat.





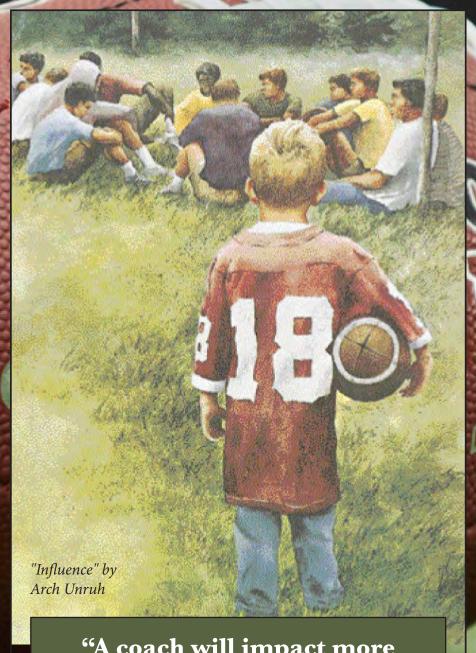
In 1998, Kurt left the Barnstormers to continue his journey that would lead him to the pinnacle of football...MVP, Super Bowl and the NFL Hall of Fame. Every step of the way, he acknowledged God in his life. Pastor Pat and I drove to St. Louis for Kurt's first Ram's game in 1998.

Twenty years have passed since last seeing Kurt, and I'm looking forward to reuniting with him on Saturday, April 21, when he returns to speak at the FCA banquet in which I am honored to serve as emcee.

I left football in 1998, and Pat continued to be important in my life as he married Kristen and me and baptized our three kids. He taught me so much about life and investing in other people, just as his investment in my life influenced me to be who I am today.



From pro football to business owner,
David Bush excels in life. Now he
inspires as a motivational speaker and
one of the nation's top peak performance
coaches, personally impacting almost
one thousand individuals to achieve
their physical, mental and financial
well-being goals. He and his wife,
Kristen, live in Pella and have three
children. Learn more or contact David
through www.ehealthcoaching.com



"A coach will impact more people in one year than the average person will in an entire lifetime." - Billy Graham



While the football narrative of NFL quarterback Kurt Warner reads like a rags-to-riches Hollywood script, it is the story of a man led by dignity, class and undeniable faith that captured the imagination of the sports world and beyond.

After being cut by the Green Bay Packers as the fourthstring quarterback in 1994, he took a job at Hy-Vee bagging groceries for \$5.50 an hour. But his story didn't end in that grocery store. Kurt kept working to achieve his ultimate goal of being an NFL quarterback and went on to lead his team to be the "Greatest Show on Turf."

Kurt never gave up on two core things: his faith and his ability. "If you're willing to put yourself and your dreams on the line, at the very least you'll discover an inner strength you may not have known existed."

66 am where I am because I believed and never gave up... ??

Playing for the Iowa Barnstormers Arena Football League at Veterans Auditorium in Des Moines, he caught the eye of NFL scouts, and in 1998 landed a position with the St. Louis Rams. The 1999 season found Kurt at the helm when Trent Green suffered a season ending knee injury during the pre-season. He made the most of the opportunity that began a Cinderella story for the ages that concluded with him hoisting the Super Bowl XXXIV

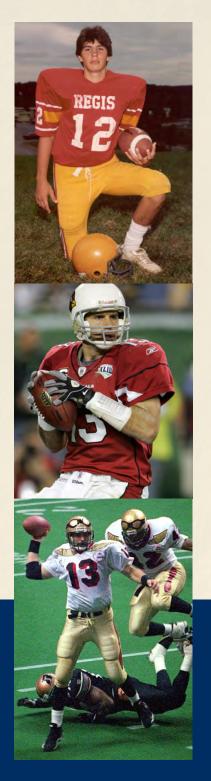
@Riddell

trophy. He was named the NFL and Super Bowl MVP and went on to receive the MVP award again two seasons later. In 2008 he lead the Arizona Cardinals to their first trip to the Super Bowl where he removed anyones doubt in his ability to be one of the greatest quarterback's

Kurt's incredible football career culminated in his induction into the NFL Football Hall of Fame last year.

in the game.

But football isn't Kurt's only passion. With his wife Brenda, they established the "First



66 If you're willing to put yourself and your dreams on the line, at the very least you'll discover an inner strength you may not have known existed.



Things First Foundation," a non-profit public charity dedicated to impacting lives in a lasting way by promoting Christian values, sharing experiences and providing opportunities to encourage everyone that all things are possible when people seek to put first things first. In 2012, Kurt and Brenda founded Treasure House, a Christian-based supported living community for young adults with intellectual and developmental disabilities.

Kurt is coming home to serve as the keynote speaker for FCA's annual banquet at Veterans Memorial Community Choice Ballroom in Des Moines on Saturday, April 21. Known as "The Barn", fitting the ballroom is upstairs from what was formerly the Iowa Barnstormer field where Kurt's pro career began!





Whether I'm a Super Bowl champion or a regular guy stocking groceries at the Hy-Vee, sharing my faith and glorifying Jesus is the central focus of my time on this earth.

FCA IMPACTS CENTRAL IOWA

The Fellowship of Christian Athletes is touching millions of lives...one heart at a time. Since 1954, the Fellowship of Christian Athletes has been challenging coaches and athletes on the professional, college, high school, junior high and youth levels to use the powerful medium of athletics to impact the world for Jesus Christ.

FCA Central Iowa serves communities by equipping, empowering and encouraging coaches and athletes to make a difference for Christ. Whether through its Des Moines Urban Baseball League, various camps for athletes and coaches, campus chaplains, campus huddles or Training Table helping to fight food insecurity, FCA is serving coaches and impacting student athletes body, mind and spirit.

FCA invites you to join in their mission and support its ministry taking place in more than 50 high schools and colleges currently serving across central Iowa. For more information about FCA or its annual banquet, please contact Area Director Steve Sikkink at ssikkink@fca.org or call 515.727.1868.



SATURDAY EVENING, APRIL 21
COMMUNITY CHOICE CREDIT UNION BALLROOM
DES MOINES, IOWA





GET TO KNOW FCA's STAFF



Andrea Swanson

Andrea Swanson joined FCA in 2017 to help better serve female coaches and athletes. A graduate of Valley High School, Andrea was a standout soccer player throughout her collegiate career at ISU and Drake. She went on to earn her master's degree in Counseling in 2017.



Jarred Herring

Jarred Herring, a graduate of UNI and a football and track star athlete, joined FCA in 2016. He serves coaches and student-athletes at 11 high schools and colleges, including Grand View University, Des Moines Hoover High School and Dallas Center Grimes high schools. In 2017 he earned his master's degree in Organizational Leadership.



RJ Sumrall

RJ Sumrall, a former Iowa State star receiver, joined FCA in 2014. His ministry focus began with urban Des Moines schools and is transitioning as demands at Iowa State have grown. RJ serves as faith coach for the football team, regularly attending practices and leads team chapels at both home and away games.



Dave Applegate

Dave Applegate, a Hoover High and Drake graduate, has faithfully served FCA since 2009. Under his leadership, FCA's ministry has expanded to more schools, and relationships have grown deeper within huddles. In addition to high schools, Dave's relationships at Drake impact more than 150 student athletes through chapel programs and Bible studies.

It's Probably...

Enough Already

Many people pursue wealth at the expense of relationships with family and friends. Why is that? I think it's because,

- Money appears easier to achieve than healthy relationships, and
- We mistakenly think money will insulate us and give us the upper hand when we have relationship problems.

Proverbs 23 teaches, "Don't wear yourself out trying to get rich. Be wise enough to know when to quit. In the blink of an eye wealth disappears, for it will sprout wings and fly away like an eagle."

Every person's soul craves more wealth, regardless of how much we have. Manage wisely and well what you have, and you will be much happier than if you acquire more. Better yet, invest in relationships with people who don't care how much money you have.





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SUMMER LUNCHEON THURSDAY, JUNE 7

NEAL JEFFREY
Speaker and author



FALL LUNCHEON TUESDAY, SEPTEMBER 25

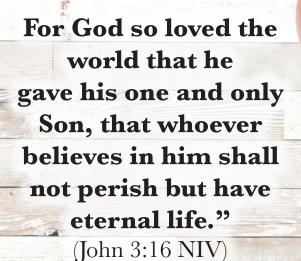
DEE ANN TURNER
Chick-fil-A, Vice President

PRESENTED BY





To register for these upcoming events, please go to faithatworkiowa.org



There's no place like... Home

There are many inspiring sayings about "home" – home sweet home. Home is where the heart is. Love makes a house a home. The list goes on...

And the list grows longer with hundreds of songs about "I just want to go home."

So what do you think of when you hear the word "home"?

I hope your memories are filled with joy that far overshadows

any difficulties that life has thrown your way. Like Dorothy in "The Wizard of Oz" that despite life's challenges, you too think "there's no place like home." Although that's my story, my heart knows that may not be the case for you. Some have faced trials growing up that are difficult to overcome or shake and maybe are still facing them today.



There are few things in life that provoke thought and emotions more than those of home. You have a choice to positively impact those you love by creating memories for your kids and grandkids so that one day they will miss home too.

So much in life we take for granted, including our home even though we know it is temporary. Just as your home when you were young has become a memory so will whatever we call our home today. And then what?

A great definition of Heaven is "home of God." When we are with Him, we will truly be home. Life may take us to unexpected places, but love brings you home. God is love, and He so loved the world that He wants to invite you to come home...

TIPS FOR BUILDING A

strong family

FOUNDATION

Adapted from Marlene Griffith at www.adiligentheart.com

be present.

In an age of digital domination, it's easy for us to be around our family without actually being present. Someone is always glued to a digital device, tv, game or whatever. And our family has all of these, and we all enjoy them. But we enjoy them outside of our intentional family time. This means kids get to play on the computer or game system at specific times that my husband and I have agreed on. And you know what? One of us is usually hands on during that time, enjoying it with them. It's a unique way to continue to be present, even though a screen is involved in our entertainment.

celebrate each other.

Many families tend to create a weird divide among themselves. They treat each child as an island, rather than a part of the family. On birthdays, celebrate as a family. Don't exclude anyone from that celebration. One of the things my kids absolutely adore is their birthday celebration. The birthday person gets to pick the restaurant, and we all go there to eat dinner (or whatever meal) that day. The whole day is spent as a family. If it's a week day, my husband takes the day off. My children look forward to this day because the whole family comes together and enjoys each other in this celebration.

Each member of our family is important, and we all come together to celebrate them – as a family.

talk about fears.

Facing fears with someone is often a bonding experience. When someone helps you get through a difficult time, issue, season, you often create a unique bond with that person. As parents, we need to be that to our children. Not their youth pastor, not their best friend, not their teacher. YOU as their parent need to be the one they work through fears with.

Why? Because no one more than you will understand them, and you will always want the best for them. Be open with your children about your own fears. This is hard because it means a lot of prideful walls need to be broken down. But it's super important to build a strong foundation with your child and your family.

talk about faith.

If you don't, the world will. And if the world does this, their little heads will be impressed with ridiculous nonsence. Share your faith with your children, pray with them, encourage them through your faith. Doing so will help them find their path and will help build strong convictions in them as they get older.

Talking about faith, about God, His truth and reading His Word is such a sweet and wonderful way for a family to grow closer to one another, building that solid family foundation.



Marlene Griffith is the author of her own blog, A Diligent Heart, which she wants to provide practical solutions to living efficiently. She says, "Diligence is a fundamental part of life, and we must embody its practice in everything we do, so that we do everything with purpose and not just with a fleeting robotic attitude."

On A Diligent Heart, you will find articles on several topics such as family, homemaking, natural living, self-care, homeschooling, kid-fun and Christian Living. None of which I claim to do nor do perfectly.

When being tempted...

by Becky Tirabassi

Whenever you are tempted—you have only a few minutes (sometimes only seconds)—to decide how to respond.

In tempting situations, ask yourself the following three questions:

WILL THIS HURT ME?

The best way to answer this question is BEFORE you face temptation. Write out your "TOP 10 TEMPTATIONS" list – forbidden foods, gossip triggers, time-wasters, places you shouldn't go (ice cream shops), or ______ (the things that really trip you up). Next to each item on your list, describe HOW the activity will hurt you. Be REALLY honest. If you can articulate HOW doing something will defeat, undermine, demolish or set YOU backward, you will THINK before you do it.

WILL THIS HURT SOMEONE I LOVE?

If parents, spouses, dating couples and family members asked this question before they stepped over the line with anger or other destructive actions, they would spare people they love SO MUCH heartache. For years, I have worked with students whose parents get divorced, and believe me, the student often is deeply devastated for many years. Temptations are temporary. Integrity and honor are lasting. When tempted, we are usually making a selfish choice rather than a sacrificial choice. Ask this question, and put others first–it will put the temptation in perspective.

WILL THIS HURT GOD?

We can hurt God-not only His name and reputation but our intimacy with Him. Over and over in the Old Testament, God's people hurt him with their idolatry and adultery. Even though God repeatedly sent prophets to explain how much He loved them, the people often rejected Him. In the New Testament, Jesus was equally misunderstood, rejected and even mocked. We hurt God when we turn to things or people who replace Him as the One true love of our lives. Loving God must be reciprocal in our lives. If you'll ask yourself, "How will this action make God feel," you should have an immediate sense if you should do it or not. A great rule is: "When in doubt, don't."

Get to Know Becky Tirabassi

Becky Tirabassi is a nationally renowned speaker on the topic of prayer and a seasoned author of 15 books, with sales of over one million prayer resources throughout her 30-year career. Her personal spiritual disciplines include reading through the Bible over 30 times and praying one hour a day for over 33 years.

She has shared her dramatic conversion to Christ in numerous books from the largest Christian platforms in America—such as Billy Graham Crusades, Focus on the Family and Women of Faith. Becky has spoken to over half a million people on the subject of prayer, including at events for organizations such as Women of Joy, Women of Faith and Youth Specialties. She has appeared on Fox and Friends, Focus on the Family, Cold Pizza, the Golf Channel and The CBS Early Show.

Her story of conquering alcohol, drugs, out of control anger, weight, unresolved resentment and her success in marriage and parenting has earned her the platform from which she inspires men and women of all ages and backgrounds to believe that they can do the same. She has been sober and married to Dr. Roger Tirabassi for 40 years in January 2018.

To learn more, go to changeyourlifedaily.com

Hear Becky speak at the Iowa Prayer Breakfast

Thursday, March 29 7:15-8:45 A.M.

Veterans Memorial Community Choice Credit Union Convention Center 883 5th Avenue | Des Moines



Adults \$25/Students \$10

Fifty-Seventh Annual



2018IowaPrayerBreakfast

The Iowa Prayer Breakfast continues to be a long-standing tradition where Iowa's Governor, legislators, community and religious leaders join with the public to ask God's direction and blessing upon our state.

Started by Des Moines Mayor Reinhold Carlson in 1961, Iowans have continued this beloved tradition for over 50 years, gathering every Maundy Thursday. To widen the scope of the breakfast, the name was changed to the Governor's Prayer Breakfast, a name that continued until 1989 when the name was changed to the Iowa Prayer Breakfast.

People from all walks of life come to enjoy this Maundy Thursday celebration with the reading of the Scriptures, local vocalists and musicians, an inspiring message from a selected keynote speaker and, of course, prayer for the state of Iowa. A breakfast is served, and Iowans enjoy the company of friends and colleagues as the Easter weekend celebration begins.

The breakfast is open to the public. Please join the Des Moines community, and fellowship in conversation, prayer and presentation by Becky Tirabassi!

Tickets available now through March 21 at www.iowaprayerbreakfast.com

In Our Home

Always be honest

Proverbs 12:22

Forgive and forget

Micah 7:18

Be kind hearted

Ephesians 4:32

Keep your promises

Romans 4:21

Work hard

Colossians 3:23

Be thankful

1 Thessalonians 5:18

Never give up

Philippians 4:13

Love One Another



Note from...

Life 107.1





written by Jennifer Green

As I write this, I'm dealing with the fact my daughter turns 16 years old tomorrow. She's my oldest and, yes, it's a bit of a milestone. She's a wonderful child who has had many people pour into her life. One of those people is Kurt Warner.

Now, the former Super Bowl-winning quarterback has no idea he's helped my Piper become the young woman she is. We do not know him personally, but he made an indelible impression on her at a very young age. When she was in third grade, her teacher

assigned the class to read a book and write a short book report based on it. Piper brought home her chosen book: Kurt Warner's *Keep Your Head Up*.

I was thrilled with her choice.

No matter what your chosen NFL team is, if you're an Iowan, you're a fan of Kurt Warner.

Keep Your

His story of graduating from UNI, to stocking shelves at Hy-Vee, to the Iowa Barnstormers Arena Football League, then to NFL back up, is inspiring. His taking his God-given opportunity all the way to a Super Bowl win is the stuff of movies. Our family is a fan of football—and a fan of Kurt Warner. So, we weren't surprised by her choice of book.

Perhaps what did surprise me was her reaction to Kurt's story. She felt a kinship with him because he had stocked the shelves of Hy-Vee, where she shopped with me weekly. She loved that he never quit even when it seemed liked nobody wanted him to play football. She was impressed that he would talk about how much he owed to God when he was on TV. She really liked when he pointed to Heaven when he did something good on the field. She especially liked his wife Brenda's great hairstyles.

For all of those reasons, Kurt Warner became her favorite person for a season. She talked about him incessantly. I would hear her playing with her little brother, encouraging him to do things more like Kurt Warner. Her dad and I would laugh—but really, if your child has a role model, who could ask for a better one than Kurt?

So, this past summer, when Kurt Warner put on a gold suit coat and received his well-deserved spot

"Whether I'm a Super Bowl Champion or a regular guy stocking groceries at the Hy-Vee, sharing my faith and glorifying Jesus is the central focus of my time on this earth."



in the NFL Hall of Fame, our entire family watched with tears in our eyes. We were thankful that Kurt represented our state so well but more thankful he represented our Savior faithfully and consistently—and influenced our family while doing so.

It's easy for us to see God's providential hand in Kurt's life story now, but I imagine living in the midst of things, he got very discouraged. His story teaches us that we can plan, but God's timing is always perfect and for His specific purpose (that most likely has nothing to do with football.) As we embark on the next few years with our new 16-year-old, I'm sure that lesson—and the example of Kurt Warner—will again serve our family well.



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ARMIN ASSADI

"Get Real"

THURSDAY, APRIL 19

11:30 A.M. Registration 12:00 P.M. Lunch & program



RAY HOWELL

"The Two Greatest Gifts"

THURSDAY,

11:30 A.M. Registration 12:00 P.M. Lunch & program



KEITH TOMPKINS

"Founder of Leading with Power"

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Register online at www.lwpdsm.org

Lunch & Speaker \$20 (if pre-registered) \$25 At the Door

CONTACT: email info@lwpdsm.org

I believe that the Lord has a plan for each of us that's better than anything we can imagine, even if that plan isn't obvious to us at every stage. He prepared me for this over a long period of time in lower-profile locker rooms and the grocery store and in Europe, through all the personal tragedies and in spite of the people who doubted me along the way.

Kurt Warner



We love hearing from our readers!

"A week from tomorrow, I will be 94 years old, so you may not hear from me again. I have "High Hopes" for the reaction to your booklets. There are messages that people need to read (or hear)..." (Special note: Sybil received 30 copies to share with friends and family!) Miss Sybil, Des Moines, Iowa

HELP SHARE INSPIRED AND BECOME A SPONSOR!

Inspired is distributed to more than 500 grocery stores, restaurants, coffee shops, medical and professional offices as well as manufacturing companies and other businesses.

Copies are FREE to pick up and take home... as well as mailed to a growing list requesting the magazine to be sent to their home or business. *Inspired* is sponsor supported through charitable gifts.

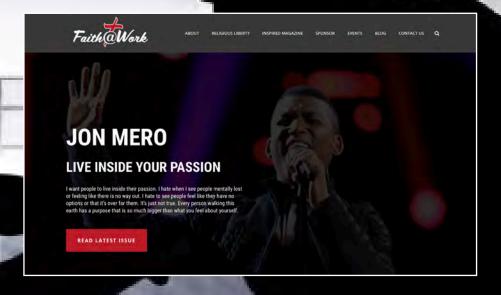
Inspired is published by Faith at Work, a Christian nonprofit.

SHARE WITH US!

We hope you enjoy *Inspired* and will consider sharing this magazine with others. Also, we'd love to hear how *Inspired* has touched your life. If you'd like to share a story with us or have suggestions for stories, please send it to the email address below. We look forward to hearing from you!

Scott@FaithatWorklowa.org

www.faithatworkiowa.org 🤇



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5585 NE 16th Street Des Moines, Iowa 50313

For more information, please contact **Scott@FaithatWorkIowa.org** or call **(515) 974-5415**.

Truths...

Children Learn

- 1) Puppies still have bad breath even after eating a tic tac.
- 2) No matter how hard you try, you can't baptize cats.
- **3**) Never ask your 3-year-old brother to hold a tomato.
- **4)** You can't trust dogs to watch your food.
- **5**) Don't sneeze when someone is cutting your hair.
- **6)** Never hold a dustbuster and a cat at the same time.
- **7**) School lunches stick to the wall.
- **8**) You can't hide a piece of broccoli in a glass of milk.
- **9)** Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you are sad is in Grandma's or Grandpa's lap.









We hope you enjoy this issue of *Inspired* magazine, filled with stories and a message of faith to offer encouragement and inspiration. Please consider sharing this issue with family and friends. Thanks to support from our sponsors, it's our gift to you!

