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C3: Christ Centered Coaching, Utilizing Faith to Impact Athletes

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C3 Excerpt: Chapter 4 The Power of Humility

Do nothing out of selfish ambition or with vain conceit. Rather in humility others better than yourselves. Philippians 2:3.

Humility is one of the most powerful characteristics a successful human being can have. I have been taught many lessons in humility over the years. I remember early in my head coaching career, entering the Region tournament with a team that was average on talent but overachieving. During a 3-game span to win our 10th region title as a school we had defeated 2 of the top 25 Junior Colleges in the country. The national tournament had now been paired down to 24 teams. I felt we were playing well and had a great shot to win.

As we began our next game on the opponents' home floor from the tip we ran a set play and nailed a three-point basket. We were on our way – or so I thought. Mysteriously at that moment the game clock malfunctioned and there was a twenty-minute delay. Long story short Bad Guys 82, Good Guys 53!

Often it is He (Jesus Christ) who gets you in check with your own ego centric behavior and arrogance. Humility is not an innate characteristic. It must be learned. We learn humility through guidance, direction, correction, and discipline as we are growing up and through life's lessons. If we do not teach our young people how to develop humility and resilience during adverse times, we are doing them a disservice.