

GAME PLAN
for **LIFE**

JOE GIBBS

with Jerry B. Jenkins

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Game Plan for Life: Your Personal Playbook for Success

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Library of Congress Cataloging-in-Publication Data

Gibbs, Joe J.

Game plan for life : your personal playbook for success / Joe Gibbs with Jerry B. Jenkins.
p. cm.

Includes bibliographical references.

ISBN 978-1-4143-2979-6 (hc)

1. Christian men—Religious life. 2. Success—Religious aspects—Christianity. I. Jenkins, Jerry B. II. Title.

BV4528.2.G53 2009

248.8'42--dc22

2009013139

Printed in the United States of America

15 14 13 12 11 10 09

7 6 5 4 3 2 1

To our grandchildren:

Jackson

Miller

Jason

Ty

Elle

Taylor

Case

Jett

*It is Pat's and my hope that one day
they will also be part of
a moral reawakening
in America.*

Sincere thanks to my team:

Phyllis Blair
Barry Leventhal
Cindy Mangum
Don Meredith
Chuck Merritt
and all the contributors,
of course.

I am grateful to “my guys,” who selflessly gave their time and effort to this project. Their friendship and professional teamwork provided material and spiritual support at critical times.

Special thanks are due to Chuck Merritt of White Post Media, who so freely gave numerous hours to help me tell my story.

Thanks to the folks at Tyndale House Publishers, for allowing me to collaborate with Jerry Jenkins, and for the creative freedom to do it my way.

We pray that this book will be part of a moral awakening in America. Thanks be to God, who causes us to triumph in life.

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Foreword

TONY DUNGY

I was just starting my pro coaching career in 1981, as an assistant for the Pittsburgh Steelers, when Joe Gibbs took over as head coach of the Washington Redskins. Coach Gibbs went on to win three Super Bowl titles in the next eleven years. His teams were always well prepared, but what struck me was that they seemed to thrive in the toughest environments.

Joe's Redskins had a great record in the playoffs, when the pressure is the highest, but they also happened to win championships in 1982 and 1987, both years when we had player strikes and uncertain schedules.

Although I was never privileged to work for Coach Gibbs, he had a tremendous impact on my career. Because of the way his teams played, he intrigued me. I watched him, studied him, and talked to many people who knew him. I wanted to know how he did things, how he was able to get his players to perform with such precision and togetherness—how he was able to get them focused to function so well under pressure and in times of adversity.

Frankly, it didn't surprise me to learn that the Redskins' success under Joe was no accident. I discovered that Joe was a person who believed in God and God's plan for a man's life. Coach Gibbs governed his life that way and led the team that way—with Christian principles learned from the Bible. Though, naturally, his goals as a coach included winning football games, winning was never his sole purpose. His purpose was to let everyone around him see how Christ was leading him, and to let people see those Christian principles in action.

Joe has brought that approach to whatever venture he has undertaken—whether coaching the Redskins or owning a NASCAR racing team. Now he has brought that passion for helping the world see Christian principles in action to a different forum—*Game Plan for Life*, which I believe you will find is a great guide to successful living.

In football, each player gets a playbook at the beginning of the season. It has all the strategy, assignments, and techniques that can make him successful. Our players study that playbook and learn the key parts so they can perform on the field. The job of the coaching staff is to help the players assimilate what's in the playbook for maximum success. As a Christian, I

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agree with Joe that the best playbook for life is the Bible. It contains all the information we need to lead a successful life and thrive.

Any head coach will tell you that the task of surrounding himself with the best assistant coaches can make or break his season. In addition to telling his own story here, Coach Gibbs has put together the best staff of “assistant coaches” you could imagine to help you understand the playbook. These eleven men have taken eleven fundamental biblical topics and laid them out in a way that brings clear insight into God’s thoughts on each one.

You may be a Christian already, or you may be entirely new to this kind of thinking. Regardless, I urge you to give *Game Plan for Life* a fair reading and see what you think. In just talking with Joe, I can feel his passion for this project. He has always been driven, and unwilling to settle for second best. Whatever challenge he’s undertaken, he has always delivered championship results. His drive now is to get God’s message out and to equip people to handle the tough issues our world throws at us every day.

Once again, he’s done it at a Super Bowl level.

CHAPTER ONE

No Game Plan, No Victory

“Joe, I’ve got awful news. Sean Taylor was shot early this morning. He’s at Jackson Memorial in Miami.” It was 6:00 a.m. on a Monday, and I’d just been awakened by a call from my boss, Dan Snyder, the owner of the Washington Redskins.

Sean Taylor was our superstar safety. He’d played in the Pro Bowl in 2006, and now in 2007 he was tied for most interceptions in the NFC, even though he’d missed the last two games. Some in the media said Sean had the talent to become one of the greatest NFL safeties of all time.

“How bad is it?”

“He got shot in the leg, so I’m not sure.”

How bad can that be? I wondered. *Certainly not life threatening.*

Our first-round draft pick in 2004, Sean was having a remarkable season in what was otherwise turning out to be not such a great year for the Redskins. It was November, and we’d just lost to the Tampa Bay Bucs 19–13 at Tampa—our third loss in a row. We were 5–6 on the season, and it sure didn’t look like we had a chance to get into the playoffs.

Due to a knee injury, Sean wasn’t required to attend the Tampa Bay game. Instead, he was at home with his infant child and her mother in Miami, where he’d grown up.

This was my fourth year back as head coach of the Redskins, and my experience this time around was a long way from what the media had called

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the “Decade of Dominance,” during my first stint as the Redskins’ head coach from 1981 to 1992, when we won three Super Bowls.

Now this.

Sean Taylor—nicknamed “Meast” by his teammates because he was “part man and part beast,” named by *Sports Illustrated* as the hardest-hitting player in the NFL—shot in the leg. To my horror and the devastation of our whole team, Sean died from his wounds the next day.

A year later, I was in my office at Joe Gibbs Racing in Charlotte, and the incident with Sean still weighed on me. The 2008 NASCAR season had ended, and I was catching up on business with one of our bankers, a good friend.

Out of the blue, he asked if I knew a certain college football coach. I did. “Well,” my friend said, “I think you two have the same spiritual father, George Tharel.”

I was more than a little surprised to hear George Tharel’s name, because he had died seventeen years earlier in Fayetteville, Arkansas. George had taken me under his wing in 1971, when I was an offensive line coach for the University of Arkansas Razorbacks. My wife, Pat, and I had met George just after we’d moved to Fayetteville and began attending the same local church.

Now here I was in my office in Charlotte—a world away from that college town—learning that the same man who’d had a huge influence on me had also inspired this other coach who had passed through Arkansas early in his career.

You might ask, “What’s a spiritual father?” For me, he was the guy who took the time to help me understand the spiritual truths I still live by today.

George Tharel had been my Sunday school teacher for two years. He was a man quietly driven to make an impact on other men. As my career took me around the country, I stayed in regular contact with George, because the wisdom he shared kept me grounded and pointed in the right direction.

To anyone else, George might have looked like an ordinary guy. To me, he was extraordinary. He had a great family, managed the local JCPenney store, and served in his church. Here was someone who had lived his life to the fullest, had a big influence on others, and had been gone for years.

That conversation with my banker friend about George Tharel got me thinking.

What had made George’s life so significant? Money? No. That he’d

worked his way up to manage a local department store? No. That's all forgotten and gone.

That he was some larger-than-life "life coach"? No.

If it was not fame or fortune or reputation, what was it?

What remains of George Tharel is the impact he had on other men's lives. Mine. The college coach my friend was talking about. And every man George took the time to teach spiritual truths throughout the years. His legacy lives through each of us today.

Sean Taylor's death made me realize how fragile life can be. George Tharel's life made me recognize the lasting impact our influence can have on others. As I thought about these two lives, I evaluated the kind of impact I was having on other men. With this book and the project that will follow, I want to pass on some of the truths I've learned and the most important discoveries I've made about life. I hope it will help you avoid some of the mistakes I've made too.

I'll come back to Sean and George again, later in the book. But first, let me set the stage for what's to come.

In the Company of Men

Okay, here's the deal: My whole life has been in the company of other men. I had a brother. I played sports from day one—baseball, basketball, and football in high school, football in college—and I coached in college and the pros. Pat and I have two sons. I now own a NASCAR team.

In short, I know men, and life's not easy for them these days.

Wherever I go—on business or for speaking engagements, sporting events, or whatever—I run into guys who all seem to have the same questions and challenges. I can relate to these men because I've faced many of the same issues in my own life.

Many men see me as a success because of the Super Bowl rings and the NASCAR championships, and I'm not going to pretend I haven't lived what looks like a charmed life. But what guys want to know, everywhere I go, is how they can succeed too. And they're not just talking about becoming rich or famous or winning trophies. They want to be happy. They want to be good husbands and fathers, good people. They want to find true success and relevance in their lives.

Experts tell me that the two sports that have dominated my adult life have

about a hundred million fans. Are you one of them? Is that maybe why you picked up this book? Let me tell you right off the bat, I'm gonna be straight with you. I've heard so many questions about life that I gathered a few trusted colleagues and friends, "my guys," and we started talking it through. What is it that men really want to know about, and what do I have to tell them?

See, the bottom line is that I have found something special, something that works, something that has given me a sense of peace and purpose and fulfillment. But despite what a few sportswriters and a kind business associate or two have said along the way, I'm about as far from being an intellectual as you can get. I was a P.E. major. You know, physical education: ballroom dancing and handball!

Sure, there were people who thought I had talent when the college offenses I helped to coach were among the best in the country, and that helped me land an NFL coaching job. And I know it requires some smarts to manage a coaching staff, come up with creative—and successful—game plans, and lead a football team. I'm just saying I'm no scholar. I'm a regular guy who saw his dream come true. I don't apologize for being competitive, striving for excellence, or refusing to quit. But what I want you to know is that it makes sense that my name is Joe. I'm your Average Joe. Forget what you might have seen or read in the media, or anything else you might have heard; I'm not that different from you.

Here's why. Maybe I've got a nice résumé and have created some really special memories, but the best—and hardest—lessons I've learned in my life have come from failures, my own shortcomings, and buying into some of the biggest myths our modern society has to tell. If this book can help you avoid even one of those, I'll consider it a success.

Now, let's get after it.

Winning at the Game of Life

I have thought a lot about life—what is it? Life to me is a game, and you and I are the players. God is our Head Coach, and no one wants to lose in the biggest game of all. I'm going to explain what it takes to win a football game or a car race, but what does it mean to win at the game of life? What is true success?

First, I need to say that when I call life a game, I mean that it's a contest, not that it's trivial or all fun and games. You've learned that by now. But if

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life is a game, you and I are playing the most important contest of all. All my experience in leading men—as a coach and team builder—has convinced me that to win a game you need a game plan.

If you watch football, you've seen the coach on the sidelines, wearing a headset and carrying a white laminated card. That card is the game plan. While I was with the Redskins, I had thirteen coaches helping me lead the

Runs		1st & 10 – 2nd Down (Passing)			
REGULAR		(R) 1. CH 10-11 Stop			
40/50 Gut Seal	(Nr – Zip)	(R) 2. Fire Rt. 2	Flip	(Spread)	
60/70 Hammer	(Nr)	(R) 3. Angle Pass	Flip	(Nr – Zip)	
*Alert 60/70 Z Behind	(Nr – Zip)	(R) 4. Angle Pass	Flip	(Far – Zeke)	
ick Hog	(Spr-SL-Zm)	(R) 5. 70/80 Cowboy Boot *Ghost	Flip	(Nr – Zip)	
, Fgt – Tackle)		(R) 6. 70/80 Boot	Flip	(Double)	
Pick Stretch		(R) 7. 60/70 Naked	Flip	(Tra – Whiz)	
70/80 Stretch *Peek	*Go	(R) 8. CH 40 X 4 – Z Read	Flip	(Nr – Rt, Zip)	
60/70 Stretch *Peek	(Tra)	(R) 9. Ruby 40/50 X Option	Flip	(Nr – Zeke)	
		(R) 10. Scat H Drive	Flip	(Tra – Zm)	
v Storm	(Flip-Dbl)	(R) 11. Scat Dbl. Pump	Flip	(Dbl – Spear)	
Alert Paint	10-11/22-23		Flip	(Swp – Freeze)	
		(R) 12. Fl. 6 Pivot	Flip	(Nr – Zeke)	
Look Veer	12-18 (Miss – Fly – Out)	(R) 13. Fl. Hook	Flip	(Split – SL – Zm)	
90 Sweep	(Full-Tra-Zap)	(R) 14. Scram R Dodge			
80 Broom	(Open X – In)	(R) 15. Slip Screen to X	Flip	(Missile – Fly – Out)	
(R blocks)		(R) 16. Scram 25-24	Flip	(Double)	
HEAVY		(H) 1. Slip Screen to Z		(Trips – Zeke)	
Murder 30 Dork – Georgia (Far-Wg-Hu)		(H) 2. Angle Pass		(Far – Wg – Jug)	
40/50 Belly	(Far – Wing)	(H) 3. 70/80 Naked Crossback		(Far – Wing)	
80/90 Bus	(Far-Wg-Sh-Mot)	(H) 4. R.P., 60/70 CTR Ld.		(Trips – Zoom)	
Pick Pony	(Duce)				
3rd Down Runs		3rd & 2-5			
(R) 80/90 Sweep	(Full-Tra-Zap)	(3W) 1. Speed Lt. Run It		(Stem Trio Lt – Zm)	
*3W) T 60/70 OT	(Tra – Whiz)	(3W) 2. Scram Lt. X Choice		(Stem-Walk-Ft.-X- In)	
		(3W) 3. Fire Rt. 33-33		(Flip-Dbl – Rt – Flex)	
		(3W) 4. Slip Screen Lt. to X		(Mix – Lt – Zm)	
		(R) 5. Light 6 Pivot		(Stem – Walk – FA – Whiz)	
		1 & 7 FLIM			
		(3W) (R) 1. Light Hook Switch Navy		(Tw – FA – Zoom)	
		(3W) 2. Light 712		(Flip – Tr – FA – Whiz)	
		(3W) 3. Speed Lt. Pump		(Stem – Tra – FA – Fly)	
		(3W) (R) 4. Lightning Dallas "Navy"		(Flank – FA – Zoom)	
		(3W) 5. Fire Rt. 2		(Dbl – Rt – FA – Fly)	
SPECIALS		RED AREA +20			
(R) 1. 80 Diamond Bazooka					
(Spr – Zip)					
(R) 2. Alert 60/70 Z Behind					
(Nr – Zip)					
DIG SHOTS		REGULAR		HEAVY	
1. Fl. Stutter/Pigeon	(Trips)	1. CH 10-11 Stop		1. Angle Pass	(Far-Wg-Jug)
2. Scat Double	(Swp-Freeze)	2. Fire 2	(Flip Spread)	2. 70 Naked Crossback	(Far – Lt – Wg)
3. Ruby 50 X Option	(Flip-Nr-Zeke)	3. Angle Pass	(Flip-Nr-Zip) (Far-Zeke)	3. Slip Screen to Z	(Trips-Zeke)
4. CH 40 X-4 Z Read	(Flip-Nr-Rt-Zip)	4. 60/70 Naked	(Tra – Whiz)		
5. Speed Pump (LL)	(Spr – SH – Mck)	5. 70/80 Boot	(Flip – Double)		
		6. Slip Screen to X	(Miss – Flyout)		
ROOTS/NAKEDS		+10 IN		ANGLE PASSES	
(R) 1. 70/80 Cowboy Boot (Flip-Nr-Zip)		(3W) 1. Scram Lt. Double Dig (Gun – Rt)		(R) 1. Angle Pass (Fl-Nr-Zip)	
(R) 2. 70/80 Boot	Flip (Double)	(H) 2. 60/70 Boot Cystone	(Big – FA – Jug)	(R) 2. Angle Pass (Fl-Nr-Zeke)	
(R) 3. 60/80 Boot/Broom (Open – X-In)		(R) 3. Scram Lt. H Choice	(Gang-Rt – Z – Spear)	(H) 3. Angle Pass (Fr-Wg-Jug)	
(H) 4. 70/80 Boot Cystone Big – FA-Jug		(R) 4. 90 Boot	(Open – X – In)		
(R) 5. 60/70 Naked	(Tra – Whiz)	(R) 5. Scram Lt. X Choice	(Flip – Unit – Rt.)		
(R) 6. 70 Naked Crossback (Far – Lt – Wg)					
GOAL LINE		SHOOT YARDAGE			
(J) 1. 90 Express	(i-Lt-Tw)	(H) 1. Alert 50 Belly – White 22			
(J) 2. 10 Wedge	(i-Rt-Tw-Whiz)	(Far – Rt – Tw)			
(J) 3. 70 Lead "Keeper"	(i-Lt-Tw-Zm)				
(J) 4. Pass 90 Wg					
(J) 5. R.P., Rt. Bang	(i-Rt-Tw-Bang)				

Actual Redskins game plan from 2005 season

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team. We had a coach for the running backs, the quarterbacks, the defensive line—coaches for each of the positions and teams. One of the most important things we did as coaches was come to the office on Monday and Tuesday to craft the game plan for the following weekend.

We coaches would spend dozens of hours working through plays and on-field scenarios. We'd watch the films, study the stats, and scrutinize the opposing players for strengths and weaknesses, matching them to our own. In short, we'd develop a specific game plan to win that game. Playing the Cowboys required a totally different game plan than the one we'd use against the Falcons or the Eagles. Each week, we spent many, many hours—whatever it took—to get the game plan right.

When our players came to Redskins Park on Wednesday, we'd hand each one a two-inch-thick binder that would have everything they'd need to know about the other team and the plays and formations we'd be running. Throughout the rest of the week, we'd start to specify certain plays for certain situations—short yardage, goal line, third down priority plays, and so on.

By the end of the week, we'd have the game plan developed down to the exact plays and formations we'd run in every situation. *Nothing was left to chance.*

Maybe you watch a lot of football. If so, you've heard the announcers talking about the "red zone"—referring to the area on the field from the 20 yard line to the goal line. Our game plan was so detailed that it divided those twenty yards into five-yard increments, with specific plays for each segment.

Out of hundreds of plays and dozens of formations, my coaches and I picked the best ones for each game and each situation. That was our game plan. As I said, nothing was left to chance.

The same thing is true for a NASCAR race.

Have you ever seen a crew chief sitting on his box with a white card in his hand? Well, he's the head coach of that team, and he's holding the game plan for that race. At Joe Gibbs Racing, we have a game plan for each of our three cars: numbers 11, 18, and 20.

Let me tell you this: there may not be any sport where a game plan is more crucial to victory than in racing.

The crew chief orchestrates a team of about a dozen "assistant coaches"—from the engine tuner to the shock specialist—and through them, a few hundred race team employees back in Charlotte.

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Fuel mileage is a key to a racing game plan. If we think the race is going to come down to fuel mileage, our strategy takes into account when we will pit to take on fuel. We also have a tire strategy. We might change two tires sometimes, as opposed to all four. Obviously, the car gains a lot of track position with a shorter pit stop, but we have to weigh that against tire wear and performance.

Race: Phoenix 2		Date: _____		20	
Tire Data					
Tire Codes		Vertical Loads		Lateral Loads	
405B	404D	550	3000	950 2000	
		700	1850		
Ackerman Notes		Camber Notes		AP Notes	
We want about 1/2 deg of ack in our side range. Ack might be a plus with the quicker 10.1 box. Try bumping the LF out. Wants .010 in @ -3.5".		LF wants all it can get. The RF looks like it can be over cambered but have yet to see that on the track. We can be less aggressive on RF camber and not give up so much on the long run.		Some teams ran low LS AP (11 psi) at REC and LCOL. We seem to take off too slow with low LS AP. CS is a max on the RS at 42 psi.	
				Optimum AP	
				18-23 low	
				18-23 low	
				RF min: 30	
		++		4.5 - 5.5	
Qualifying Data					
Qual AP		Build		Hot	
20	41	3	6	23	
22	35	3	5	25	
Race AP		Build		Hot	
11	30	7	14	18	
13	29	6	14	19	
Qual Rec.		Race Rec.			
19	39	21	35		
				Qualifying AP Notes	
				We rolled our qualifiers in last time. We can be lower on our LS and RS AP.	
Race Data					
Race AP		Build		Hot	
11	30	7	14	18	
13	29	6	14	19	
Race Rec.		Race Rec.			
12	30	14	20		
				Race AP Notes	
				Whatever we can do to limit RF build up will be a plus. Race wears showed too much RF camber last time.	
Caution History		Race Strategy Notes			
Caution: 8	We had 2 GF runs in the spring. 1 mid way and we ended on a GF run. We raced the 10 and 6 too hard on the last run which let the 29 catch us. The 29 came from 6th to first on the last run with his bleeders. Quite a few cars ran out at the end. We were tight MC and needed fuel bits. As it cooled down fuel bits was less of an issue.				
In First PW: 1	Pit Stop Adjustments				
In Last PW: 5	We were low entry / exit and tight MC early. The fuel bit came to us as the race went on. We probably helped a little with AP out of the rears. We got tight center out but helped it by taking wedge out. We were too low exit on the final run. We never really helped the lightness MC. We probably should have taken the last 1/2 psi out of the RF.				
GF Runs: 1 mid					
Avg Run: 40					
FM (PM): 2nd 4000					
MPG: 5.9					
Pit Window: 85 laps					
Front Suspension Data					
Wheel Travels		Roll Angle		Lateral G	
max 1	no 3/4	ext 4	wt	max 1	
LF	4	3.5	3	2	0.9
RF	5	4.75	4.25	2	1.82
					1.55
					1.34
					0
					9
					9
					1100
					1500
Game Plan					
Last Time		This Time		Post Race Thoughts	
We could never get it to turn just before center.		We need to stay off the LF coils. We might be able to run less rebound with the LF fit. We have a lot of platform / VC-CC options with the RF. We should run less RF camber than last time. We also should work with our bump / ackerman. It will be a bigger deal with the quicker 10.1 box.		We struggled to make the car do anything on the 7 coil and on the track. We went around the world on engagements and front end geometry and never really made a difference. We didn't try to get 100% off the 1st spring, but 90% off the RF was no better than moderate engagement. 470 LF fit or 030 was no difference. We almost missed the roof height after the race. The LF appeared to engage a bit more than practice but could have been an isolated incident. We came from 23rd to 11th on the first run and thought we were going to be decent. The more tight the whole race. Low LS AP was not a plus. We missed the PWB 6.5 round! Should have tried a 500 RF. 1800 TA, less rear spring and a higher PWB. PWB grip-10 counts worse than PWT	
		RF/V HS tuning not a good option.			
		Try moving PWB back more.			
		Use the V10 standard way.			
		132 to 20% stiffer on the LF than 063, try			
		84_p6 H11_2A			

Actual race day game plan for #20 car at Phoenix

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There are four basic track types in the NASCAR Sprint Cup Series: short tracks, intermediates, superspeedways, and road courses (which aren't the normal oval and require right- and left-hand turns).

Does that matter? You bet it does. It means a whole different car setup if we're racing at Talladega, a superspeedway with speeds near 200 miles per hour, or at Watkins Glen, a road course where we have to worry about the brakes overheating. Different type of track? Different game plan.

As in football, the crew chiefs build flexibility into the racing game plan to adjust for weather. Is the track likely to get hotter and slicker during the race? Or is it going to get cooler and provide more traction?

Our NASCAR race team even has the equivalent of football's special teams.

Track position is everything in racing, so pit stops are incredibly important. Like a special team unit in football, the seven-man pit crew must perform in the crunch. In twelve seconds, these guys jump the wall, change two or four tires, make wedge and rear track bar adjustments, empty two eleven-gallon fuel cans into the tank—and then get out of the way.

If they blow it, there's a good chance we won't win.

We have a designated outdoor area at Joe Gibbs Racing where our pit crews practice their choreographed stops. Watching the guys train, or running into them in the team weight room, reminds me that they are true athletes and that their contribution to winning is as important as our drivers'.

In football, the postseason playoffs lead to the Super Bowl. In NASCAR, the Chase for the Sprint Cup encompasses the last ten races of the season. Only the top twelve drivers compete for the Series Cup in the Chase.

If you are in the running for a championship at the end of the year, finishing high is more important than risking everything to win. You are not going to take the chance of running out of gas to win a race. On the other hand, if you don't have a shot at the championship, you have nothing to lose. You might say, "We're going to stretch our gas mileage and skip the last pit stop to try and win this race." You get the picture.

Whether it's NASCAR, the NFL, or life, when you're playing to win, you have a game plan. If you're serious about winning, nothing—I mean *nothing*—is left to chance.

NO GAME PLAN, NO VICTORY

You also need a head coach to craft and develop that game plan. He's the one person ultimately in charge of preparing the team to win a game or a race.

That's been my life for more than forty years. As a head coach and team builder I've learned a few things about competition and game plans.

Here's where *you* come in to the *Game Plan for Life*.

I told you earlier that you and I are playing the most important game—the game of life. Well here's the deal: *yes*, there is a game plan, and *yes*, there is a head coach—God.

Now, listen, don't write me off as "too religious" because I say that God is our Head Coach. Yes, I'm a person of faith, and I'm not trying to sneak up on you with this. If my success in sports has earned me any respect, all I'm asking is that you stay with me. If you really want to get a handle on life, I believe I've got something to offer you.

From the questions men ask me at my speaking engagements, to the discussions I have with my friends, and even to my interactions with my grown sons—J.D. and Coy, now husbands and fathers themselves—it's clear to me there are some common areas most of us struggle with at some time in our lives.

There are also some areas in which men are just looking for guidance, hoping to have successful relationships with their friends, wives, and kids. Maybe they feel stuck in a rut at work. Maybe they feel it is too late to change, or they're sorry for the way they've acted toward their loved ones.

I've struggled in some of these areas myself, as you'll see.

So when I talk about a game plan for life, I've got a good idea about the challenges we face. And as you can tell from my NFL and NASCAR experiences, I'm not really one to leave anything to chance, especially something this important.

So, my guys and I hired a research firm to survey a cross-section of American men to find out what was really on their minds and what they wanted to know more about in their search for success and victory in life.

Why do a poll?

Because coaches like player stats?

Yes—to some degree.

You see, we first wanted to validate our notions of what men are

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interested in, to see if we were on track. Second, we wanted to see if there were any topics men were concerned about that we hadn't considered. (Answer: yes.)

Last, we wanted to have a better understanding of how men viewed spiritual things, so we could talk with them clearly about God and His game plan for life.

To do the survey, we hired a Washington, D.C.–based research firm that does a lot of corporate and political work. In May 2008, the firm surveyed seven hundred randomly chosen men. We asked them seventy-nine questions about what was important to them in life.

About a third of the guys were completely nonreligious, a third had some religion in their lives, and a third were interested in growing spiritually. We also included one hundred pastors, priests, and elders, selected randomly from national church lists.

Frankly, we were a little surprised to find out how deep and spiritual some of the responses were. But the sampling was broad enough to accurately reflect what many men are thinking about, and we hope you'll identify with a lot of these areas.

Think about this: If we're the players and God's our Head Coach, would He put us on the field without a game plan? Absolutely not. He left us His Word, the Bible.

All right, there I go sounding religious again, but hey, I know I'm not going to get anywhere with you if I'm not straight up—especially about the questions you might have about the game plan, which I do believe is the Bible.

Having spent a lot of time with corporate leaders, broadcasters, sports professionals, and other well-educated guys, I know the objections that generally come up when the Bible is mentioned.

They go something like this:

- “Coach, come on, really. The Bible was written two thousand years ago. It's not relevant today.”
- “Right, Coach, it's important; but for the life of me I can't find the subjects I'm interested in learning about.”
- “Coach, it's just too big and full of confusing language that's a struggle to understand. It's intimidating.”

Maybe you have one of these objections yourself. That was my own experience until George Tharel took a little time to help me understand the Bible and how it could change my life. I believe *Game Plan for Life* will provide answers to these objections.

You might be surprised at how many men have learned to turn to the Bible to be successful in the game of life.

Let me tell you that if you hang with me through the end of this book, I think you'll see that the Bible is a lot more relevant than you might think.

Key Things Men Want to Know About

Once we had the results back from the survey, my guys and I identified eleven topics we felt men wanted to understand better. Then we identified eleven scholars widely recognized as experts in their fields and who have spent their lives studying what the Bible says about their particular topic. I asked each of them to write part of a chapter in the *Game Plan for Life*.

Like I said, I'm no intellectual. But I know an expert when I see one.

These guys are experts. One of them, John Lennox, is a professor of mathematics at Oxford University in England and holds three doctorates.

Some of them debate at the top universities around the world.

But don't worry. We asked John and the other experts to make things clear to the Average Joe—to you and me. We have to understand these concepts if we want them to be of any use in real life.

You might say that the eleven authors who helped me lay out *Game Plan for Life* are my team. I will introduce them later. Their goal is to help you understand that the Bible is the game plan and that God is the Head Coach.

When I refer to "my guys," I'm talking about my "assistant coaches," the group of close friends and associates who have helped me develop this project: Don Meredith, who has been a close friend and business associate for thirty years; Dr. Barry Leventhal, academic dean of a well-respected seminary and onetime offensive captain of the UCLA football team; Chuck Merritt, a communications and marketing consultant who has served with Don and me on a board over the years; Phyllis Blair, who works with me at Joe Gibbs Racing and previously at the youth home I founded in Virginia; and Cindy Mangum, my longtime executive assistant, who works with me and my son J.D. and is often the hub between me, Pat, my boys, our

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sponsors, the media—you get the drift. My “guys” understand me and where we are going with this project.

In the next chapter, I’m going to develop the “life as a game plan” idea. I’ll also get a little more into my background to help you understand where I’m coming from. You’ll see we have more in common than you might think.

With my own life as evidence, let me tell you this: Following the wrong game plan leads to disaster. Following God’s game plan for life led me to success. Believe me, if a P.E. major can do it, you can too.

Resources for Further Reading

The Bible

New Evidence That Demands a Verdict by Josh McDowell (reliability of the Bible)

The Case for Christ by Lee Strobel (reliability of the Bible)

More Than a Carpenter by Josh McDowell (authenticity of Jesus Christ)

I'm Glad You Asked by Kenneth Boa and Larry Moody (apologetics)

I Don't Have Enough Faith to Be an Atheist by Norman L. Geisler and Frank Turek (apologetics)

20 Compelling Evidences that God Exists by Kenneth Boa and Robert M. Bowman Jr. (apologetics for seekers)

The Reason for God by Timothy Keller (apologetics for seekers)

Jesus: Fact or Fiction (an interactive DVD exploring the evidence about Jesus)

www.rzim.org (Web site on apologetics)

Vocation

The Call by Os Guinness (vocation)

Wisdom at Work by Kenneth Boa and Gail Burnett (vocation)

Business by the Book by Larry Burkett (work)

Business for the Glory of God by Wayne Grudem (biblical view of vocation)

Your Work Matters to God by Doug Sherman and William Hendricks
(meaning and calling in the workplace)

The 9 to 5 Window by Os Hillman (how faith transforms the marketplace)

Creation

Darwin's Black Box by Michael Behe (evolution)

Darwin on Trial by Phillip E. Johnson (intelligent design)

The Privileged Planet by Discovery Institute (DVD on intelligent design)

Unlocking the Mystery of Life by Illustra Media (DVD on intelligent design)

I Don't Have Enough Faith to Be an Atheist by Norman L. Geisler and Frank Turek (scientific support of Scripture)

Why the Universe Is the Way It Is by Hugh Ross (scientific evidence for intelligent design)

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The Case for a Creator by Lee Strobel (scientific evidence that points to God)
Icons of Evolution by Jonathan Wells (errors in evolutionary arguments)
www.discovery.org/csc (Web site on intelligent design)

Finances

Faith-Based Family Finances by Ron Blue and Jeremy White (overall financial reference)

Money, Possessions and Eternity by Randy Alcorn (biblical teaching on finances)

The Treasure Principle by Randy Alcorn (generous giving)

Your Money Counts by Howard Dayton (financial principles)

A Life Well Spent by Russ Crosson (investing yourself and your money in your family)

Your Money after the Big 5-0 by Larry Burkett and Ron Blue with Jeremy White (Nashville: Broadman & Holman, 2007).

Your Kids Can Master Their Money by Ron and Judy Blue and Jeremy White (Carol Stream, IL: Tyndale, 2006).

Splitting Heirs: Giving Money and Things to Your Children without Ruining Their Lives by Ron Blue with Jeremy White (Chicago: Northfield, 2004).

www.masteryourmoney.com (Web site on finances)

www.crown.org (Web site on finances)

God

Knowing God by J. I. Packer (knowing God)

The Knowledge of the Holy by A. W. Tozer (knowing God)

Conformed to His Image by Kenneth Boa (knowing God)

Making Sense of the Trinity by Millard J. Erickson (reader-friendly text on the Trinity)

The Holiness of God by R. C. Sproul (the awesome nature of God)

Health

10 Essentials of Highly Healthy People by Dr. Walt Larimore and Traci Mullins (personal health)

God's Design for the Highly Healthy Person by Dr. Walt Larimore and Traci Mullins (personal health)

RESOURCES

The Wounded Heart by Dr. Dan B. Allender (sexual abuse recovery)
Fit after 40 by Don Nava (keys to looking good and feeling great)
A Resilient Life by Gordon MacDonald (developing inner and outer resources)
www.drwalt.com (Web site on health)

Heaven

Heaven by Randy Alcorn (Heaven)
Heaven for Kids by Randy Alcorn (Heaven)
Heaven: Your Real Home by Joni Eareckson Tada (Heaven)
One Minute after You Die by Erwin W. Lutzer (death)
Sense and Nonsense about Heaven and Hell by Kenneth Boa and Robert M. Bowman Jr. (what the Bible reveals about Heaven and Hell)
Heaven: The Heart's Deepest Longing by Peter Kreeft (Heaven)
www.epm.org (Web site on Heaven and eternity)

Relationships

Two Becoming One by Don and Sally Meredith (marriage)
The Five Love Languages by Gary Chapman (loving your spouse)
Love and Respect by Emerson Eggerichs (marriage)
The Friendship Factor by Alan Loy McGinnis (cultivating lasting friendships)
The Mystery of Marriage by Mike Mason (marriage)
Intended for Pleasure by Ed Wheat (sex)
The Language of Love by Gary Smalley and John Trent (developing relational understanding)
Shepherding a Child's Heart by Tedd Tripp (parenting)
Love and Respect by Emerson Eggerichs (DVD on marriage)
www.2becoming1.com (Web site on marriage)
www.familylife.com (Web site on marriage and family)

Purpose

The Kingdom Agenda by Tony Evans (God's purposes)
Desiring God by John Piper (living for God's glory)
The Purpose-Driven Life by Rick Warren (purposeful living)
The Man in the Mirror by Patrick Morley (solving twenty-four problems men face)
The Pursuit of God by A. W. Tozer (developing a heart for God)

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Conformed in His Image by Kenneth Boa (biblical purpose)

www.desiringgod.org (Web site for John Piper's Desiring God ministry)

Salvation

Born Again by Charles W. Colson (personal testimony)

The Cross of Christ by John R. W. Stott (the Cross)

Mere Christianity by C. S. Lewis (saving faith)

Salvation by Earl D. Radmacher (salvation)

So Great Salvation by Charles C. Ryrie (what it means to believe in Jesus Christ)

Why I Am a Christian, Norman L. Geisler and Paul K. Hoffman, eds.
(seventeen leading thinkers explain why they believe)

Sin and Addiction

The Screwtape Letters by C. S. Lewis (spiritual warfare)

The Game Plan by Joe Dallas (a men's guide for attaining sexual integrity)

The Purity Principle by Randy Alcorn (principles for sexual purity)

Legislating Morality by Frank Turek and Norman L. Geisler (how the law can be used to promote good and curtail evil)

Freedom from Addiction by Neil Anderson and Mike & Julia Quarles
(breaking the bondage of addiction)

www.purelifealliance.org (Web site for sexual purity)

My Team

Randy Alcorn, chapter 13, Where Will I Spend Eternity?

In 1990, Randy founded Eternal Perspective Ministries, a nonprofit organization dedicated to teaching biblical truth and drawing attention to the needy.

Prior to that, he served as a pastor for fourteen years. He has spoken around the world and has taught on the adjunct faculties of Multnomah University and Western Seminary in Portland, Oregon.

Randy is the author of more than thirty books, with more than four million copies in print, including *Heaven* and several best-selling novels. He produces a quarterly issues-oriented magazine, *Eternal Perspectives*, and has been a guest on more than six hundred radio and television programs.

Ron Blue, chapter 9, How Do I Master My Money?

Ron founded a CPA firm in 1970 that has grown to become one of the fifty largest such firms in the United States. In 1979, he founded a biblically based financial planning firm that has grown to manage more than \$4 billion in assets for more than five thousand clients, with a staff of more than 175 people in fourteen regional offices.

Ron retired from financial planning in 2003 in order to lead Kingdom Advisors, an international effort to equip and motivate Christian financial professionals.

He is the author of sixteen books on personal finance, including the bestseller *Master Your Money* (now in its thirtieth printing).

Dr. Ken Boa, chapter 4, Who Is God?

Ken is engaged in a ministry of evangelism and discipleship, teaching, writing, and speaking. He earned a B.S. degree from Case Institute of Technology, a master's of theology from Dallas Theological Seminary, and doctoral degrees from New York University and Oxford University.

Dr. Boa is president of Reflections Ministries and also of Trinity House Publishers. He has written dozens of books and is a contributing editor to *The Open Bible* from Thomas Nelson, and consulting editor to the *NASB Study Bible* from Zondervan.

Ken's free monthly teaching letter, "Reflections," is available from www.KenBoa.org or (800) DRAW NEAR (800-372-9632).

Charles Colson, chapter 7, How Do I Get on God's Winning Team?

Chuck was special counsel to President Richard M. Nixon from 1969 to 1973 and later served prison time for obstruction of justice related to the Watergate scandal. After his release from prison, he founded Prison Fellowship Ministries, a nonprofit organization that uses fifty thousand volunteers to minister to prisoners and their families in nearly ninety countries.

He is also founder and chairman of the Wilberforce Forum, the Christian worldview thinking, teaching, and advocacy arm of Prison Fellowship. Chuck's daily radio broadcast, *BreakPoint*, is heard on more than a thousand stations. He is the author of several books, including *Born Again*, the story of his life and conversion to Christ.

Dr. Tony Evans, chapter 12, How Do I Get the Most Out of Life?

Tony was the first African-American to earn a doctorate in theology from Dallas Theological Seminary. He has also received two honorary doctorates. He serves as senior pastor of Oak Cliff Bible fellowship in Dallas and is founder and president of The Urban Alternative, a national organization that seeks to bring about spiritual renewal in the inner city. *The Alternative with Tony Evans* is broadcast daily on more than five hundred radio stations in the United States and in forty other countries.

Tony has served as chaplain for both the Dallas Cowboys and the Dallas Mavericks. In 1989, he was named Father of the Year in Dallas.

He is the author of nine books.

Dr. Os Guinness, chapter 10, How Do I Build a Successful Life and Career?

Os is the great-great-grandson of Arthur Guinness, the Dublin brewer. His parents were medical missionaries to China during World War II. He studied at the University of London and earned his doctorate in philosophy in the social sciences from Oriel College, Oxford.

Os was a freelance reporter with the BBC before coming to the United States in 1984. He has been a guest scholar and visiting fellow at the Brookings Institution and was for many years a senior fellow at the Trinity Forum.

Os has written and edited more than twenty-five books, including

his latest, *The Case for Civility: And Why Our Future Depends On It*. Os is a frequent speaker and seminar leader at political and business conferences in the United States and Europe.

Dr. Walt Larimore, chapter 11, How Do I Achieve True Health?

Walt earned his medical degree at Louisiana State University and completed his family medicine residency at Duke University. He practiced medicine for more than twenty years before becoming vice president and family physician in residence at Focus on the Family in Colorado Springs, where he worked until 2004.

Walt has appeared on countless radio and television shows, including hosting more than 850 live, daily episodes of the national cable TV show *Ask the Family Doctor*. One expert said that he had “more actual on-air TV experience than any physician in the history of television.”

Dr. Larimore has published eighteen books and more than six hundred articles. He is now a full-time author, educator, and journalist.

Dr. John C. Lennox, chapter 5, How Life Begin?

John has a master’s in bioethics and three doctorates, and serves as professor of mathematics at Oxford University. He is also a fellow in mathematics and philosophy of science at Green College, Oxford, where he serves as pastoral advisor.

He speaks Russian, French, and German and is the author of several books on the relationship of science with religion and ethics.

John has debated Professor Richard Dawkins (*The God Delusion*), Christopher Hitchens (*God Is Not Great*), and Michael Shermer (*Skeptic* magazine).

During the Cold War, Dr. Lennox made repeated visits to the Communist bloc over a span of twenty-five years. Since the collapse of Communism, he has often visited Russia to speak in universities and academies of science. He teaches at Christian conferences around the world, showing how Scripture engages with worldview questions in contemporary society.

Josh McDowell, chapter 3, Can I Believe the Bible?

Josh earned a bachelor’s degree from Wheaton College and graduated magna cum laude from Talbot Theological Seminary with a master’s of

divinity. In 1964, he became a traveling representative of Campus Crusade for Christ International and remains closely associated with the organization today.

He is best known for his seminars, debates, and books on the subject of Christian apologetics (or defense of the faith). Josh is founder of Josh.org and of Operation Carelift, an international humanitarian aid ministry run by the Global Aid Network, a branch of Campus Crusade.

Evidence that Demands a Verdict and *More than a Carpenter*, the best known of the 112 books Josh has authored or coauthored, blend historical arguments with legal arguments concerning both eyewitness and circumstantial evidence for Jesus' life and resurrection.

Don Meredith, chapter 8, What Does God Say about Marriage and Sex?

In 1976, Don was asked by Campus Crusade for Christ to help start the FamilyLife Ministry, teaching marriage principles in churches across America. For three years, he worked with the original speaker teams, eventually turning over the helm of that great ministry to cofounder Dennis Rainey.

Church planting is another ministry dear to his heart, and to his wife, Sally. The Merediths were instrumental in planting the first Fellowship Bible Church in Dallas in 1972, and another in Little Rock in 1977. Don has gone on to help start six more churches in Virginia and North Carolina.

In 1983, Don relocated to Washington, D.C., to work with congressional couples in the areas of marriage and Bible studies. There, he helped Redskins coach Joe Gibbs start a home called Youth for Tomorrow for at-risk boys. It is a 24/7 residential facility with an on-site school located on two hundred acres.

In 1991, Don helped Joe Gibbs start a NASCAR team, which now employs more than 450 people. Don and Joe have worked side by side in ministry, racing, and marriage ministry for more than twenty-five years.

Don is also the founder and director of Christian Family Life, Inc.

Ravi Zacharias, chapter 6, How Do I Deal with Sin?

Ravi is widely regarded as one of the great thinkers of this generation. His Ravi Zacharias International Ministries is headquartered in Atlanta, with offices in six other countries.

MY TEAM

Born in India, Ravi immigrated to the West at age twenty and was educated at Trinity International University (Illinois) and Cambridge University (England). He has honorary doctorates from Houghton College (New York), Tyndale College Seminary (Toronto), and Asbury College (Kentucky).

He is currently a visiting lecturer at Wycliffe Hall at Oxford University (England).

Ravi's weekly program, *Let My People Think*, airs on more than seven-hundred radio outlets worldwide. He has authored or edited more than twenty books, several of which have been translated into many languages. His most recent book is *The End of Reason: A Response to the New Atheists*.

About the Authors

Joe Gibbs is a National Football League Hall of Famer, having served as head coach of the Washington Redskins from 1981 to 1992, and again from 2004 to 2007. During his sixteen years with the team, Gibbs led the Redskins to ten playoff appearances, four NFC Championship titles, and three Super Bowl victories. He also owns a NASCAR team, Joe Gibbs Racing, and has won three national championships in that sport. Joe and his wife, Pat, live in North Carolina, where he works with their sons, J.D. (married to Melissa) and Coy (married to Heather). Joe and Pat have eight grandchildren.

Jerry B. Jenkins is a widely published author, best known for the *New York Times* best-selling Left Behind series, which he wrote with Tim LaHaye. Jerry has written many biographies, including the stories of Walter Payton, Hank Aaron, Orel Hershisser, Meadowlark Lemon, Mike Singletary, and Nolan Ryan, among others. He also assisted Billy Graham with his memoirs, *Just As I Am*. Jerry currently serves as chairman of the board of trustees of the Moody Bible Institute of Chicago. He and his wife, Dianna, live in Colorado and have three sons and four grandchildren.

Notes

2: MY OWN JOURNEY

1. John 3:16.

3: THE ULTIMATE PLAYBOOK/CAN I BELIEVE THE BIBLE?

1. Jason Reid, "A Kick to the Gut," *Washington Post* (3 December 2007).
2. 2 Kings 3:16-18.
3. See Deuteronomy 13:1-18; 18:20-22.
4. See Genesis 12:1-3; 15:1-21; 17:8; Deuteronomy 30:1-10; Isaiah 11:11-12:6; 43:5-7; Jeremiah 30:7-31:40; Ezekiel 20:33-44; 36:16-37:28; Amos 9:11-15; Romans 11:25-27.
5. Peter Stoner, *Science Speaks* (Chicago: Moody, 1963), 107.
6. 2 Timothy 3:16-17.
7. Acts 1:3.
8. See Mark 14:50.
9. See Luke 24:11.
10. See John 20:24-27.
11. Luke 1:1-2, emphasis added.
12. 1 John 1:3, emphasis added.
13. 2 Peter 1:16, emphasis added.
14. Acts 4:20, emphasis added.
15. Acts 2:22, emphasis added.
16. Acts 26:25-26, emphasis added.
17. W. F. Albright, *Recent Discoveries in Bible Lands* (New York: Funk and Wagnalls, 1955), 136.
18. Adapted from Josh McDowell and Thomas Williams, *The Relational Word* (Holiday, FL: Green Key Books, 2006), 219.
19. F. J. A. Hort and Brooke Foss Westcott, *The New Testament in the Original Greek, vol. 1* (New York: Macmillan, 1881), 561.
20. Norman L. Geisler and William E. Nix, *A General Introduction to the Bible* (Chicago: Moody, 1968), 386.
21. Ravi Zacharias, *Can Man Live Without God?* (Nashville: Word, 1994), 162.
22. Frederic G. Kenyon, *Our Bible and the Ancient Manuscripts* (London: Eyre and Spottiswoode, 1939), 38.
23. Geisler and Nix, *General Introduction to the Bible*, 430.
24. William F. Albright, *The Archaeology of Palestine*, rev. ed. (Baltimore: Penguin, 1960), 127-128.
25. John Elder, *Prophets, Idols, and Diggers* (New York: Bobbs Merrill, 1960), 159-160; Joseph P. Free, *Archaeology and Bible History* (Wheaton: Scripture, 1969), 285. See also Luke 2:1-7.
26. John Garstang, *The Foundations of Bible History: Joshua, Judges* (New York: R. R. Smith, 1931), 146.
27. See Joshua 6:20.

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28. Norman L. Geisler, *Baker Encyclopedia of Christian Apologetics* (Grand Rapids: Baker, 1998), 50–51. See also Genesis 19:23-29.
29. Portions of this chapter were adapted from Josh McDowell, *Evidence that Demands a Verdict* (Nashville: Thomas Nelson, 1993); Josh McDowell, *More than a Carpenter* (Wheaton, IL: Tyndale, 1977); Josh McDowell and Bob Hostetler, *Beyond Belief to Convictions* (Wheaton, IL: Tyndale, 2002); Josh McDowell and Thomas Williams, *The Relational Word* (Holiday, FL: Green Key, 2006).

4: THE COACH/WHO IS GOD?

1. A. W. Tozer, *The Knowledge of the Holy* (New York: Harper & Row, 1961), 9.
2. Howard E. Mumma, *Albert Camus and the Minister* (Brewster, MA: Paraclete, 2000), 86–87.
3. David Servan-Schreiber, *Anticancer: A New Way of Life* (New York: Viking, 2008), 91.
4. C. S. Lewis, *Mere Christianity* (New York: Macmillan, 1960), 118.
5. See Genesis 1:27.
6. John 3:16.
7. Augustine, *Confessions* 1.1.
8. Deuteronomy 6:4.
9. For references to the Spirit, see for example 1 Samuel 11:6; Isaiah 63:10-11; Ezekiel 11:24. For “angel of the Lord” examples, see Numbers 22:22-35; Judges 13:13-21.
10. See Matthew 28:19; John 10:30; 1 Corinthians 12:4-6.
11. 1 John 4:8, 16.
12. Wayne Grudem, *Systematic Theology: An Introduction to Biblical Doctrine* (Grand Rapids, MI: Zondervan, 1994), 198.
13. Ephesians 1:3.
14. Ephesians 1:5, NLT.
15. 1 John 4:10.
16. Romans 5:8.
17. John 3:16.
18. John 8:12.
19. John 9:5.
20. John 15:15.
21. See Psalm 19:1-6; Romans 1:19-20.
22. John 1:18.
23. John 4:24.
24. See John 16:7.
25. John 16:13.
26. Ephesians 1:13-14.
27. See 1 Corinthians 13:8.
28. “Top 10 Hitters in the NFL,” http://sportsillustrated.cnn.com/multimedia/photo_gallery/0707/top10.hitters.today.nfl/content.10.html.

5: CREATION/HOW DID LIFE BEGIN?

1. Psalm 19:1.
2. Romans 1:20.
3. Francis Crick, *The Astonishing Hypothesis: The Scientific Search for the Soul* (New York: Touchstone, 1995), 3.

NOTES

4. David Brooks, "The Neural Buddhists," *New York Times*, May 13, 2008; <http://www.nytimes.com/2008/05/13/opinion/13brooks.html>.
5. John Gray, *Straw Dogs: Thoughts on Humans and Other Animals* (London: Granta Books, 2002), 33.
6. Arno Penzias, interview by Malcolm W. Browne, "Clues to the Universe's Origin Expected," *New York Times*, March 12, 1978.
7. I'm not convinced that these mechanisms support all the weight that is often put on them. But that is a separate point. What we are emphasizing here is that, whatever you think about evolution, you cannot deduce atheism from it. For further information, see my book *God's Undertaker: Has Science Buried God?* (Grand Rapids, MI: Kregel, 2007).
8. Psalm 19:1.
9. Sir Ghillean Prance, "The Dying Planet?" <http://www.cis.org.uk/assets/files/Resources/Articles/gprance.pdf>.
10. See also Rodney Stark, *For the Glory of God* (Princeton, NJ: Princeton University Press, 2004).
11. John 1:1-3, KJV.
12. Francis S. Collins, *The Language of God: A Scientist Presents Evidence for Belief* (New York: Free Press, 2006), 3.
13. BBC Radio 4 interview, December 10, 2004. See also Antony Flew, *There Is a God* (New York: Harper Collins, 2007).
14. Hebrews 11:3
15. Roger W. Sperry, quoted in *Brain Circuits and Functions of the Mind: Essays in Honor of Roger W. Sperry*, Colwyn Trevarthen, ed. (Cambridge: Cambridge University, 1990), 385.
16. Romans 1:20.
17. The text of Genesis 1 is highly sophisticated in that it uses the word *day* in several different ways, so that dogmatism about its meaning is, in my opinion, unwarranted. It should also be noted that interpreting Genesis 1 in terms of an ancient earth is not a recent approach designed to accommodate the findings of contemporary science. It was the view, for instance, of both Augustine and Origen.
18. Genesis 1:1.
19. Genesis 1:2, KJV.
20. Paul Davies, *God and the New Physics* (London: J. M. Dent and Sons, 1983), 179.
21. Arno Penzias, "Creation Is Supported by All the Data So Far," *Cosmos, Bios, Theos: Scientists Reflect on Science, God, and the Origins of the Universe, Life, and Homo sapiens*, Henry Margenau and Roy Varghese, eds. (Chicago: Open Court, 1992), 83.
22. Revelation 4:11, emphasis added.
23. Genesis 2:7.
24. Genesis 3:6.
25. Richard Dawkins, *The God Delusion* (Boston: Houghton Mifflin, 2006), v. See also Douglas Adams, *The Hitchhiker's Guide to the Galaxy* (New York: Ballantine, 1997), 107.
26. See Genesis 2:15–3:24.
27. Immanuel Kant, *The Critique of Practical Reason*, trans. Thomas Kingsmill Abbott (Radford, VA: Wilder, 2008), 111.
28. Though the phrase, "If there is no God, then everything is permitted," does not appear

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in any of Dostoyevsky's works, it most likely derives from dialogue between characters in his masterpiece *The Brothers Karamazov*. For example, at one point, Rakitin quotes his brother Ivan: "If there is no immortality of the soul, then there is no virtue, and therefore everything is permitted." And later in the novel, Mitya asks, "How will man be after that? Without God and the future life? It means everything is permitted now, one can do anything?" (Fyodor Dostoyevsky, *The Brothers Karamazov*, trans. Richard Pevear and Larissa Volokhonsky [New York: Farrar, Straus and Giroux, 1990], 82, 589.)

29. Richard Dawkins, *Out of Eden* (New York: Basic Books, 1992), 133.
30. See Genesis 1:31.
31. See Romans 1:18-32.
32. John 1:11-12.

6: SIN AND ADDICTION/HOW DO I DEAL WITH SIN?

1. 1 John 1:8-9.
2. John 14:19, RSV.
3. Romans 1:18-25, NLT.
4. Luke 20:20-26, NLT.
5. John R. W. Stott, *Basic Christianity* (Downers Grove, IL: InterVarsity, 1971), 62.
6. Mark I. Pinsky, *The Gospel According to Disney: Faith, Trust, and Pixie Dust* (Louisville, KY: Westminster, 2004), 231.
7. See <http://www.youtube.com/watch?v=31ZevWuxrNE>.
8. Oscar Wilde, *The Picture of Dorian Gray* (Oxford: Oxford University Press, 1998), 128-129.
9. Habakkuk 2:18-20, NLT.
10. Isaiah 29:7-8.
11. Matthew 6:22-23, NLT.
12. Romans 1:29-32, NLT.
13. "Marion Jones' e-mail to family and friends," *The Daily Telegraph*, October 6, 2007, <http://www.news.com.au/dailytelegraph/story/0,22049,22541801-5001021,00.html>.
14. NLT.
15. John Newton, "Amazing Grace," first appeared in *Olney Hymns* (London: W. Oliver, 1779).

7: SALVATION/HOW DO I GET ON GOD'S WINNING TEAM?

1. John 14:6
2. C. S. Lewis, *Mere Christianity* (New York: Harper Collins, 2001 edition), 49.
3. John 10:30.
4. Matthew 16:25.
5. Romans 3:23.
6. Romans 6:23.
7. 1 Corinthians 1:27-29.

8: RELATIONSHIPS/WHAT DOES GOD SAY ABOUT MARRIAGE AND SEX?

1. Proverbs 17:17.
2. Mark 12:30-31.
3. Genesis 1:26-27.

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4. See John 17:20-21; Ephesians 5:31-32.
5. Joshua 1:6-9.
6. Ephesians 6:11.
7. See Genesis 3:8-10.
8. Genesis 2:18.
9. Genesis 2:19-20.
10. Genesis 2:23.
11. Romans 3:23.
12. Genesis 2:24-25, NKJV.
13. Matthew 19:4-6, NKJV.
14. See such passages as Proverbs 5 and Song of Solomon.
15. 1 Corinthians 6:18.
16. See 1 Corinthians 6:18-20.
17. 1 Corinthians 6:20, NKJV.
18. See 1 Corinthians 6:18-20; 1 Corinthians 7:1-4.
19. 1 Corinthians 7:5.
20. See Malachi 2:16; 1 John 1:9.
21. Hebrews 13:8.

9: FINANCES/HOW DO I MASTER MY MONEY?

1. Proverbs 22:26, NASB.
2. Matthew 25:21, 23.
3. Philippians 4:11-12.
4. Luke 16:11-12.
5. See Ephesians 2:10; Deuteronomy 8:16-18; Proverbs 22:2.
6. See 1 Corinthians 3:13-15; Hebrews 11.
7. See Ecclesiastes 5:10; Philippians 4:11-13.
8. See Jeremiah 9:23-24.
9. Proverbs 3:9, NASB.
10. 1 Corinthians 16:2, NASB.
11. Romans 13:7, NASB.
12. Matthew 22:21, NASB.
13. Proverbs 6:6-8.
14. Psalm 37:21, NASB.
15. 1 Timothy 5:8, NASB.
16. Peter F. Drucker, *The Effective Executive* (New York: HarperCollins, 1967), 134.
17. Ecclesiastes 5:10, NASB.

10: VOCATION/HOW DO I BUILD A SUCCESSFUL LIFE AND CAREER?

1. John 10:10.
2. Homer, *The Illiad*, trans. Robert Fagles (New York: Penguin Classics, 1998) 21.119.
3. Luke 12:20.
4. Matthew 16:26.
5. Abraham Joshua Heschel, *Who Is Man?* (Stanford, CA: Stanford University, 1965), 53.
6. "Art Monk's Enshrinement Speech Transcript," Official Site of the Pro Football Hall of Fame, http://www.profootballhof.com/history/release.jsp?release_id=2798

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11: HEALTH/HOW DO I ACHIEVE TRUE HEALTH?

1. See Leviticus 11; 13; 14.
2. See Luke 10:30-37.
3. John Wilkinson, *The Bible and Healing: A Medical and Theological Commentary* (Grand Rapids: Eerdmans, 1998), 7.
4. "Constitution of the World Health Organization," 45th ed., supplement, October 2006; http://www.who.int/governance/eb/who_constitution_en.pdf
5. D. Dean Patton, M.D., personal communication, January 10, 2001.
6. Romans 10:17, NLT.
7. Psalm 29:11, NLT.
8. John 17:3.
9. Matthew 22:37-39, NLT.
10. Proverbs 3:7-8, NLT.
11. NLT.
12. 1 Corinthians 6:19; see also 1 Timothy 4:8.
13. Proverbs 17:22, NLT.
14. 3 John 1:2, NLT.
15. Psalm 32:3-4, NLT.
16. 1 Corinthians 11:29-30, NLT.
17. Michael Freeney, personal communication, January 6, 2001.
18. 1 Timothy 4:8-9, NLT.
19. See John 10:10.

12: PURPOSE/HOW DO I GET THE MOST OUT OF LIFE?

1. Adapted from "By and about Hank Aaron," ESPN Classic, <http://espn.go.com/classic/s/000727hankaaronquote.html>; and "About Yogi," on YogiBerra.com; <http://www.yogiberra.com/about.html>.
2. Luke 12:15, 21.
3. 1 Corinthians 10:31.
4. See 1 Samuel 13:14; Acts 13:22.
5. Matthew 5:16.
6. See Genesis 12:1-3.
7. "Many Needlessly Died on Titanic; Lifeboats Launched Only Half-Filled," *New York Times*, April 20, 1912; <http://query.nytimes.com/search/sitesearch>.
8. See John 2:17; Romans 15:20; Jeremiah 20:9.
9. See James 1:13-15.
10. Genesis 39:2, 23.
11. See Genesis 50:19-21.
12. See 2 Corinthians 2:12.
13. See Romans 8:28.
14. See John 17:4.
15. Psalm 128, NASB.
16. Hebrews 10:25, NKJV.

13: HEAVEN/WHERE WILL I SPEND ETERNITY?

1. Ecclesiastes 3:11.

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2. See Philippians 1:23.
3. John 14:2.
4. Isaiah 65:17.
5. 2 Peter 3:13.
6. Luke 6:23.
7. Matthew 5:3-5.
8. 2 Peter 3:13, NKJV.
9. See Revelation 21:1-3; 22:1.
10. Revelation 21:1-3.
11. Psalm 16:11, NKJV.
12. See 2 Peter 3:10-13.
13. See 1 Corinthians 15:19-54.
14. Genesis 1:31.
15. Ephesians 1:10.
16. Matthew 25:21.
17. See Genesis 3:17.
18. See Revelation 22:2.
19. Philippians 3:21.
20. Luke 24:39.
21. Luke 24:40-43.
22. Luke 22:29-30.
23. Matthew 8:11.
24. Revelation 19:9.
25. Isaiah 25:6.
26. See Luke 22:30; Revelation 21:6.
27. See Hebrews 11:10; 13:14.
28. See Hebrews 11:16.
29. Revelation 21:24, 26.
30. See 1 Corinthians 9:24, 27; 2 Timothy 2:5.
31. See Isaiah 60:6; Ezekiel 47:7-12.
32. Romans 8:19-23.
33. Matthew 19:28.
34. Acts 3:21.
35. Revelation 21:5, NASB.
36. See Matthew 7:9-11.
37. Luke 6:21.
38. See Matthew 10:28; 13:40-42; Mark 9:43.
39. Matthew 8:12.
40. See Luke 16:19-31.
41. See 2 Peter 3:9.
42. 1 John 1:9.
43. Ephesians 1:7.
44. See 2 Corinthians 5:21.
45. Ephesians 2:8-9.
46. Revelation 22:17.
47. Hebrews 2:14-15.

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48. 1 Corinthians 15:55.
49. 2 Corinthians 4:16-18.
50. C. S. Lewis, *The Last Battle* (New York: HarperCollins, 2000), 210-211.
51. Colossians 3:1.
52. 2 Peter 3:14.
53. Revelation 21:3-5.