

LeaderImpact Podcast - Ep. 34 - John Chick - The Outspoken Athlete

SUMMARY KEYWORDS

faith, people, athlete, love, impact, football, leader, life, football player, wife, blessed, brothers, Christian, transition, children, serve, gave, career, prison ministry, goal

Lisa Peters 00:00

Welcome to the LeaderImpact Podcast. We are a community of leaders with a network in over 350 cities around the world dedicated to optimizing our personal, professional, and spiritual lives to have impact. This show is where we have a chance to listen and engage with leaders who are living this out. We love talking with leaders so if you have any questions, comments, or suggestions to make the show even better, please let us know. The best way to stay connected in Canada is through our newsletter at leaderimpact.ca or on social media @leaderimpact. And if you're listening from outside of Canada, check out our website at leaderimpact.com.

I'm your host Lisa Peters and our guest today is John Chick. John grew up in Gillette, Wyoming, surrounded by an unbelievable support network. He attended Utah State University where he graduated with his bachelor's in exercise science. He signed with the Houston Texans and went on to a 12-year professional football career in both the NFL and CFL with the Saskatchewan Roughriders Indianapolis Colts, Jacksonville Jaguars, Hamilton Tiger-Cats, and the Edmonton Eskimos. He is a two-time Grey Cup champion and three-time All-Star, a three-time nominee for the CFL's most outstanding defensive player. His more cherished accomplishments during his football career was in the way he was able to serve the communities he lived in as a national advocate for the Juvenile Diabetes Research Foundation, a condition in which he proudly has conquered daily since the age of 14.

In 2018, John stepped away from his football to provide a more stable life for his amazing wife Catherine and their 10 children. He started two businesses, Iron Will Fitness, and Kickin' It Coed, and recently became a director of prison ministry. He loves to work out, play board games, and pick up basketball. And I heard he submitted a video for the Titan games because of his belief in himself, his family, and Jesus Christ. Please welcome to the LeaderImpact Podcast John Chick. Welcome.

John Chick 02:01

Yes. Great to be here. Great introduction. Thank you.

Lisa Peters 02:04

We have so much to talk about. Number one is 10 children, but we'll get there. But first off the Titan games. How did this go? How did this submission go?

John Chick 02:14

I don't even know if anyone ever saw it. Honestly, it was a while when I retired to say hey, you should do this. And I was like, well, I'm still in a competitive time my career and had a story. I just don't think it was the story that they were wanting to push to be honest with you. So either way, it was fun. I had a great workout. Great filming, but no, I never heard back on anything.

Lisa Peters 02:41

And you know, from this when I read your bio, I looked it up. I'm like, this screams John. It really is. It's exciting. All right. Well, again, yeah, thank you. And we're gonna talk about those 10 children later, but because that's amazing. But my first question for you, and we just want to jump on this because I have so much to ask you. You are the definition of health. And your life is aligned around faith, fitness, and the father of 10 children. You are clearly competitive. And I read you have a deep desire to overachieve. As a child, you had a lot of health challenges. And I know we talked about juvenile diabetes, but can you share a little bit more of that journey and how it shaped you growing up?

John Chick 03:23

Yeah, you know, as far as I knew, I had a normal childhood and all was good, but looking back, and especially looking at my kids who really are that picture of health in my mind, how blessed we've been there. I was a sickly kid, you know, I was scrawny, I was very competitive. You know, I was an athlete, all that stuff. But I always had allergies, I was a bed wetter I had you know, you name it, I had broken bones, all this kind of stuff, and then culminated with diabetes at 14. And it just you know, as a kid who, you know, I was very naive and my belief or that faith like a child that we're we read about in scriptures is I had it. I was just blessed I was in a very faith-filled home and I was told I could do this when I was x years old. And I believed it you know, whether that was being an astronaut or a football player or what have you and so those were all passions and things that I really thought and talked often about with my family that I'm going to do this. And then when you get hit with life and some of these things, missing a season you know, with an injury and diabetes as you start kind of taking things for granted, you know, living on Mountain Dew and whatever as a kid, you're like, Wow, I can't now take my health for granted. And I have all these dreams and aspirations and for them to be accomplished, I have to double, triple down on, I guess my resolve to do that. And, honestly, I had an army of support through my school coaches, my family, reaffirming and me that you can go do all these things was can be hard work. And I believed it. And it was hard. A lot of times that you know why me and you want to give up, but it also at the same time was that against the world mentality, and I'm gonna go and conquer this. And, you know, as Christians, I think we kind of have that anyways. And so that was my faith background, and I wasn't going to be stopped and, thanks be to God, I was, you know, able to start achieving some goals and dreams as I'm approaching the end of high school, my time at home and going into the real world. So a lot of blessings. And again, when you look back, it was all blessing, I don't have bad memories, or woe is me. But when I look at my kids' daily life and interactions, and especially with 10, compared to, you know, my closest brother was six years

apart, we had a sister in between different dynamic, and, you know, as an athlete, you become isolated as a Christian, you can become isolated, you know, and I found that often.

Lisa Peters 06:33

I feel like when I hear the story of you know, you were young, and you had to get into some pretty healthy habits right away. And I mean, between health and exercise, and to sort of live with diabetes. And I've read some other conditions that you had had, that started early for you, that habit, that forming the belief that I don't do this, I'm not going to be able to do this.

John Chick 06:58

Absolutely, yes. And again, it wasn't ingrained in me. My parents knew what they knew, best parents, you know, you could ever ask for in a million years. But as far as you know, knowing what nutrients should be, and, and all these kinds of things is that's just not how I was necessarily raised. But I had everything I ever needed. And I was blessed in that. Love and that overcomes every obstacle. And with that, yeah, I had some great coaches and mentors, that said, you know, as I'm sharing my dreams and goals, yeah, you can do this, but along with my primary care physicians, managing my diabetes is, yeah, we're not handling, we shouldn't probably be handling lows with Mountain Dew and animal crackers. We need to find optimal nutrition for not only to help manage your blood sugars but for peak performance.

Lisa Peters 08:07

Yeah, we all need to find our optimal nutrition. Yeah, put away the Coke. After high school, you then went and played for Utah State. Now I went to college in Wyoming, so not very far from where you lived. I was in college, and all my friends that came from Utah, I believe they were all Mormons. So you were raised Catholic, and now you're at a school. A majority of them are Mormons. I'm just wondering if you can share your experience there.

John Chick 08:37

Yeah. If you read A Tale of Two Cities, there's a Catholic and Mormon version of that title. Interesting book, but not exactly my partake is. It was the best experience for me as a, for lack of a better term, because this isn't to put anyone else down. But as an ignorant Christian, you know, I was raised in the faith, and I had a faith like a child. But I didn't know what that couldn't defend it. I didn't know the apologetics as well as a person of faith should. And when you get to a school like Utah State, where half of your football club is two years older, and yet because they've come back from missions they wouldn't served the Lord and their time. And you're on a camp, you know, in a community where there's a Mormon church on every corner. Sunday, the town shuts down and everyone's carrying their Bible, walking to church, and the only Catholic presence when I went to school, there was the Newman Center which could only hold 300 people. That was the congregation in that town. And outside of those two worlds, most people who weren't either of those again, there were other small churches, but it was somewhat a rebellion, a college atmosphere of children who are rebelling against that the faith and, and so you understand that, but it really was an incredible time for me and my faith because I had to know the answers. My dad was a very devout, and when I was raised in

Catholic school, he knew every answer, and I could always go to him, but now I'm not in my house. And I didn't, I couldn't defend it right away. I knew the faith that I had. And so that was a great experience, learning, discovering the whys to my faith. And I did, I met my wife who was raised Mormon, born and raised, and we started going to church together every Sunday. And we fell in love with the faith together, you know, as it is, and in most couples' cases, my wife is the saint of the group. And she was always a better Catholic, even though she wasn't of that denomination. She loved the Lord served the Lord with her whole heart and has a heart bigger than you could ever imagine. And, so I continue to learn things about my faith from her, but that experience as isolating as it was, because it was on a football team again, of Mormons or rebellion. Or, again, the small congregation, I knew very few Catholics, there and in through my professional career. And, you know, wherever you stand in faith, it is the, you know, it's it represents Christianity in a way that it does receive the most persecution in a lot of ways. And so you kind of feel that at times that isolation, and but it made me who I was in my faith. Yeah.

Lisa Peters 12:03

Yeah, I married a saint as well. And I'm very, very blessed. Yeah, ours was the Catholic girl married the Mennonite boy. Now we're practicing Baptists. Okay. So we can all do it. So you had a professional career in football. And I'm just wondering if you can talk about, you know, in your bio, we talk a little bit about after football. So I want to know about the transition between pro football, and then, you know, owning these two companies. And now, I mean, you just let me know that you have a bigger role in ministry. So how was that transition? How was that on you? Or what was it like?

John Chick 12:46

you know, people try to prepare you for it. And there really is none. There are many who transition right into coaching. And I had that opportunity. When I was done, I was done. You know, I was a little burnt on the political side, I just read the other day, Phil Jackson hasn't watched basketball since 2020 because of the politics, it's not because I don't love football, is because some of the pureness of football has been lost to some of these things. And that's kind of where I was at, at that point in my career, is I was ready for another level of impact and serving my faith. Growing up in a devout home that I did, my, my dad, we, as a family, we served the soup kitchen, at least once a month, he was very involved in youth ministry and just ministry and as a football player, you get to have a lot of impact. One on the field. You know, a lot of people say, Oh, it's just football. Yeah, but it's something that gathers a lot of people. And there's something very special about it. But outside of football, the impact that you get to have as that representative of a club that represents an area, to go out and serve a community was unbelievable. And it's way more unbelievable experience for the players that I'm sure it is those that are excited to meet their favorite players and all that kind of stuff. That was just unbelievable.

That being said, is not the same as a ministry. It is a type of ministry, but it's not full-time and especially as football players were so transient bouncing around. It's not consistent all the time. I loved it, and I missed it. So the transition was and is I think for at least 90% of those

that don't go right into coaching and so on very difficult, extremely difficult. And part of that reason is, at least for me as an athlete, and as a football player, everything you do is with your end in mind, you know as a Christian it is anyway. Yeah, we're trying to reach the prize. But as an athlete, you have a definitive goal. And that's the championship. And that's your pursuit from the day that championship ended one year to the next. It is preparing yourself to make the club, to stay on the club, to make an impact on the team, on the field. And the whole reason for all of it is so that you can win that trophy. And, and the impact of it, LeaderImpact, I love that name, because it's all about impact. And I don't know what the true statistics are I just know, in my own head and ADD is, I would say most football players and a lot most athletes are already against the norm is maybe they didn't fit in and X, Y or Z and they could put all of their energy and effort into this. And this is what their passion was and allowed them to maintain some level of focus on something that could keep their attention. And I know that was at least my case. And so with that being goal driven, every day, you have a task. I mean, throughout a football week, it's so regimented, you have a day one, a day two is different. A day three is different, then you have your walkthrough, then you have the day before. And then it's game day. And so you are preparing for that 4824 hours to get your body as fully recovered so that you can go win this week's prize, and put your best performance out there. And it is so detail-oriented. You know, I've heard people do talks on Michael Phelps warm-up routine, or Michael Jordan, Tiger Woods, these guy's warm-up routine, Kobe Bryant, it was the exact same from the beginning of the week to the end of the week, every week. And then they would twist one thing or something if that week was off. So detail-oriented. And then you're out of sports, and you're going into, if you're going into the regular job, you know a career. Well, it's not necessarily definitive. Yeah, there's production. Yeah, we have this expectation, but you don't hear about it every day. It's not emphasized. You're not pumped up all day, every day to reach this goal. And so whether you're doing that for someone else, or like I did, I said, I'm going to go work for myself for a period of time. And now you have to be the be-all and end-all for what is that goal? What is that day 1-2-3 look like throughout the whole week? And the greatest thing about that as an athlete is the impact.

You know, there's a lot of fun on football without all the fans without all the impact but the greatest blessing from sports and or any type of well, I will say sports, I'll speak for sports, is you do get to have such an imprint on a community and impact and so that is a blessing and then also what you miss so much right out the gate. And now you got to replace income. And now you gotta replace the camaraderie with your, you know, with an entire team that you weren't doing this alone, you depended on everyone else to be doing their job. So that you could do that. And so for anyone to ever tell you, it's easy. I'd like to talk to them because it's, it's different. There's something you just miss about that is the perfect storm and duplicating it is difficult. But I do have that mindset, as you mentioned to do it. I believe it's possible. And I believe that this game of life that we're on, this game of ministry we're on is, is like it and so I can get into the other but I also stopped for a second see if you had any other question on that.

Lisa Peters 19:34

well, I think of when we talk about transition, and I know I've talked to a lot of people in the podcast and I and friends who, you know, we talked about the C-suite is leaving, there was an exit of CEOs and presidents and you know, you wonder where they transition to. And was it is busy and was it fulfilling? And you know, just I'm 53 and had a conversation my brother who's 63 and he retired. And he just, you know, in his transition, you have to retire to something, you have to go to something, because I have a lot of life left, you know, and what is that transition? But you have purpose. And we have to fulfill, you know, we have purpose in life. And there's a big picture out there and a big goal.

John Chick 20:19

Absolutely. It's one of my just favorite terms, I use purpose-driven, purpose-driven, what is that? How am I making an impact today, and in sports, as football players clear, you know, what that is today, in the confines of Hey, the bigger picture as a believer, what is the end in mind? And so, when I retired, I started two of my own businesses. One of those is Iron Will Fitness become iron-willed, and, was doing a lot of men's programs very Christ-centered body, mind, and spirit. You know, in the world, and I noticed that so much in football is, we have a lot of people that, you know, said Jesus, but lived a different way. And we're all guilty of that to some extent. And then we say, Okay, well, we can go worship an hour a week, but then we go back to our other self. And, you know, I believe when you look at those first apostles, and the life of the church, and the Saints was, No, this is it, this isn't Christ is just part of my life, and all these other things are part of my life. But Christ is here. And he goes with me into my marriage, and into my work and into all those things. And so I was creating programs and working with a lot of men and women to, to even in football, say, No, we get to do this, to glorify God, and how much you can glorify him in on this platform or that and I was running a sports league and doing some of those. And honestly, it was very fulfilling, but also time-demanding. And as an aged athlete, also, a lot of sweat equity involved, you know, and I love grinding. I've done that my whole life. But my wife had got us into something that blessed both of our companies, and health and wellness and supplementation. And it started freeing up some time, which is something I think is very important, because we always put the prize here. And it demands so much of our time, that we don't get to do the things or we don't do the things that our faith asks of us. And I felt that in the first year, I had an opportunity to go volunteer for a Kairos Prison retreat. And I couldn't give my Yes because my time was too struck. And fortunately, with this opportunity, and freeing up some time, I finally got to say yes, and I started as a volunteer. And I've heard it many times and I believed it, but I didn't know how it worked in my life. But God does not call the qualified. He qualifies the called. And everything that I had been working toward and become iron-willed and these programs, all of a sudden, the director of prison ministry was stepping down. And I just felt overwhelmed by the Holy Spirit saying, Well, you better throw your name in there. And again, other deacons and that applied, but one by one, it came down and they offered me the position as a holy cow, Director of prison ministry, and I just could not be more blessed by the opportunity to serve the Lord and not idolizing but iconizing my father who was a great

example of serving and loving our neighbor just been blessed in really to get to go visit Jesus in prison so it's been

Lisa Peters 24:33

You are an overachiever. You just keep going.

John Chick 24:38

I think you know my wife always jokes no brain no pain. And as the same with that with the kiddos, Hey, man. You know, it's been knocked out here so many times she just you know one thing and it's going and so it's not overachieving, but it's to whom much is given, much is required.

Lisa Peters 25:03

All right. So I wanted to ask you a question just about when, as a former professional athlete, I'm sure there was a lot of things you did daily to sort of show that you were a Christian, I'm sure that you were in a locker room and you had to make decisions, or you were going out with the boys and you had to make decisions. And I'm just wondering about those daily things that you as an athlete or a faith-based business owner, what are those? If there's a few things that you do daily to sort of say, This is who I am.

John Chick 25:36

Right, right. I always saw myself as well, one, I'm a sinner. And so there's never putting myself on a pedestal, I was definitely blessed with faith, grew up in sin. And it's been constantly evolving, and coming into a fuller light, I guess more say. That being said is, you know, Jesus was accused many time of his best friends being sinners and tax collectors and that's one of my best friends always were. And I love them to death. And most of them are better people than I was, and thanks be to God, you pray for him so many times over the years, and so many of those guys have, since had children and are in happy marriages and in happy careers don't exactly know where they're at in their faith, but I know through marriage and children, you have a lot better opportunity to come to know God and the love of the Father and so just been blessed. I got sidetracked a little bit Yes, yeah, like daily routine, in, in football. I mean, you have a lot of dialogue, you know, it's a very colorful locker room. You got people of all walks of life and in hardened, and they know who the Christians are and they know how to get your gears and saw great conversation. I'm talking high school, college, you can imagine, you know, those discussions from people of very devout in a different faith. So it would lead to a lot of great discussion among peers, you know, other ways that you live, it is in service, you know. So you join local, most teams had some sort of a way to practice their faith in Chaplain. And we were very blessed by amazing chaplains over the years, and so you get to practice of faith together in that way. And we would go do things like visit people in the hospital and find ways to serve the community together as a band of brothers, you know, and so that was a blessing. And then that's a great opportunity to invite other people to the works. Because we can always talk and talk and go so far, but when people experience Jesus in service, that is the greatest blessing. So I feel my earpiece is just died. Did my voice change? Okay, good. And so

you know those ways. One clear difference was, I was a young man coming into professional, my very first team with the Texans I, my wife is five years older than me and in love with the Lord and we were having children already. So I'm starting my career with children where most other people having kids were near retirement in football years. And, so that kind of separates you, you're not on the same level, you're living for your wife and your kiddos. And most people are living to go out and have a good time or meet that significant other or whatever it might be, but living a faster life. And so it did, it was a natural separator, but it was very respected. A lot of admiration both ways. And so those are, you know, that I guess the biggest differentiators. Your daily routine is if you don't keep Christ in it, and you are a believer, you're going to lose your mind because you will be divided. And so you have to find ways in a hardened locker room, in a hardened career to keep Christ there and so for me, along with my own walk in sin It was the weekly daily practice of the faith. And that's getting up and prayer hour that was my wife and I 2008 was an injury field season for me with the Saskatchewan Roughriders. And I fell in love with a particular Bible study and teacher, and had an opportunity to do that. And from 2008 on with every club, we were on, my wife and I would host Bible studies with our teammates and their families. And so that was an unbelievable blessing because you, you made brothers in, in just studying Jesus together in the word together. And so that was incredible. Regardless of where we were playing, you know, is find a way to get to mass. And that wasn't a boast, that's not a check to be marked. It was an absolute blessing to get to go find a church and Edmonton and Montreal and all these different places, go worship while you're, while you're playing, while everyone else is going out and finding the club is, you know, I'd kind of go do my own thing and, and go see some old churches and cathedrals. And that was awesome. And, you know, I'd invite some brothers to mass every once in a while. And if you had any walk in the Catholic Church, you know, it's a little different than Baptists for sure, and how they worship and so I didn't always get a lot of second and third-time comers. But it was always an opportunity to share the faith. And that was a blessing.

Lisa Peters 31:38

That's good. Yeah, I think it would be tough. And it's funny because you talk about your friends. And I actually, I think you're a friend of Luke Mullinder. Yes, yes. And I have a meeting with him on Wednesday. Yes. So I was talking to John,

John Chick 31:54

He is one of my closest friends and just Yeah, great, great man. And at the same time, he was one, you know, we were like, brothers. He gave me the hardest time and yeah, my rookie year it was him and Tim Fleiszer who ended up becoming my agent who were the hardest on me and tried to make my rookie year miserable. So...

Lisa Peters 32:18

it's got to be someone. So I want to talk a little bit about sort of the spiritual side. I mean, we're LeaderImpact, we sort of transition to that. But I mean, you've sort of been talking about your faith journey throughout this whole podcast. And when I've seen interviews with

you, and I watched a few more on other people, I would consider you sort of that outspoken Christian athlete, you know, you are not afraid to say I thank the Lord, for my you know, and I have I've watched in your work, where interviews are cut off, athletes have been cut off and said, Oh, I lost them. Because they went on about their faith. And so have you what is your, were you ever challenged as an outspoken Christian athlete? Was it like, Yeah, John, there's the football player, John, and there's the Christian John, separate them? What was your experience? What was your journey through that? Or did you even experience it?

John Chick 33:13

Um, yes and no. So a long time playing college, pros, yes. And then you wonder, you know, based on your family man, as a rookie, being told you're going to be drafted in the third round and not after visiting and, you know, I had the Type One diabetes mark on me as well. So you never know exactly what but they're, you always wonder, did this or that because of my faith, and you just keep going, you know, I wasn't ever going to stop I was, I don't know if defensive is the word but I've always fought and wanted to stand up for the faith, whether it was being targeted or whether it was with the brothers that I love to death who were maybe a little rougher around the edges. I would love to start discussions with those men and just often lead some conversation, sometimes a lead some heatedness. I had one of my brothers and maybe a few brothers and headlocks over the years. Maybe not the best way of evangelization but I hope they're listening because it was out of love. Again, they know how to poke the bear, and they would and so it was good. Sorry, my hamstring was cramping my I got a workout this morning. Today was the first day coaching and I'm realizing I'm a little dehydrated. As I cramp and laughing here. Sorry, get me back on track. Lisa.

Lisa Peters 35:00

I just you know about being sort of that you were an outspoken Christian athlete. You know, did you ever you sound like you people poke the bear and you put him in a headlock? Yes. And I think that happens to people.

John Chick 35:15

It does and you can go in so, you know I had at Utah State and at and in the pros, you have Christians that are too nice on the field and I wasn't that. And so when I heard a coach or someone get on someone like that, I agree, to be honest with you, because I'm more you know, in as Catholics we have the Maccabees in our in our Bible. Maccabean revolt, you know, you have Davids and, and who conquered the Goliaths and, and definitely, hey, I can be a mighty warrior on the field and still be a Christian because it is acting with the talents and the gifts that the Lord has given me to go all out. And so that's how I lived, it is an opportunity to glorify God, and the more I hurt someone, and the more I put them on their back, the more I was glorifying Him, even though that might be a brother Christian on the other side, hey, I'm doing my job. And that was my mentality. So I didn't get catch grief like that because most of the time I was an all-in motor mentality like that. Where I have seen guys get a hard time is being able to flip that switch. And that is a switch that needs to flip when it's on the field. Doesn't mean you can't still love him. I love all my competitors.

Lisa Peters 36:56

And I wonder if that's a misconception. You know, a Christian athlete, no, I'm still going to tell I'm taking you down. But even a Christian businessman, like I have goals, there's still a net profit that you know, I'm you know, I'm not going to steal, cheat. I'm going to do this right. But I'm still going to beat you. So you know, like, or it's competitiveness it. Yeah I appreciate that.

John Chick 37:23

With I'm integrity. I'm thinking of the wrong guy now. But one of my favorite leaders just talks about again, it's the principle centeredness, right, is that Christ-centeredness is the principle. And the principle is I gotta be all in, you know, and then you look at all the different principles and integrity and is this is the club that's paying my check today. This is where the Lord has put me. They're going down.

Lisa Peters 37:57

That's great. So I have two final questions I ask all our guests. So I will go into it LeaderImpact is dedicated to leaders having a lasting impact. So as you continue to move through your own journey, and it's an amazing one to listen to, have you considered what you want your faith legacy to be when you leave this world?

John Chick 38:17

Yes. You know, it always evolves to some extent, but the core is relentlessness. And, to me that is what led into Iron Will. Not that I'm trying to coin a phrase. But it is, you know, you use the word overachievement is, again, it's not that it's running so as to win. And I want when people look is he ran and never stopped. And it didn't matter what obstacle came. He ran and that become iron-willed is his will, not my will. And with that, that means, you know, there's Cain and Abel both gave, what's the difference? Gotta give my first my best, my absolute everything that the Lord has given me, I gotta return to him because it is He Who gave it to me. And so that's, you know, we get to 10% there, but that's 10% of my time, talent, and treasure. Not just that secondary 10% or whatever's left is the best, the absolute first and I have not mastered that by any means, Lisa, that is what I want to be known for. That's what I want to do. I live my life doing.

Lisa Peters 40:03

Good. All right. And the final question I asked everyone is what brings you the greatest joy?

John Chick 40:12

So many things, I'm serving the Lord. I mean, my wife, my kids bring me the greatest joy. And what's you know, as dads, and I'm sure moms too, you reflect at the end of day is why am I so grumpy? Why am I this or that and all that kind of stuff. But, man, they are my greatest joy.

My other greatest joy is, you know, I get people that still can't believe you go into prison or these kinds of things. It's not the prison. It's the encounter with Jesus Christ, you know, the works of mercy. Matthew 25 is unless you fed the hungry and clothe the naked, gave drink to

the thirsty, welcome, the stranger, visited me while I was sick or in prison. I don't know you. But he says it in a way that when you did this, for the least of mine, you did it for me. And that's what we haven't quite all figured out as humanity yet is, it's not that I'm serving them. When I'm encountering each of those, is when I am, my cup was the most filled because it truly is an encounter with Jesus Christ in a way that cannot be duplicated by words, or prayer or actions, all those things or, you know, Bible study. All those things are good, too. But there's something so unique about that encounter with someone who's suffering and you are a part of relieving it, but at the same time, you're scorned all the more. And you go and you just filled so yeah, I'm from Wyoming. As you as you know, I don't know, if you ever go to spend the bighorns. I'm going there again this summer. Much like Banff. I can get lost in the mountains. And I feel it there too. And also there are so many places that you have these encounters. But it is as much as we wish we could avoid this effort, it is in all that. It's in the struggles of life. That we have all these experiences and, and, you know, starting with, you know, one, two kids, we had a girl and then a boy and, and even my grandma's saying, you know, oh, yeah, you're all set now, you know, and then we never had a plan. It's just, holy cow. Our capacity to love expands with each child. Does that mean there's no suffering? No. But it's a greater blessing. And it fills our cup. So yeah.

Lisa Peters 43:06

So, you know, you had your grandma's like, yeah, you are the perfect family. And then you continue to have eight more. Yeah. What are the what are the ages? I know, I think your youngest is one.

John Chick 43:15

She just turned one. Yes. And my oldest is 17. She's in her junior year here. So she'll err on two ends of the spectrum, but still all at home. So it'll start to get really weird here and about a year and a half year when all this hopefully again, I'm hoping they all stay home forever. But I'm guessing that's probably not a reality. So it's gonna start changing really fast here. And it's changed already this last year with her driving and wow, what a difference that makes in life and some freedoms that come with that. So it's really cool.

Lisa Peters 43:50

Yeah, I mine and my last one, six months will be off to school away. Oh, my goodness. Yes. Yeah. So I'm an empty nester, but you know, I, they're so happy. Right. It's okay. Like, my job was God gifted me these beautiful children. I am to raise them. Yeah. And you know, and

John Chick 44:11

I can't wait for that to it. It does make you nervous. But that is awesome. I can't imagine ever getting there, Lisa, but someday.

Lisa Peters 44:21

Just keep having kids. Well done. Well, I want to thank you, John, for spending the last 45

minutes with us. I have been looking forward to this. I've been in lots of videos and reading about you. And I'm just thankful that you share the time with us and appreciate it.

John Chick 44:37

Oh my goodness, what an honor. What a privilege. Thank you so much. What you guys are doing and it is about impact. So I thank you for what you guys are doing because if it's not making an impact, why are we doing it?

Lisa Peters 44:52

Right. Well, if anyone wants to engage with you, or you know follow up, where can they find you? What would be the best way?

John Chick 45:01

That's a great question. So many different things now with ministry and all this stuff. becomeironwilled@gmail.com is great. I can be found easily on Facebook or Instagram. And people can message me there anytime, and I will get back to you. Yeah, you know, other than inside the diocese. I do have a diocesan website for the prison ministry, but that's probably the best one or chickfamilyproactivehealth.com

Lisa Peters 45:31

All right. Well, I'm sure people will rewind that listen, or that old-school rewind. Yeah. Right. Well, thank you again, John. It has been a privilege to speak with you.

John Chick 45:41

Awesome. Thanks so much, Lisa. God bless you.

Lisa Peters 45:43

All right. Well, if you're part of LeaderImpact, you can always discuss or share this podcast with your group. And if you are not yet part of LeaderImpact and would like to find out more and grow your leadership, find our podcast page on our website at leaderimpact.ca And check out our free leadership assessment. You'll also find on our web page Chapter One of Braden Douglass's book, *Becoming a Leader of Impact* his amazing leadership book. You can also check out groups available in Canada leader.impact.ca, or if you're listening from anywhere else in the world, check out leaderimpact.com or get in touch with us by email info@leaderimpact.ca And we will connect you. And if you like this podcast, please leave us a comment, and give us a rating or review. This will help other global leaders find our podcast. Thank you for engaging with us. And remember, impact starts with you.