



## Season 13: Episode 9 | Ryan Walter | From NHL Captain to Following Christ

Hello and welcome to Scripture Untangled, a podcast by the Canadian Bible Society. My name is Joanna la Fleur. I'm a friend of the Canadian Bible Society and I'm going to be your guide for today's episode.

Today, Ryan Walter is being interviewed by Lorna Dueck. So, our guest today is a hero among Canadian hockey fans. Ryan Walter of Vancouver is a former NHL captain and Stanley Cup winner with the Montreal Canadiens.

Ryan also played for the Washington Capitals and played and later coached with the Vancouver Canucks and he coached a Canadian women's hockey team as well to a gold medal. Ryan Walter has played and coached more than 1,100 games over 17 seasons in the National Hockey League. Ryan has also served as president of the Abbotsford Heat of the American Hockey League.

He has been a broadcaster with TSN and Rogers Sportsnet and today he is a motivational coach for business organizations and families. Ryan has been a founding partner in two startup companies, a game creator, is the author of five books and served on numerous charitable boards, currently serving with the Spartan Foundation of Trinity Western University. He was born in the Vancouver area where he now lives with his wife Jenny and they have five children and three of his sons have played hockey, one of them in the NHL.

Much to the delight of the Bible Society, Ryan is a passionate reader of the Bible and you're going to hear about that today in our conversation, so enjoy Ryan Walter in conversation with Lorna Dueck.

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**Lorna Dueck:** Ryan, I am tempted to ask who you are cheering for in the NHL these days.

Who is your team?

**Ryan Walter:** Lorna, you had to start with that one, didn't you? It's interesting because, you know, I played for the Capitals and the Canadiens and the Canucks, so you know, I always say to people I'm a bit of a fickle fan, like whichever of those teams are winning I cheer for, right, because I'm in a position right now where I'm a bad fan. Like you wouldn't want to watch a hockey game with me. I'm a bad fan.

I don't get emotional like I'm coaching the game, right, like so I'm watching why did the goal go in, so I don't jump up and down, I don't clap, like I feel bad for Jenny, my wife, because I'm a bad fan. I'm hard to watch a game with, but I would say I have a real interest in all three of those teams.

**Lorna Dueck:** Okay, the ones that you were part of, those teams.

Okay, so let's just start up the hockey life here, and I'm curious what was in your childhood that helped you to be ready to play hockey at a professional level?

**Ryan Walter:** Well, it's a wonderful question. Both of my parents have passed, but they were, in my mind, of course we all have perfect parents, right, but they were the perfect hockey parents. Like they both, my dad played hockey, my mom was a basketball player, mom was probably more aggressive than my dad, but she was gentle in the sense that she never put pressure on us.

Mom was one of these moms that would, you know, my dad would always coach, his name's Bill, and he would coach all of us. I have two brothers and a sister, coached all of us in hockey, and my mom, knowing that he was going to coach, she would sit way over in the stands, you know, not with the team because she knew that the parents were going to talk about the coach, right? So, she was smart, but they were just great.

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They encouraged enough, they at times focused me enough. I remember my mom once saying to me, and she always said it in a funny, sly way over breakfast, she said, Ryan, this is when I was a teenager, she said, Ryan, you know you cannot make the NHL and have a girlfriend also.

What a smart mom, right? And her point was that she didn't not like girls, it's just where were you going to be committed? And so, Lorna, I fell in love with two things. I fell in love with the people around the game of hockey and really enjoyed those relationships. And number two, I'm a bit of a weird duck, I fell in love with practice.

Right? To be the best in the world, you have to get the reps in. You know, it's how many times have you interviewed people, right? Like, you got to get your reps in, you've got to practice, you have to do it a lot. And so that was really, I think, what allowed me to play at the highest level.

**Lorna Dueck:** Wow. So, you were a very focused teenager. Your mom had that gentle way of keeping you focused.

So, it was part of the culture of your family, hockey was. Okay, so you were drafted number two overall by the Washington Capitals in the 78 amateur draft at the NHL. Your hometown was picking fourth that year.

What do you recall about that draft? And were you hoping to get picked by Vancouver, your home team?

**Ryan Walter:** Oh, I've got a good story for you that I can probably tell now. But for years, for years, I wasn't allowed to really voice it. And that is it.

That's a good point. The Canucks really did want me as a hometown player.

**Lorna Dueck:** You're in your draft year.

**Ryan Walter:** Yeah. And the owner of the team and the GM actually approached a friend of my dad's and said, Listen, you know, if you can convince your son to say no

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to the Capitals, and I think it was say no to the St. Louis Blues. I think that was the third team. Then we'll draft him number four, and we'll give your family a bunch of money.

**Lorna Dueck:** What? Like it's a bribe.

**Ryan Walter:** Lorna, don't tell anybody. We're not doing a podcast, right? And so, I'm in real trouble now. That was the conversation that I think happened between somebody and my father.

And you know, I learned so much about my dad in that conversation. Because he came to me and he said, Ryan, here's what's happened. Here's what I know.

And I just want you to know that it's not mom and it's not our decision. This is your decision. And we don't want this to affect the decision that you make.

Now the context of that is my dad worked for BC Tel. And he literally was on strike half his working life, right? And they had been on strike for, you know, four to six months at that point, they needed the money. And yet my dad's integrity, right, that it was not his money.

It was, if I was choosing that, it was my money. And just his attitude about it was incredibly... taught me so much in that moment.

**Lorna Dueck:** Wow.

And you said yes, not to Vancouver, you said yes to the Capitals.

**Ryan Walter:** Yeah, I fell in love with the Caps. They were a bad team.

We were a bad team. We didn't, we hardly won any games. But I could see that there was a growth opportunity that we would get better.

And, you know, I asked Scotty Bowman, we interviewed 13 NHL coaches for a book called *Simply the Best*. And I asked Scotty Bowman, maybe the greatest NHL coach ever, I said, Scotty, like, what has to be in place to win Stanley Cups? And he said, at

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first, he stumbled the question, he said, "well, what do you mean, Ryan, like goaltending?" And then he said, No, no, no, no. He said, I know what you're asking.

He said the key element to winning Stanley Cups is always committed ownership. And I think that's what I saw with the Capitals, you know, they were young, their owner didn't know a lot about hockey. I love the guy; his name was Abe Pollin.

And yet, they were doing the right things to get a good team in place. And I appreciated that.

**Lorna Dueck:** So, in your second season, the Capitals named you team captain, you are the youngest player in NHL history to hold that position.

What did Washington see in you to give you that position?

**Ryan Walter:** It's a good question. You've got good questions, Lorna. Way to go on the hockey side.

**Lorna Dueck:** Okay. I have a brother who's a real Vancouver Canucks fan. So, he's been coaching me.

Okay, so what did the Capitals see in you?

**Ryan Walter:** I was a captain in bantam hockey and midget hockey and junior hockey. So, I guess there was a trait there, maybe.

I'm not sure. I think all I wanted to do was play hard for my teammates. And I'm not, I wasn't a big fighter or anything.

But I wasn't afraid of anybody. And I think that those were the qualities that they were looking for in their culture. And so, I think that, you know, they put me up front.

I had a lot to learn. Lorna, I had so much to learn. I messed up so much.

I remember and I know we're going to get to the faith side. But I remember, like, early in my faith, putting on the chalkboard in the dressing room, Bible study at my house

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tonight. How do you think that went in an NHL dressing room, right? Like I messed up so much.

**Lorna Dueck:** Wow.

**Ryan Walter:** And yet, there was a raw passion, and a little bit of courage and a desire for our team to be better. And I think at the end of the day, those simple qualities are I guess what they saw.

**Lorna Dueck:** Okay, so you played 1000 games in the NHL. Over 1000, actually, right? And you've said that it went by so fast.

And I'm thinking, you know, professional hockey is all consuming. It's got lots of road miles, intense physicality. What are the dynamics that make 1000 plus games go by so fast?

**Ryan Walter:** Well, it goes by fast.

I thank the Lord for 1000 games. I mean, there's always a backstory to 1000 games, right. And my backstory is, there's lots of backstories.

But the big one is that 16 years old playing junior hockey in Kamloops, British Columbia. I was on a breakaway and a big defenseman took my feet out. And my knee hit the post hard.

And then in the day, the post didn't move. And so, my knee moved. And I basically ruptured everything in that knee.

So, the inside ligament, the two cartilages were removed, the ligament was repaired. And you know, the crucial like everything in the middle of that knee was busted. The doctor said, if this one little vein doesn't reconnect, you're probably going to have trouble walking, because we can't fix that.

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I am so thankful, Lorna, like I, you know, I wore a brace on that knee for 1003 NHL games. And in that right knee right now, soon I hope getting on a list to have it replaced. But I'll tell you, I am so thankful to that right knee.

I'm so thankful to my Creator for just allowing me, right, I could have the doctor actually said to my mom and dad, we don't think Ryan will skate again, we think he'll walk again, but probably not skate again. And so, for you know, for me to as a 16, you know, what's beautiful about being a teenager, you already know this. When my mom and dad told me that, I sort of looked at him, I went, well, what do you mean, I'm not going to skate again? Isn't it fun to be a teenager? You don't believe anybody anyway, right? So yeah, what do you mean, I'm gonna play.

And I think the pain that I went through to rehabilitate that right knee probably told me that I would be playing in the NHL if I wanted to, because nothing could be that hard after this.

**Lorna Dueck:** Is that right? So that teenage recovery was character forming for you, skill forming, of course, but the character. Wow! Okay.

I do want to switch and add in more of the faith side too, because it's just bubbles out of you. But it was in the NHL, our National Hockey League that you met Jesus as your Savior. And I've heard this journey that includes an airplane and a bunch of hockey players.

Can you tell us that story?

**Ryan Walter:** I'd love to tell you that story. So, a little background. My folks and my family are important to me and they did something right.

In the summers, I was always playing hockey or lacrosse or working out or whatever. And mom and dad said no, not in July. So, they sort of, what they did is they had a little family rule that every July, we would go camping and fishing.

And so...

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**Lorna Dueck:** For the whole month?

**Ryan Walter:** Yeah, the whole month. So cool. So cool.

So, I would take my bike and my weights and everything in the trailer so I could work out during the month of July. But the reason I mentioned that is, up in the middle of British Columbia, wherever you are in the world, you get away from cities, you're going to see God.

And I always knew there was a Creator, like you can't sort of, you know, catch a trout on a lake with perfect water in a canoe and not see the creation. So, I recognized and I didn't know how to formalize that, you know, so in my gut, in my heart, I knew there was a God, I knew this wasn't by chance there. It's too perfect.

It's too amazing. And yet I didn't know how to get to that Creator. Right? So, I'm a kid that just didn't think about it much.

Okay, there's a God. Basically, my faith was okay, God, if I get in trouble, I'm going to call on You. I don't know who You are. But I'm going to call on You.

And we got on this plane from New York to, I'm now in the NHL, you know, going home to Washington. And it was a big, a big drop.

So, it felt like the plane was coming out of the air. Jenny and I travel a lot; we actually hit one of these airplane flights going into Quebec City in 2025. Where you know, was so bad, the air was so rough that the pilot tried to land and then took off again.

That's not fun. So, I've had two really hard flights in, you know, probably 40 years. So that's not a bad average.

But this one scared me. And I got off the plane in Washington. And there was a gentleman by the name of Jean Pronovost that played for us.

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And he was an old timer on the team. He and Deanne Pronovost, his wife were just amazing. Do you know, I never want to forget to say this, Lorna, do you know why I went to Jean when I had a spiritual need? Because Jean loved his wife, Deanne.

**Lorna Dueck:** Wow.

**Ryan Walter:** That's it. Wow.

I'm a young kid. I'm not thinking of marriage. But I see reality, like I saw what other players did on the road, and they would bring teddy bears back to their three kids because they felt guilty.

And then I watched Jean. And his life was real. I didn't know anything about his faith.

**Lorna Dueck:** And you had been scared on that plane.

**Ryan Walter:** I had been scared. And I've been in a place where I got off the plane.

And I said to Jean, so if the plane goes down, like, do I go up? Like, I had no idea. And you know what Jean did, and you'll love this. And this is a good one for pastors.

He said, I'm not going to tell you, Ryan. How about that? That's a good response. And he took a New Testament, and he had it in his back pocket.

He threw it at me. And he said, I'm going to challenge you, you go read for yourself, kid. And it's exactly what I needed.

So, I read Matthew, Mark, Luke, and John, Matthew, Mark, Luke, and John, and I was over and over and over. And then Jean and Deanne connected with me, they answered a bunch of my questions. At the same time, Hockey Ministries International and Don Liesemer were coming in.

**Lorna Dueck:** That was a big deal in those days.

**Ryan Walter:** Yeah, into my life and Mike Gartner's life. And so those things, all the perfect storm from God was coming together.

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And I think I got to a place, I don't think, I got to a place where all of a sudden Jesus came off the page. So before, in my mind, Jesus was a good guy, and He was a world figure.

And I don't know, I didn't know much more than that. And then reading the Gospels, the Word of God is so powerful, anybody listening or watching or whatever, like just get into the Scriptures, get into the Bible, like, start in Matthew and go through 10 times the Gospels, because it changes your perspective, and it changes your life. And what happened to me, is I got to a place where Jesus became real.

And I could see that He was the Son of God. And that what would just hurt my heart so much, that He actually had to come out of heaven and become one of us and then die for me. You see, I can see Lorna, how He would die for you, you're a good person.

But I cannot see how He would die for an old hockey player. I can't see that. I don't see it.

**Lorna Dueck:** And you brought that faith into the dressing room.

**Ryan Walter:** Came to Christ, and it hit me hard. And then what happens is when you believe in Jesus, and He becomes your Savior.

And He becomes, and I love the way that many pastors put this. It's the question is, who do we treasure in life? Right? And so, He becomes our treasure. And He becomes our King.

And if you have a King, do you want to tell people about that King? Like if there's a solution to eternal life, do we want to tell people about that? Or do we want to go to heaven alone? And I just, I got in real trouble at the NHL level because I just felt that that message needed to get out.

**Lorna Dueck:** Wow. But you are leading in the NHL.

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You're on the winning team for the Montreal Canadiens for the Stanley Cup. Is faith, you mentioned earlier, you wrote it on the training board to Bible study, that just was part and parcel of who you were going to lead like?

**Ryan Walter:** I guess, like I tried to be a little smarter. I hope it didn't take away from my faith. But you know, it was certainly, I go from Washington to Montreal and I'm traded to Montreal.

And Montreal the team before had Doug Jarvis, who was a real awesome Christian guy. So, they understood what a Christian was and they recognized. But you know, it's interesting, I still had to make some decisions that were not easy.

I'll give you an example. My roommate in Montreal for a big chunk of time was Guy Lafleur. Like that's crazy that I would get to room with Guy.

And then at Guy's retirement party, the guys all had a retirement party for Guy at the local strip joint. And, you know, I said to, it was Chris Nilan, my buddy who came to me and said, hey, Wally, we're going to Chez Paris with Fleur. And I know you're not coming.

And I said, well, why do you know I'm not coming? And he had a great thought. And we laughed about he said, well, you think God's in your heart, don't you? And I said, Yeah, that's really good, Chris. Good job.

And he said, you don't want to take God into Chez Paris. And I said, that's pretty good. So far, you're answering all my questions.

He had a big smile on his face. And he said, But Ryan, God's everywhere, right? I said, yeah. And he said, He's already in there.

Anyway.

**Lorna Dueck:** Well, I think that's the first time on Scripture Untangled. I've talked about God at a strip club.

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**Ryan Walter:** Right, right.

So, I better. So, Lorna, I better clarify this or I'm going to get in real trouble. And you know, I was so proud of Chris.

And I looked at him and I said, you know, it's so hard, because I want to be at the retirement party. But Chris, you know, I don't think I'm not doing that to my God. But I'm also not doing that to my wife.

**Lorna Dueck:** Wow.

**Ryan Walter:** Right? That's just a decision that that I'm going to make. So, I think that you live your faith, there's going to be difficult decisions. You know, my good friend, Bobby Smith, has come into the Kingdom from my time during those, you know, in Montreal, and Don Liesemer and Hockey Ministries is right there in Montreal.

And he mentored me so amazingly. So, it was a beautiful time of growth during that time.

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**Lorna Dueck:** But you also broke your ankle just before you had a chance to play with your team in the finals. The 1986 series for the Montreal Canadiens. How did your faith help you through breaking an ankle when it's time to go get the Stanley Cup?

**Ryan Walter:** Yeah, that was a hard one. My faith, it was everything. But let's deal with reality too. We are not perfect people. Even when we believe in Jesus, and we have the Holy Spirit in our life and in our heart, we still react.

And, when that ankle broke, I knew that our team was on a run. And we had a chance to do something amazing. And I was a part of that team.

And now I break my ankle with three games to go in the season, and I am upset. I am angry. Like I see my dream of winning the Stanley Cup gone.

And I don't know, I like to tell the story that it was, you know, for nine or 10 days, I don't know if it was nine or 10 days, but for, let's just say for nine or 10 days, I was not a good husband. I was not a good teammate. I was not a good dad.

I was upset. I was angry. How could, Lord, how could You allow this to happen to me? And I think it was sort of day nine or day 10, that, you know, took a deep breath.

And I said, sorry, Lord, I am sorry, You're in control of the world. I trust You. You are my King.

And, what really hit me in day nine is, Ryan, you know how to do this. Circumstances do not dictate your life. Broken ankles do not dictate your life.

Jesus does. And I just said to myself, and I could feel it in a bit of a prayer, get back to work. That's the message I heard, probably from God, "get back to work."

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You see, all my life, I know how to work. And I know how to prepare. And I know how to be a pro.

And so, I decided that every time that my team, the Montreal Canadiens either practiced or played, I would go into the dressing room and work out. Now I had a broken ankle with a cast on it. So, I couldn't ride the bike.

So, I took a bike and I turned it upside down and taped it to a table. And I rode with my arms. Right? I lifted weights every other day, every day, pretty much for months, months and months, I was huge. I looked like Popeye. I was in such great shape. And here's what happened. So now we win game, or the first series against Boston, second series against Hartford, game seven, overtime, Claude Lemieux scores. And then we beat the Rangers in the third series. And so, I haven't participated in any games.

Our great orthopedic surgeon, team surgeon, Eric Lenzner came to me. He said, Ryan, I've been watching you work out. He said, you're ready to go.

You're in great shape. He said, I shouldn't do this because I know your ankles not healed. But do you want to take a quick x-ray just to see? And I said to him, oh, you're such a good doctor.

I am so thankful. And, he took the x-ray and he held it up and he could see a little shadow and, you know, his head started to shake, and I looked at him, I got tears in my eyes now because I've worked so hard for him to say, okay, let's try it. And then he did.

He said, Ryan, I shouldn't do this as a doctor, but do you want to try it? And I said, wow, yes, I do. And he put a little bit of freezing in and a lot of tape and it was okay. The first practice, um, a little more tape and a lot of freezing and it was better the second practice.

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And I got a chance to participate in the last five games of the Stanley cup final. And, you know, for me, Lorna, like it was such a revelation, right? I, you know, trust Me, get back to work.

**Lorna Dueck:** You felt God had told you that.

Yeah. Wow. Trust me, get back to work.

Oh, there's so much we need to talk about, but let's, you mentioned Jenny, let's bring being a husband and a dad into our conversation. How'd you meet Jenny? Why did you know that was the woman for you and tell us about that.

**Ryan Walter:** Funny story.

It feels like God has His hand in our lives, even before we come to Christ. So Jen came down to Washington DC. So, this is early in my career in Washington.

Gary Green is the coach of the team at that point. Jenny had worked for Gary in Peterborough, Ontario, during his hockey schools and, uh, was a good friend of Gary and Sharon's. And so, Jenny came down to Washington DC.

She didn't come to see me. She came to see Bruce Springsteen, right? And a few of us, with maybe grayer hair can, we know who Springsteen is. Um, and so she came down, she asked Gary, listen, if Springsteen ever plays in DC, can you get me tickets? So, she came down to see Springsteen, Gary and Sharon Green set Jennifer and I up on a blind date and the rest is history.

**Lorna Dueck:** And she shared your faith.

**Ryan Walter:** Yeah. And you know, what was cool is, is Jenny had a faith background.

So, she went to the Anglican church forever, um, and had a real solid understanding of Scriptures. Um, and then, we ended up, uh, you know, for lots of phone calls, we didn't see each other very much. I'm in DC traveling around and she's in Toronto

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working, but we wrote lots of letters and, you know, as we say to people, Jenny has a great story.

She says to people all the time when she shares her faith story, you know, Ryan and I really fell in love during, you know, with the letters that we wrote each other. And it is such a cool thought because that's how we fall in love with the Lord is, is through the letters that He writes us. Right.

But she had this great, sort of response to one letter I sent. I sent a letter and I said, Jenny, I've become a Christian. I've received Jesus and she, you know, wrote back, well, that's awesome. Cause I've been going to church for a long time.

And then that summer, I drove across the country to Mike Gardner's wedding. I was his best man. And I saw a lot of Jen.

We spent time together. I had my old camper that I slept in outside of her apartment in Toronto. And, uh, and she saw that, you know, she just, we prayed together.

We read together. When I left, this is her story. She saw that my faith was so fresh and that I wanted people to know about Jesus.

She said, well, is my faith real? And she read this crazy cool passage, you know, where Jesus is, uh, casting out a demon and the demon says to Jesus, uh, Jesus, Son of God. And Jenny said to herself, like, that demon believes that Jesus is the Son of God. I believe Jesus is the Son of God. Like the demon's not going to heaven. Like, am I?

And she recommitted, she established her solid faith by receiving Jesus by asking, you know, John 1:12, but as many as receive Him and believe in His name to them, He will..., because you will become a child of God. And I just think that was again, a confirming moment in Jenny's faith.

And from there on, we both were in Christ and that's how we started our marriage.

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**Lorna Dueck:** And the Bible has deeply influenced your life. You've raised five children, three of your guys, your sons have pursued different hockey paths.

What were your disciplines? What are your disciplines with the Bible?

**Ryan Walter:** Yeah, thank you. Um, you know, I spent a lot of years now it goes by. Did I say it goes by quick? It goes by quick.

We have been reading the Scriptures every morning, since then together. So, our little discipline in the morning, it doesn't matter where we are. We get up a couple hours ahead of whatever business day we have or family day we have.

And, you're going to laugh at us, but we read our Bible on our computers now, and we send each other emails and we're sitting in the same bed. I love that. Right. So, I can't talk to her. I got to send her an email, but it's easier to cut and paste right, the Scripture and send it.

And then we have a great time of prayer, but I think God has taught us so much, through that practice of... for a while, I would say for a number of years, I just did the New Testament. So, you know, gospels, gospels, gospels through the New Testament. And I, you know, for probably four or five years, I did that.

And then recently I'm back to, okay, let's start in Genesis again. And can't believe how rich Genesis is. Right?

**Lorna Dueck:** So, do you do a read through the Bible in a year plan?

**Ryan Walter:** Uh, it's a good question. I've done those, uh, right now I'm more on, uh, read through the Bible, hopefully in a year, right? Like it's because there's sort of a pause for me. If I go deep in an area, I know God wants me to stay there.

Then I want to study it. And I think that's what's transitioned over the last 20 years of reading the Bible, is I used to read it just to read it. And now I think Jenny and I both, and I know you do Lorna; we read it to study it.

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So, I will, you know, we might go deep on, I'll give you an example. Uh, one of my favorite verses is, first Samuel 16, and it probably doesn't surprise you that David is one of my favorite characters.

**Lorna Dueck:** I was going to ask who's the character that attracts you for leadership. It's David.

**Ryan Walter:** Yeah. Yeah.

And he, the thing I love about David, and I challenge men that are listening in here, to study David, and women. But David messed up a lot. And I think that's so refreshing. Like he messed up big, like it wasn't like little sin, right? Like he really screwed up.

And so, I think there's, I'm not saying that's refreshing. I'm just saying, thank you Lord for Your grace, because I need that in my life. But what I love about David is that he had confidence. He had the two things that you need to play at the NHL level. He had confidence and he had courage in Christ. And I think this is where most, many of us men get messed up.

We think that it has to be self-confidence and that we have to have self-courage. And that's how I grew up, you know, ok, Ryan, I got to muster courage and, you know, no, no, no, no. We can have confidence and courage in Christ.

And what did David say before he attacked Goliath, right? It wasn't, I'm coming to you in my strength. I love those verses. No, I'm coming to you in the Name of the Lord, my God, who will conquer you. *{1 Samuel 17:45 paraphrased}*

I love that, right? And so, what it does, David aligns our passions with the strength of God, with the Spirit of God, not with our self. And I think there's this thought process in professional sport that it's all about you, right? And it's about your courage and your strength. Second thing, Lorna, I love about those passages with David, I think it's first Samuel 16, might be 17, I think it's 16.

# Scripture Untangled

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And cause there's this one little passage, it's I think verse 54, 50 to 54. And it says this; it said that he took Goliath's head to Jerusalem. Sorry about that.

That's a little gory, but, and here's the key verse, but he placed Goliath's armor in his tent. And here's what I love about that thought. Can you imagine being David the next morning, he wakes up in his tent, and he looks over and he sees the armor of Goliath and he, in his heart, you can just feel it, right? He says, Oh Lord, You are amazing.

Look what You did for me yesterday. And can I just say to our friends and listeners and viewers, I just think that is something that's missing in today's world as a follower of Christ. We need to see what God's done in our past.

And we need to spend time seeing the armor of Goliath. And so that encourages our way forward instead of getting stuck in all the crud that's out there today, all the negativity, all the news cycles, right. That tell us that we're wrong and we're stupid.

And we're just one of those dumb Christians. Like look back at what God's done in our lives. And I'm so thankful to David for that.

**Lorna Dueck:** Wow. Ryan, that's a beautiful connection to Scripture. And gosh, we are out of time.

There's so much more we would have loved to ask you because you have now also become a motivational coach. You just gave it to us. I want to close with this.

If you were focusing on coaching a church, what would you tell them?

**Ryan Walter:** Well, that's an easy one, because what would Jesus tell them? You know, two things, (Matthew 22:37-40), love the Lord your God with all your heart and all your soul and all your mind and all your strength, and love each other like you love yourself. Right? So, it is about love. It's so simple.

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And I think we complicate it so much. You know, we look to differences, right? We always go, oh you believe this and you believe that. And I believe this.

And, you know, you have white skin and you have dark skin. And you, we always, we and genders, we look at differences, you know, in our churches. And I love churches and Jenny and I love working with churches.

But I think I know the church because it's me. It's us. We screw up.

And I think the second word that God gave us, and it's all about Jesus is grace. If we can just have grace for each other. Right? I think those three things are so powerful, and they just regenerate everything.

**Lorna Dueck:** Well, Ryan Walter, thank you. I'm glad you're doing prayer breakfasts now speaking at them. And we were going to put all these notes and your connections to your website and how to get in touch with you in our show notes below.

Thank you for challenging us to get into the Bible today.

**Ryan Walter:** Thank you, Lorna.