



# BMF Spring 2026

## Season Recap

Barrington Men's Fraternity

*"As iron sharpens iron, so one man sharpens another."*  
Proverbs 27:17

# This Season

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Across ten mornings this spring, ten men told the truth about their lives — World Series champions and Everest climbers, pastors and founders and fathers. Different stories, the same thread: the things the world calls success never filled them, character is built where no one is watching, and no man was ever meant to do it alone. This recap gathers their words, the Scripture they leaned on, and three themes to carry with you.

## The Speakers

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Wk	Speaker	Background
1	<b>Ben Zobrist</b>	MLB infielder; 2016 World Series MVP (Cubs)
2	<b>Matt Mooney</b>	Texas Tech guard, 2019 Final Four; ~10-year pro
3	<b>Scott Ziegler</b>	Lead pastor, The Bridge
4	<b>Joe Musselman</b>	Founder, The Honor Foundation; venture capital; ret. Naval Special Warfare
5	<b>David Dillon</b>	Dylan Kane Group; co-founder, Together Chicago
6	<b>Leone Lampley</b>	DePaul standout; pro basketball; founder, MOCHA; author, 7-Foot Faith
7	<b>Joel Schauer</b>	Seven Summits / Everest; founder of schools & orphanages in Uganda
8	<b>Brady Ewing</b>	Wisconsin captain (Rose Bowl); 2012 NFL draftee; leadership coach
9	<b>Barrett Davie</b>	Founder, American Stewardship Initiative
10	<b>John Trautwein</b>	Former MLB pitcher; founder of the Will To Live Foundation

# Session Summaries

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## Week 1 — Ben Zobrist

- Grew up in small-town Eureka, IL, where sports became, in his words, “a god” he would sacrifice anything for.
- Left high school with zero college offers; an unlikely Christian-college door reopened a path he had already surrendered to God.
- Within two weeks of winning the World Series, fell into depression — the mountaintop didn’t satisfy; he was “losing an identity.”
- Men are hurting and need safe places to be human; real strength is forged “in the shadows” and anchored at the cross. Be a “foggy weather friend.”

## Week 2 — Matt Mooney

- One Division-I offer out of high school; an FCA leader told him, “You’re not here to play basketball — you’re here to grow in Christ.”
- Final Four story: Joshua 1:9 reached him four days in a row from four unrelated sources; he wrote it on his shoe and helped Texas Tech reach the title game.
- Closed with a vulnerable confession of long struggle, and the insight that he’d been praying “take this away so I don’t have to give it up” instead of fully surrendering it.

## Week 3 — Scott Ziegler

- An “abbreviated theology of work”: “When men step into the plan God has for them, society flourishes. When men do not, society burns.”
- Four principles: work is godly, work is worship, work is serving, and work is mission — your workplace is a field your pastor can’t reach.
- Closed with Everett — his dad’s boss — who quietly prayed over his father and eventually drew the whole broken family to Christ.

## Week 4 — Joe Musselman

- Built the talk on one word: alignment — when work and life align with God’s purpose, “amazing things start to open up.”
- Traced a “golden thread” — a faithful grandmother, generations of military service, and his own derailed SEAL dream cut short by a spinal injury.
- Out of that brokenness came The Honor Foundation; a shared Vision/Mission/Values framework lifted transitioning operators’ employment from ~13% to ~97%.

## Week 5 — David Dillon

- Born to missionary parents in Japan; built a capital-markets career that funded a life of ministry.
- Centered on Peter: the threefold denial (Mark 14) answered by the threefold restoration on the beach (John 21).
- Transformation isn’t willpower; it’s resting in grace and repenting quickly. “Shame is never from God.”
- Overflow: co-founded Together Chicago, uniting 200+ churches; a downtown table where 50 formerly gang-affiliated men now pray and work together.

## Week 6 — Leone Lampley

- Opened on Psalm 133:1 — “how good and pleasant it is for brethren to dwell together in unity.”
- Two “God is real” moments: nearly drowning at 13 and being saved by a stranger of another race; and his father’s five words at DePaul — “God has not forgotten about you.”
- Didn’t fully surrender until 30 — “I need something more.” “God taught me how to be a father, how to be a husband.”
- Providence: a philanthropist funded his salary for five years to run MOCHA — “God opens doors no man can shut.”

## **Week 7 — Joel Schauer**

- Framed an extraordinary mountaineering life around the dash between two dates — “It’s all about the dash.”
- The real subject is holes — crevasses on the mountain, and the holes men fall into: “marital problems, divorce, addictions, pridefulness... they’re all just holes.”
- Came to Christ at 28 — “as simple as ABC: Admit you fall short, Believe Jesus died for your sins, Choose to follow him.”
- Summited Everest in 2016, fell off the mountain on the descent, and his carabiners held — “in and out of a hole in 30 seconds.”

## **Week 8 — Brady Ewing**

- Confessed: “At every phase of my athletic career, I felt like I had to be perfect.” Mentors taught him the “Audience of One.”
- Three P’s — Purpose (“being part of, or in service to, something bigger than yourself”), Process (keystone habits; “do the things that take no talent and no skill”), and Progress (adversity through an injury-riddled NFL career; “let it go and let God”).
- Closed: take away one thing, tend your own walk first, and let it ripple to family, work, and community.

## **Week 9 — Barrett Davie**

- Framed as “civics, not politics”: anything you’re proud of shares four threads — it was hard, took longer than expected, demanded intentionality and consistency, and involved getting knocked down.
- A priority pyramid: Faith → Family → Community → Country → Work.
- Through-lines for the season: stewardship (“to whom much is given, much is required”), surrender, brotherhood (“we can’t hide alone”), and leading with faith where God planted you.

## **Week 10 — John Trautwein**

- A former MLB pitcher whose son Will, 15, took his life in 2010 — with no visible warning signs (“depression is often maskable”).
- Built the Will To Live Foundation on the idea of “life teammates”: the friends beside you understand you better than anyone, and a culture where “it’s okay to not be okay” can save a life.
- His fathering lesson: a dad doesn’t need all the answers — just to understand. “This is hard. How can I help?”
- Landed on John 13 (“just love each other”), realizing the giver of an “I love you” is the one who’s healed.

# The Three Themes

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## Theme 1 — God Has Not Forgotten You

*No matter where you are — forgotten on the bench, or fallen in a hole.*

The promise that God is present and pursuing, especially in the low places: the cut player, the man in the crevasse, the one who denied Him.

### IN THEIR WORDS

*“My dad says five words to me: ‘God has not forgotten about you.’” — Leone Lampley*

*“When I came up out of that water... it was a white face — a human being who was not my color risked his life to save my life.” — Leone Lampley*

*“It’s not falling in the hole — it’s all about getting back out.” — Joel Schauer*

*“My mom’s death saved my life, probably.” — Joel Schauer*

*“He’s not done with us yet.” — Joel Schauer*

*“There but for the grace of God go we... I probably would have done the same thing.” — David Dillon*

*“Who’s going to be a foggy weather friend when you can’t see through the fog?” — Ben Zobrist*

*“It’s okay to be weak. It’s okay to not be okay. That’s when God’s power is greatest.” — John Trautwein*

### IN THE WORD

**Joshua 1:9** — “Be strong and courageous... the Lord your God is with you wherever you go.”

**John 21:15–17** — “Do you love me?... Feed my sheep.” — Jesus restores Peter.

**Psalms 121:1–2** — “I lift up my eyes to the mountains... my help comes from the Lord.”

**Revelation 3:7–8** — “An open door that no one can shut.”

**Romans 2:4** — “The goodness of God leads you to repentance.”

**2 Corinthians 12:9** — “My power is made perfect in weakness.”

## Theme 2 — What You Do When No One Is Watching

*Character is forged in the shadows — the preparation, the unseen faithfulness.*

Real strength and integrity are formed in private, before they're ever displayed in public.

### IN THEIR WORDS

*"You have to practice in the shadows." — Ben Zobrist*

*"Sometimes the most powerful man in the room is the man in the corner who knows who he is." — Ben Zobrist*

*"Would I be okay when Jesus sees this? God, are you good with what I do?" — Scott Ziegler*

*"The little details matter when somebody's watching — but more importantly, when nobody's watching." — Brady Ewing*

*"Be great at the things that take no talent and no skill." — Brady Ewing*

*"What I was really praying was, 'Lord, take this away so I don't have to give it up.'" — Matt Mooney*

*"It's more about broadcasting your power as opposed to becoming powerful." — Joe Musselman*

*"Anything worthwhile requires you to be intentional and consistent." — Barrett Davie*

*"Depression is often maskable. He didn't want us to know." — John Trautwein*

### IN THE WORD

**Colossians 3:23–24** — "Work heartily, as for the Lord and not for men."

**Galatians 5:22–23** — "The fruit of the Spirit is love, joy, peace..."

**Proverbs 13:20** — "Walk with the wise and become wise."

**Matthew 6:6** — "Your Father, who sees what is done in secret, will reward you."

## Theme 3 — Purpose: The World’s Trophies Won’t Fill You

*Nearly every man reached the top of his field — and testified it wasn’t enough. Real purpose began where the achievement ran out.*

The season’s two-beat move: the hollow summit, then the redirection into a God-given calling.

### IN THEIR WORDS

#### ***The trophies weren’t enough***

*“What the world offers us will never be enough.” — Ben Zobrist*

*“I reached a small level of fame... and that stuff was never satisfying. Never.” — Matt Mooney*

*“Jesus is not a value-add proposition to the American dream.” — Matt Mooney*

*“I was fronting in front of people, acting like everything was going well.” — Leone Lampley*

*“We all come to that point where we say... I need something more.” — Leone Lampley*

*“The less I focus on money, the more it shows up.” — Joe Musselman*

#### ***The calling that filled the void***

*“Purpose is being a part of, or in service to, something bigger than just yourself.” — Brady Ewing*

*“When you know your why, your what becomes more clear and more impactful.” — Brady Ewing*

*“I was never meant to be a SEAL. I was meant to make sure that community never had to worry about what they did next.” — Joe Musselman*

*“God has you in that workplace to represent him in a way that your pastor never could.” — Scott Ziegler*

*“All God wants is life in us. That’s all he wants.” — Joel Schauer*

*“To whom much is given, much is required.” — Barrett Davie*

*“Love is the thing — it’s got to overflow into the lives of other people.” — David Dillon*

*“What do you love to do — and did you do it today?” — John Trautwein*

### IN THE WORD

**1 Peter 4:10–11** — “Use whatever gift you have received to serve others... so that in all things God may be praised.”

**James 1:2–4** — “Consider it pure joy... the testing of your faith produces perseverance.”

**Ecclesiastes 1:14** — “All of it is meaningless, a chasing after the wind.”

**Luke 12:48** — “To whom much is given, much will be required.”

**Matthew 28:19–20** — “Go and make disciples...” — the Great Commission.

**2 Timothy 4:7** — “Fight the good fight, finish the race, keep the faith.”

# Iron Sharpens Iron

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One thread ran through every single week: a man cannot do this alone. There was a faithful friend, mentor, or brother in every talk — and Week 10 (John Trautwein’s “life teammates”) is its purest statement. It is the meaning of Proverbs 27:17 and the name on the door.

## IN THEIR WORDS

*“We have to show up, but we have to also find a safe space to be human.” — Ben Zobrist*

*“Even the Son of God needed a support group of 12 to accomplish his broader work.” — Joe Musselman*

*“Who’s your toaster? Who and what are you surrounding yourself with?” — Brady Ewing*

*“We can’t hide alone. We have to do this together.” — Barrett Davie*

*“How good and pleasant it is for brethren to dwell together in unity. (Psalm 133:1)” — Leone Lampley*

*“Who are your life teammates — and do they know?” — John Trautwein*

*“The beneficiary of the ‘I love you’ isn’t the receiver — it’s the giver.” — John Trautwein*

# Sharpening the Whole Man

This season’s themes are meant to be lived across four arenas. For each theme, note how it shows up in each — then rate where you are now and where you sense God calling you (1–10 or a few words).

Theme ▾ / Arena ▶	<b>Family</b> <i>Husband · Father · Son</i>	<b>Community</b> <i>Service &amp; impact</i>	<b>Professional</b> <i>Vocation or studies</i>	<b>Self</b> <i>Discipline &amp; focus</i>
<b>1 God Has Not Forgotten You</b>				
<b>2 When No One Is Watching</b>				
<b>3 Purpose Over Trophies</b>				
<b>Where I am now (1–10 or notes)</b>				
<b>Where I should be (1–10 or notes)</b>				