

Taming the Tongue: How Faith Shapes an NFL Star Quarterback's Speech

Houston Texans quarterback C.J. Stroud is no stranger to the spotlight. But the young NFL star is determined to use his platform for more than just football.

In a recent interview with Sports Spectrum, Stroud opened up about his journey of faith, the struggles he faces as a Christian and how he's working to align his actions with his beliefs—especially when it comes to his words.

Stroud shared how he first encountered Christ growing up in a faith-based home and later deepened his personal relationship with God during his time at The Ohio State University. "He's my everything," Stroud says. "He's Alpha, He's Omega... He keeps me really focused, and it's a certain peace that I have when I'm on track."

One of the standout moments of the interview was Stroud's honesty about his efforts to tame his tongue. "I can't proclaim that I love God and have a wild mouth; that just doesn't make sense to me," he admits. Stroud has been intentional about this area, recently seeking guidance from his pastor after recognizing how profanity didn't align with his desire to honor Christ.

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"I was reading James 3 yesterday," he shares. "That's something I've been working on—cursing—and it's hard... But I want to get better with it." Stroud described how watching a TikTok video featuring a man who struggled with similar challenges inspired him to change. "He said, 'How can I lead

others to Christ if I talk like they do?' That stuck with me."

Stroud also reflected on the responsibility he feels as a public figure to represent his faith authentically, acknowledging the tension between being bold about his beliefs while recognizing his imperfections. "I'm not perfect," he says. "We all are striving to be more Christlike, but that's why God is who He is... I'm blessed enough to serve a merciful God."

The quarterback credited mentors like former NFL quarterback Dylan Thompson, Houston-area pastors and teammates for encouraging him in his walk with Christ. He emphasized the importance of being rooted in God rather than letting his identity become solely that of an athlete. "My identity isn't just quarterback; it isn't just Houston Texans," he said. "First of all, I'm rooted through Christ and who He thinks I am."

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Stroud's transparency about his spiritual struggles and growth sends a powerful message to fans, especially young people looking up to him. It's a reminder that faith isn't about achieving perfection but striving to reflect Christ in everyday actions, including speech.

In a world often marked by negative influences, public figures like Stroud who openly pursue a biblical life offer a countercultural example of hope and integrity. Proverbs 18:21 states, "Death and life are in the power of the tongue, and those who love it will eat its fruit." Stroud's commitment to taming his words is a practical application of this truth, demonstrating the value of using one's influence to build up rather than tear down.

As Stroud continues to grow in his faith and career, his

journey reminds us of the importance of seeking God's grace daily and striving to be a light to others. For fans, especially the younger generation, it's an encouraging reminder that living a godly life, while challenging, is both rewarding and transformative.

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