

“Have a purpose”, “Just do it” and “It’s all relative” are quotes that Dalton often heard as a boy growing up in the Risner household. These words have clearly impacted Dalton in becoming the young man that he is today and helped achieve his childhood dream of playing in the NFL.

From the town of Wiggins in northeast Colorado (population under 900), Dalton didn’t let his small-town prospect limit his big-time ability. Highly recruited out of high school as ESPN’s #7 center in the country, Dalton excelled at Kansas State University earning more accolades than anyone had ever imagined. As a sophomore, Dalton’s peers voted him team captain in what would be his first of three years earning such a prestigious honor.

During his final year at Kansas State, Dalton’s real purpose in life became clear; he would use his football platform to create a foundation with a mission centered around “positively impacting others through love and kindness”. Managing his priorities in order of God, Family and being kind to others is not just something he says, it’s something he lives by.

Mitch Risner  
*(Dalton’s father)*

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*To anyone in need of a positive impact.  
To those in need of a hero....*

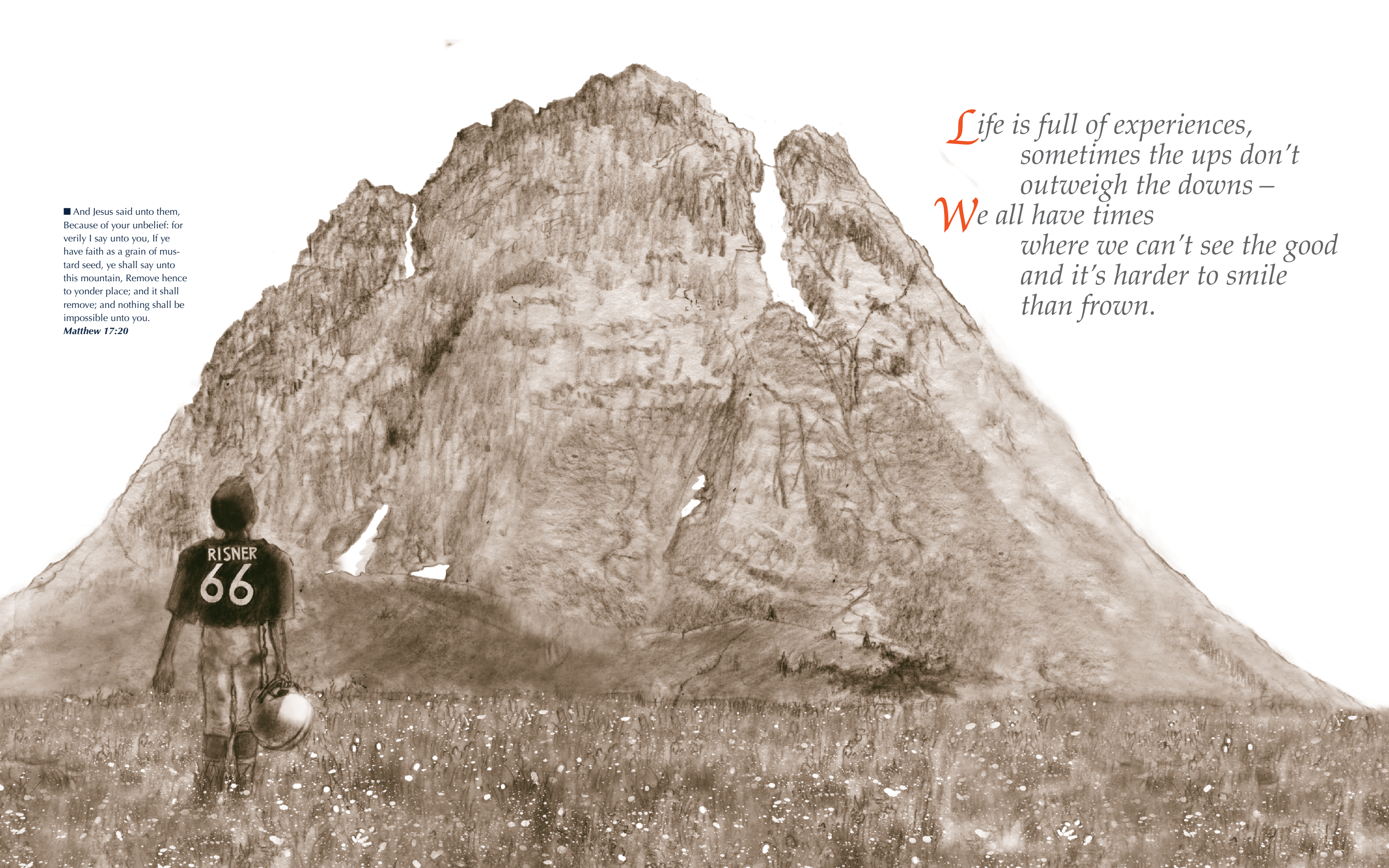
# RISE UP

WITH  
JEFFERSON KNAPP

ILLUSTRATED BY  
TIM LADWIG

DALTON RISNER





■ And Jesus said unto them,  
Because of your unbelief: for  
verily I say unto you, If ye  
have faith as a grain of mus-  
tard seed, ye shall say unto  
this mountain, Remove hence  
to yonder place; and it shall  
remove; and nothing shall be  
impossible unto you.

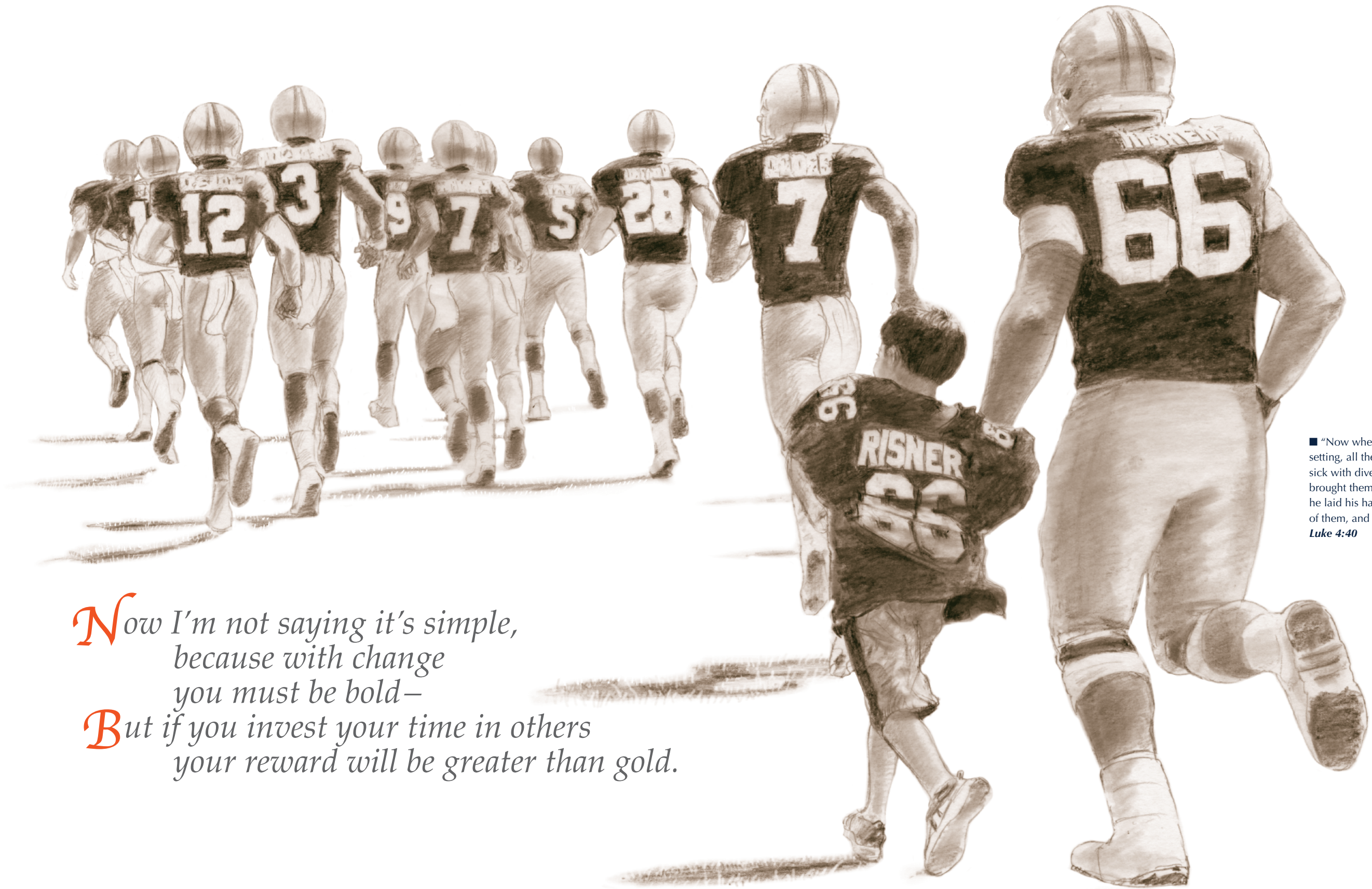
*Matthew 17:20*

*Life is full of experiences,  
sometimes the ups don't  
outweigh the downs –  
We all have times  
where we can't see the good  
and it's harder to smile  
than frown.*

*But I've learned a way to make it easier  
and it doesn't require more time—  
It only takes opening up your heart  
and switching  
to a new frame of mind.*

■ Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits. **Roman 12:16**





■ "Now when the sun was setting, all they that had any sick with divers diseases brought them unto him; and he laid his hands on every one of them, and healed them."  
*Luke 4:40*

*Now I'm not saying it's simple,  
because with change  
you must be bold—  
But if you invest your time in others  
your reward will be greater than gold.*



■ Finally, brethren,  
whatsoever things are true,  
whatsoever things are honest,  
whatsoever things are just,  
whatsoever things are pure,  
whatsoever things are lovely,  
whatsoever things are of good  
report; if there be any virtue,  
and if there be any praise,  
think on these things.

*Phillipians 4:8*

*Many of us believe  
we're unimportant,  
that is so far from being true—  
Look in the mirror  
and try to tell me I'm wrong,  
I see an amazing person in you.*



*If someone is lonely  
offer them comfort,  
your compassion is just  
what they need—  
Something that others think  
is insignificant can be  
the greatest of deeds.*

■ Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: 9 Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. **1 Peter 3:8,9**

*When someone is going through hardship,  
rise up and  
give them a hug –  
You'll be amazed by the relief  
in their smile  
you gave them  
a much-needed tug.*

■ ...he that sheweth mercy, with cheerfulness.  
Let love be without dissimulation. Abhor that which  
is evil; cleave to that which is good. Be kindly  
affectioned one to another with brotherly love; in  
honour preferring one another;  
**Romans 8b-10**







■ Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus, who, being in the form of God, thought it not robbery to be equal with God, but made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men. And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

*Philippians 2:3-8*

*If someone is struggling  
and can't pull through,  
rise up and offer your strength –  
When we bear someone's burden,  
it makes it much lighter be willing  
to go that extra length.*

*When the helpless are in trouble,  
rise up and don't be afraid—  
There's never a moment  
to act too soon be brave  
and don't run away.*

■ Then shall they also answer him, saying, Lord, when saw we thee an hungred, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto thee? Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me.  
**Matthew 25:44, 45**





*If someone is lonely  
offer them comfort,  
your compassion is just  
what they need—  
Something that others think  
is insignificant can be  
the greatest of deeds.*

■ For if ye love them which love you,  
what thank have ye? for sinners also  
love those that love them.

And if ye do good to them which do  
good to you, what thank have ye? for  
sinners also do even the same.

And if ye lend to them of whom ye  
hope to receive, what thank have ye?  
for sinners also lend to sinners, to  
receive as much again.

But love ye your enemies, and do  
good, and lend, hoping for nothing  
again; and your reward shall be great,  
and ye shall be the children of the  
Highest: for he is kind unto the  
unthankful and to the evil.

Be ye therefore merciful, as your  
Father also is merciful.

**Luke 6:32-36**

*Just because someone is different  
doesn't mean they don't  
have any worth—  
I've been privileged to have  
as friends the most amazing  
people on earth.*



■ Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness. **Colossians 3:12-14**

■ But as touching brotherly love ye need not that I write unto you: for ye yourselves are taught of God to love one another.  
*1 Thessalonians 4:9*

*Never forget where you came from,  
because your heart will  
always be there—  
Family, friends and God;  
three things you should  
always share.*





*You can learn a lot  
from an old pair of boots  
that have been through  
mud and rain—  
For years these boots have taught me  
success is worth the pain.*

■ That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death; If by any means I might attain unto the resurrection of the dead. Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus. Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you.

***Philippians 3:10-15***



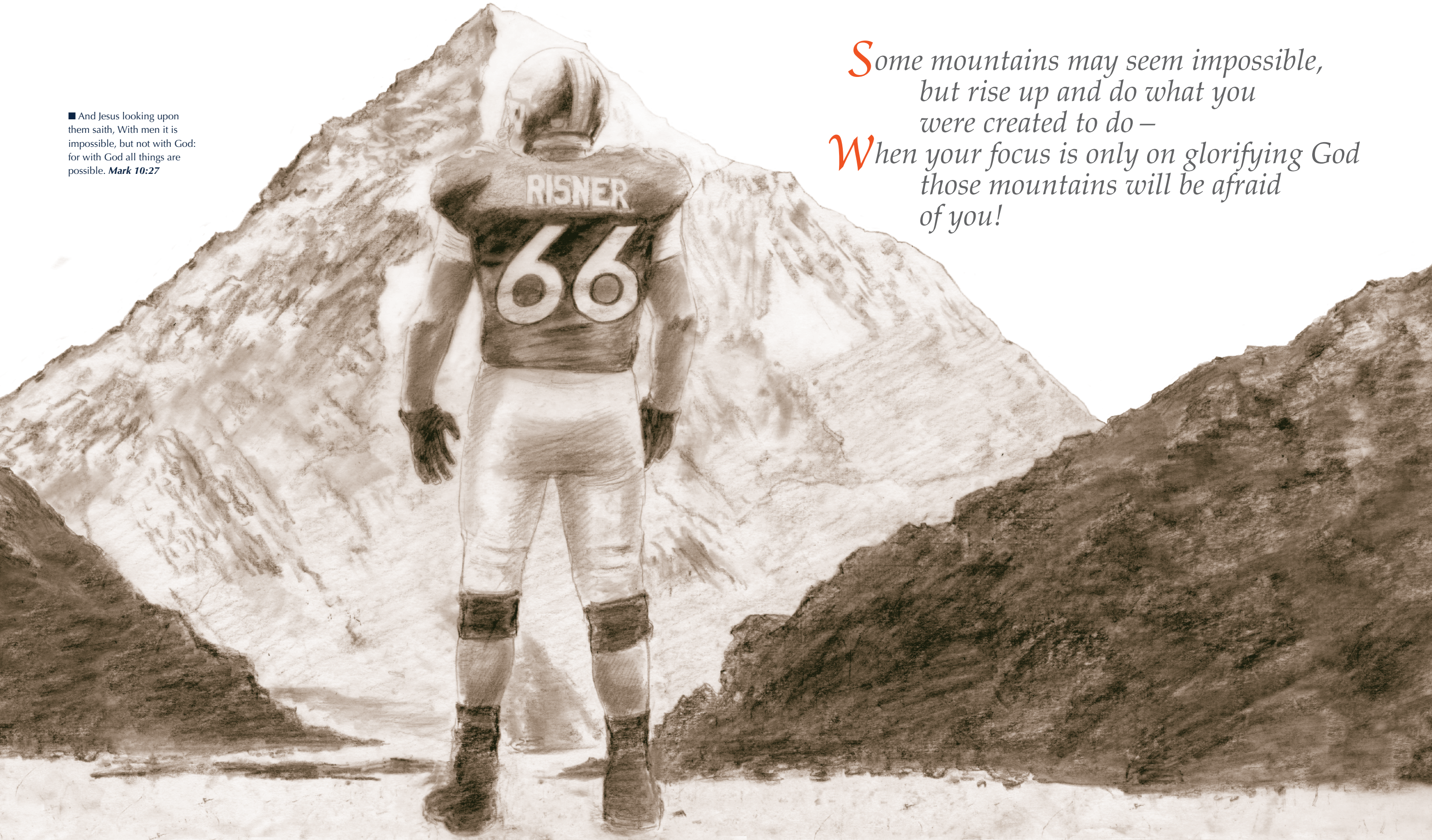
*I wouldn't be here  
living this life if my hero  
hadn't come and saved me –  
He rose up and conquered death  
and sin and because of that  
I am now free.*

■ But now the righteousness of God without the law is manifested, being witnessed by the law and the prophets. Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe. For there is no difference: for all have sinned, and come short of the glory of God. Being justified freely by his grace through the redemption that is in Christ Jesus. Whom God hath set forth to be a propitiation through faith in his blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God; to declare, I say, at this time his righteousness: that he might be just, and the justifier of him which believeth in Jesus.

**Romans 3:21-26**

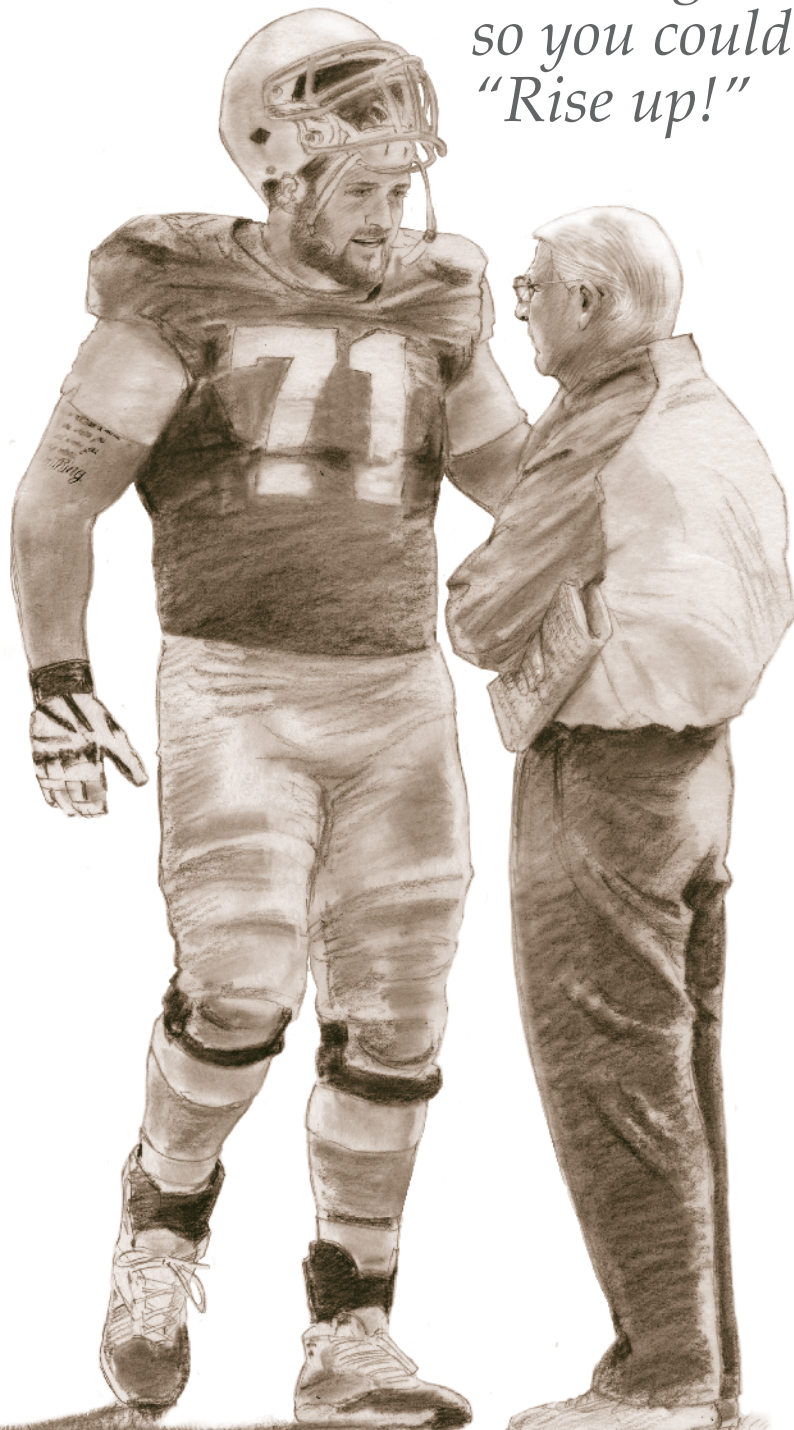
■ And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible. *Mark 10:27*

*Some mountains may seem impossible,  
but rise up and do what you  
were created to do –  
When your focus is only on glorifying God  
those mountains will be afraid  
of you!*





*And don't forget those people  
who helped you along the way—  
They were placed in your life  
at the right time  
so you could hear them say,  
"Rise up!"*



■ And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible. **Mark 10:27**