

PASSING THE BATON

FUNDAMENTALS FOR BUILDING A SPORTS MINISTRY



SPORTS MINISTRY TOOLKIT: BOOK 1

PASSING THE BATON

FUNDAMENTALS FOR BUILDING A SPORTS MINISTRY

John and
Cindy White

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This book is dedicated to our friend and colleague, John Weber, and to all of the veterans of the faith who have gone before to cheer us on as we strive to know God and make Him known. John lived a balanced and Christ-centered life, someone who embodied The Great Commandment to love God and The Great Commission to make disciples. Our friend and colleague, John Weber, was the epitome of grace and truth, someone who could move into your life, make you feel at home, and raise you up to another level of godliness. The words below were written by John prior to his sudden home-going. His life was a legacy worthy to be followed. May his life and words be a reminder for all of us as we attempt to make disciples of all nations through the influence of sports.

LEAVING A LEGACY

By John Weber

Here's the challenge for ALL MEN ...

For each husband, every father.

Leave behind something that will be a blessing and a favor ...

And far more valuable than money and land.

What's more important than cash and an estate ...

Than material means and financial endowment?

Proverbs 10:7

The memory of the righteous will be a blessing,

But the name of the wicked will rot.

A father can leave ...

Righteousness ...

Holiness ...

The Presence of God for others.

The memory of the husband and father should be sweet and happy ...

Positive and pleasing.

On the part of wife, children, friends, loved ones, the remembrances and sentiment:

About dad should ring with gratitude for his...

Faithfulness ...

Grace ...

Godliness ...

Example ...

Character ...

Consistency ...

Leadership ...

Integrity ...

Involvement ...

Endurance.

When the end comes, only one thing really matters and escapes the grave ...

Only a GOOD NAME lasts.

Proverbs 22:1

A good name is more desirable than great riches;

To be esteemed is better than silver or gold.

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INTRODUCTION



INTRODUCTION

So you love God and love sports-what a great combination. Perhaps you picked up this book because God is moving in your life, encouraging you to reach out to others and what better place than what captures your time and attention: sports? Or maybe an opportunity has fallen into your lap and God wants you to do something about it. For whatever reason, you are being given the privilege to love and serve athletes, coaches, administrators and parents, to meaningfully move into the world of sports so that God is honored and lives are changed.

There are many ways to approach this relatively new phenomena of sports ministry. Some may think of a platform evangelism approach like a professional athlete giving a testimony or distributing literature at global events. Others may conceive of church leagues that integrate faith and sports. Another thought generated may be character education through sports. There is not necessarily a right or wrong approach but the depth and fruit will largely depend on a balanced, holistic approach of love and service, truth and grace, evangelism and discipleship, and of course, the integrity of the minister. Even though the focus of priority does shift from time to time depending on the history, the current needs and your desires and giftedness, a growing, multiplying ministry will be evidenced by love and service, opportunities to present Christ in word and deed, and encouraging others to grow and lead. Another way to look at it is more like a farmers guide to tilling the soil, planting the seeds and through hard work and trust in God, reaping a bountiful harvest. If you take the basic biblical principles of cross-cultural ministry to heart and continue to grow in your love and understanding of the people you seek to serve, God will break down barriers and open up new opportunities to be salt and light in the world of sports and wherever He takes you around the world.

PURPOSE OF THE STUDY:

This Bible study serves as an 8-week study guide to be used by any Christian who desires to develop a ministry in and through the sport world: in their country, on their club team, at their school, or on their youth team. The possibilities are unlimited. However, it is not a one-size-fits-all approach to ministry but rather a sound mission's model applied to sport. For example, prior to entering the mission field, like the apostle Paul, there is a time of **knowing**: reflection and preparation to know God, yourself, and those you seek to serve. The first

two chapters seek to raise the questions: Am I growing in my knowledge of Jesus Christ and my desire to reach out to those who do not follow Jesus Christ? Am I willing to endure hardships for the cause of Jesus Christ? If so, then who is it I am seeking to reach? What are they like? What do they value? What significant problems do they face? How can I be a solution? Through prayer and vision, the journey begins to acquire the necessary skills and resources to move into the culture.

Chapters three through five are about **growing**, offering insight and experiences of how to genuinely serve others by helping them grow in their understanding of God and His will for them. Here you will grow in your ability to communicate God's story of redemption through your life and His word and help others do the same.

Chapters six through eight provide challenge and tools for **going**, passing the baton to the next generation. Here you will be challenged to teach and equip others, modeling the life and mission of Christ, delegating significant tasks, multiplying your life into others. That is the goal: to raise up future generations who follow Christ and will carry on His mission in the world.

STRUCTURE OF THE STUDY:

Everyone has different learning styles. Some learn by listening, others by watching, and yet others by experience. Many times a combination of all of these learning styles provide the best possible means for people to learn what is being taught. This study is designed to create opportunities to learn in all of the ways mentioned above. However, with all of these different styles employed, the greatest motivator to learn comes from another person's care and commitment. The different sections in each chapter follow the pattern below:

ENGAGE - *to motivate the student so that he or she is emotionally and intellectually engaged.*

People oftentimes need to be motivated to learn-without desire, the information communicated will fall on deaf ears. The engage section is to take an abstract, theoretical idea and bring it down into daily thought and experience.

EXPLORE - *to listen to what God has to say through His Word and other people.*

The explore section provides an opportunity to go on a personal expedition for the truth. An explorer gains more satisfaction from doing the hard work of digging for the gold leading to self-discovery than the explorer who is handed the treasure. The Bible is the treasure map which the explorer uses to find the gold.

EXAMPLE - *to see a visual either through graphics or a life story surrounding the topic.*

Pictures can be worth more than a thousand words. It is one thing to hear about something and quite another to see it for yourself. Illustrating spiritual meaning through pictures of people's lives or graphics which help to create

a mind-map in our own cultural context is a powerful way to capture the essence of the truth.

EXPERIENCE - *to capture and embody the truth so that it is practiced in everyday life and ministry.*

Athletes can only learn a small amount in a classroom—they have to get out on the court or field and experience it for themselves. The true test of learning is the ability and focus to put into practice the skills taught. Experience gets people off of the sidelines and into the game. This section is more of a check list for challenge and accountability.

EXCEL - *to go the extra distance by praying and planning so that ideas meet reality.*

The difference between inspiration and execution is perspiration—it takes hard work and dependence on God to build His kingdom. For ministers of the gospel, the perceived small yet significant discipline of praying and planning makes all the difference. This section is all about envisioning a special future and devising steps along the way to get there, trusting in God's wisdom, the power of His spirit and personal discipline, to accomplish the task.

BASIC PHILOSOPHIES OF SPORTS MINISTRY

Ashley Null



SPORTS MINISTRY

In general, strategies for sports ministry can be divided into two broad approaches, ministering through athletes and ministering to athletes. These methods are not mutually exclusive. However, most sports ministers give priority to one approach over the other in their work with athletes.

MINISTRY THROUGH ATHLETES

Evangelism is the top priority for these ministers. Their goal is to reach as many people in the world for Christ as possible through the massive global interest in sports. They encourage high-profile Christian competitors to use their platform for the Gospel. Because so many non-Christians idolize these believing sports stars because of their physical prowess, large numbers of people will listen to Christian champions when they speak about their faith. So these ministers recruit top athletes and provide them opportunities for giving their testimony. They also piggy back on the public's interest in a major sporting event like the Olympics. They develop outreaches to the spectators which usually include literature and DVDs that combine testimonies from notable Christian athletes with the plan of salvation presented in the sporting language.

The *through* athletes strategy relies on the natural desire for everyone to be a winner. One approach is to argue that just as a person wants to be a winner in sports, it is important that he or she try to be a winner in life, and that requires getting right with God. Others, however, appeal directly to every athlete's desire to be a champion. They teach that spiritual strength is necessary for athletic success itself. If athletes want to do their best in sports, they must first get right with God. Both approaches rely on the same underlying assumption: When the truth of the Gospel is explained in sporting analogies, people in sports will understand God's rules and will naturally want to play to win accordingly.

The ultimate target audience for a *through* athletes ministry is the sports fan. These ministers may work with top athletes, but their primary purpose in bringing them to Christ is so that they will use their sports platform for Christ. When these ministers encourage top athletes to evangelize their teammates, it is so their fellow athletes will start using their platform with fans for Christ, too. Because of this clearly focused evangelistic purpose, addressing the pastoral and ethical issues faced by competing athletes is a secondary concern.

Clearly, the over-all thrust of ministry through athletes is to make Christianity appealing to as many sports fans as possible through associating the faith as closely as possible with sporting success.

MINISTRY TO ATHLETES

This strategy focuses on disciplining and equipping athletes to live a Christian life in the midst of the sporting world. The sports fan is not its target. Instead, ministry *to* athletes treats competitors, in mission terms, like an unreached people group. The ultimate goal is to establish a body of believers whose daily life in the world of competitive sports will bring other athletes to Christ and whose conduct will then influence sporting culture toward Christian values.

The fundamental premise of this approach is that the athlete should be valued for whom he or she is as a person. Individual sportspeople are worthy of being ministered to, not because of what they can do, either as a sportsperson or as a potential evangelist for Christ, but simply because Christ's death shows how much God wants to lavish his love on them.

Since everything else in an athlete's world is determined by performance, the Gospel of grace has an incredibly powerful appeal. So ministers *to* athletes teach sportspeople to separate their personal identity from their athletic performance. Learning to base their worth only on Christ's performance on the cross for them frees sportspeople from being held hostage to all the ups and downs of competition. Equally important, however, it helps prevent athletes from seeing God as just another coach whom they have to please by proving themselves good enough as well, but this time, to the incredibly high standard of a biblically pure heart and mind. That's of course a recipe for spiritual disaster. So the goal of ministers *to* athletes is simply to be visible witnesses to God's unconditional love. They seek to serve athletes without asking for anything in return. Instead, they merely encourage the athletes with whom they work to show the same unconditional love to their teammates, competitors and coaches, as the ministers have shown to them.

Outstanding Christian athletes who feel called are still encouraged to use their platform to reach sports fans. However, they are reminded that their first priority is always to use that platform to reach fellow outstanding athletes through their loving friendship. After all, few people have as much access to sports stars as other sports stars. Of course, teammates are among the few people to know whether the high-profile Christian's character matches his or her message. But for that very reason evangelizing their peers through love and service can lead to real maturity in Christians who are top athletes.

A CONCLUDING CONTRAST

Ministers *through* athletes seek to identify Christianity as closely as possible with sporting success to gain a hearing from a global audience for the Gospel. Ministers *to* athletes seek to separate the Gospel from sporting success as much as possible so as to nurture a biblical understanding of grace that will change the lives of Christian athletes, and equip them to become radical revolutionaries for God's unconditional love throughout the world of sport.

A FINAL COMMON GROUND

On the one hand, a ministry *through* athletes is only as healthy as its ministry *to* athletes. After all, without effective discipleship, the very credibility of the Gospel itself can be brought into question. Sportspeople with big reputations can easily be prompted to use their platform before they have gained sufficient spiritual maturity. When such poorly pastored “poster” Christians stumble in their moral life, everyone reads about it in the news. Literally overnight the sportsperson’s platform is gone—much to their and the sport ministry organization’s shame. When sports heroes are not well disciplined, even athletic success presents a danger to their evangelistic platform. Overt displays of self-centeredness and excessive showboating in victory turn many fans off, no matter to whom the athletes say they are giving “their” glory. For the sake of the soul of their elite sportspeople as well as the viability of their evangelistic platform, ministers *through* athletes must devote considerable attention to mentoring. Therefore, they must take special care to preach and practice the same Gospel of grace as ministers *to* athletes. Otherwise, their emphasis on evangelism will simply harness sportspeople’s slavery to performance to serve the minister’s own need for success. When that happens, athletes as well as their ministers never discover the depth of new life in God’s unconditional love for them.

On the other hand, a ministry *to* athletes is only as healthy as God’s ministry *through* the athletes into the lives of others. Unless the Lord is working through a ministry to raise up influencers of sport and wider society, a focus on supporting the needs of athletes can easily smack of navel-gazing sports psychology or worse, mere rudimentary emotional therapy. Just like the proclaiming the Great Commission must be done through practicing the Great Commandments, so also practicing the Great Commandments should lead to proclaiming the Great Commission.

Here is fundamental common ground. In the end, both ministers *through* athletes and ministers *to* athletes must incorporate what is essential to the other approach to be truly successful in their own calling.

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LESSON 1: PREPARING YOUR HEART

GOAL- TO LOOK INWARD BEFORE MINISTERING OUTWARD.

“You stir man to take pleasure in praising You, because You have made us for Yourself, and our heart is restless until it rests in You.”

- Augustine

Coaches and athletes are usually high achievers. They like to be challenged. They like to work hard. They like to win. These may be admirable qualities to have and may be very useful in a Christian’s life, but every strength can also be a liability. Coaches and athletes are also very performance-oriented. Good coaching, recruiting, and work ethic means success. But when it comes to the Christian life, God’s standards of success are not just external results but the internal qualities of a person’s heart. He evaluates His people based on faith, honesty, obedience, and use of giftedness, to name a few. The same is true for those who minister in the sport culture. Often, the gauge for success in ministry is built on numbers and high-profile associations rather than fruit that remains. **The goal of this lesson is to take a look inward at our heart’s desires and primary pursuits before ministering outward in the world of competitive sports.**

ENGAGE ENGAGE ENGAGE ENGAGE ENGAGE



ENGAGE

Theologian Murray Harris often mentioned to his students that if we want to know if a man is alive, we do not ask to see his birth certificate; rather, we are better informed by a trip with him to the refrigerator. Harris suggests that being born, while important, isn’t the primary issue in determining one’s current relationship to the world. Dead men have no appetite, so a desire to eat demonstrates at least some amount of life. In the same way, our spiritual lives should not be solely tied to a past moment of conversion or family tradition, but to our current appetite for the things of God. How would you assess your appetite for God right now? True ministry begins from a heart that is hungry for God, so before going any further, let’s do some heart assessment.

On your own or in a group draw out a timeline of your spiritual journey. Identify your highs and lows, pivotal points, and the significant people and events that have occurred in your life.



EXPLORE EXPLORE EXPLORE EXPLORE

EXPLORE

Read Psalm 63 two or three times.

1. What phrases or word pictures (focus on metaphors and verbs) in this Psalm describe the author's longing?
2. David, the writer of this Psalm, expresses his quest to know God with his whole person—mind, body, and soul. Write out the current ways you pursue God.
3. Think about something or someone you have longed for in life. Describe the process (how it felt, thoughts, attitudes). How does this compare to David's personal description?
4. Have you ever longed for God like the writer of Psalm 63? If so, explain what this was like? If not, what has prevented you from doing so?

Further reflection: What does God desire in the following verses?

1 Samuel 16:7; Psalm 51:10; 17; Proverbs 4:23; Philippians 4:7



EXAMPLE EXAMPLE EXAMPLE EXAMPLE

EXAMPLE

DAVID: A MAN AFTER GOD'S HEART

The writer of Psalm 63 is David, King of Israel from around the 10th century BC. But David wasn't born into royalty, nor grew up in a family of power. David was a shepherd boy and the youngest in his family. God told Samuel to choose David as leader of His people because of David's childlike faith. Was David fearless? Absolutely not but he trusted in God's presence. Did David ever disobey God's will? Absolutely, but he trusted in God's forgiveness. To David, God was much bigger than himself and God was the One who deserved the honor and glory.

After David was crowned king, it would be easy to imagine pride, self-reliance and ambition to grow in his heart yet with all of the responsibility and chaos that comes with this powerful role, he continued to pursue God with such desperation. Among his responsibilities, David was known as a courageous warrior and general of his armies with a significant sphere of influence stretching from the Egyptian frontier to the upper Euphrates. He is

a king, and yet he carved out time to write over 73 psalms of praise and pursuit of God. Even more incredible is the fact that David wrote this psalm as he fled from Absalom, his third son, and others who threatened his life. This psalm characterizes worship that suits David's difficult situation, depicting a heart after God when all else appears barren like the desert in Judah, where he literally was.

As life gets more complicated and competitive, as the crush of the calendar or the never-ending travel schedule is felt intensely, as the "pile" at the office or home grows, we grapple with the same tension as David. His example offers insight on how God-centered his life was during a difficult time. David was driven to God versus distracted and led further away from Him because of the longing God implanted in his life as his Lord and Redeemer. He needed God more than anything else!

EXPERIENCE EXPERIENCE EXPERIENCE EXP



Regardless of what your appetite for God is right now, Christian attributes and practices, called spiritual disciplines, can enhance your understanding of God and prepare you to live faithfully in the world. These disciplines have been practiced for thousands of years by those who desire to know God and enjoy Him as He intended to be experienced. Consider what adjustment you might make even today to pursue God wholeheartedly. Ask Him to satisfy your heart in Him and to fill you with a desire for His presence. Genuine godliness and ministry flows most powerfully from a heart that is satisfied in God.

- Take the How Is Your Heart assessment in Appendix A
- Pursue God wholeheartedly
Consider the spiritual disciplines mentioned in the assessment (prayer, Bible study, community fellowship, accountability) and build margin into your life to develop your relationship with God and others, (see Appendix B for further details).
- Make wise decisions based on priorities
Discern how you spend your time by using the Weekly Schedule Chart in Appendix C. For one week, first write down all of your non-negotiable activities (meals, classes, jobs, sleep) followed by your optional activities. Figure out how much time you spend doing each activity. Can you make any adjustments that would free up time for your highest priorities?

EXPERIENCE

- Dream about how you want to be used by God

Brainstorm over the following questions: If you could do anything right now to build God's kingdom in your given location, what would it be? What would you really want to see happen? Consider your gifts, abilities, passions, current position, etc.

- Memorize Prov. 3:5-6

Bring all of your anxiety and potential obstacles to the Lord. Begin to trust Him for bigger things in your life and ministry.



CELEXCELEXCELEXCELEXCELEXCEL

EXCEL

"The people who know their God will display strength and take action" (Dan. 11:32b). Commit yourself to act on what God is prompting you to do.

PRAYER

Thank God for who He is and then bring your requests to Him.

Gracious Father, I surrender my thoughts, desires and life to you. Continue to transform me into Your image so that You are glorified in me here on earth as it is in heaven. You said that if I humble myself and seek You, then You will work in and through my life. Thank you that your grace is sufficient and your love is perfect. Guard me from the false security of success in this world; help me to take the focus off of myself and put it on You; help me to live faithfully as I seek to love You and those You have placed in my life. I realize that all of my participation in sports and ministry is under Your rule and reign. Give me ears to hear You clearly, eyes to see others as You see them, a heart to feel their pain and the perseverance to play my part in Your kingdom. I step out in faith, trusting You to use me as You want.

REFLECTION

Be honest with God about what are you thinking and feeling.

PLAN:

As a result of this lesson, I will do the following:

What Do I Need to Do?	When Do I Need to Do It?	Who Do I Need to Include?	What Resources Will It Take?
<i>Buy and read Spirit of the Disciplines</i>	<i>1 month (by Sept. 1)</i>	<i>Accountability Partner</i>	<i>\$12.00</i>

LESSON 2: UNDERSTANDING THE CULTURE

GOAL- TO LEARN ABOUT YOUR LOCAL COMMUNITY SO THAT
THE GOSPEL IS RELEVANT.

“Do not bring us the gospel as a potted plant. Bring us the seed of the gospel and plant it in our soil.”

- Mr. Murthi, Indian evangelist

It can be tempting for an enthusiastic Christian to jump into ministry head first without giving much thought to the particular audience in which he or she is serving. Passion for building God’s kingdom starts with loving God and then loving your neighbor as yourself which includes a keen sensitivity to the people and their particular culture. A heart that genuinely seeks to understand others (beliefs, practices, attitudes, challenges) goes a long way in breaking down relational and spiritual barriers. **The goal of this lesson is to begin to learn about the culture in which God has placed you so that your ministry is relevant to the people.**

ENGAGE ENGAGE ENGAGE ENGAGE ENGAGE



ENGAGE

A good farmer will always do “soil analysis” before seeking to cultivate a crop in his field. He needs to understand the context within which he is hoping a seed will grow: past history of crop growth, type of soil, effective fertilizers, and climate. A good minister will also do the same. The gospel is always the same message, but the methods and the way it is incarnated often changes depending on where and to whom you are ministering. If we are going to plant seeds that have a chance of taking root, then the gospel must make sense in the “cultural” language to those who hear it. Think about the following questions and briefly share what you know about the particular history and culture of the area.

What do you know about the particular country, city, sports teams, departments or clubs in which you are located?

How does the general public view sports? What about the athletes and coaches? (All or nothing, no big deal, not a top priority, other bigger issues in life, etc.)

What are the demographics of the individual participants? (Age, race, gender, level of competition, particular sports)

Who are the leaders (people of influence) within this organization or community and what do they value most?

Are there any existing supportive athletes, coaches or administrative staff?

What is the history of Christian influence or work here? Is it positive or negative and why? Is there a strong philosophical or theological difference between the religious community and the sports world?

If you cannot answer these, then begin to do some homework (asking and listening, reading articles, press releases, watching interviews, etc.) as you meet new people and discover new insights about this culture.



EXPLOREEXPLOREEXPLOREEXPLOREEXPLORE

EXPLORE

Every group of people has certain values, certain beliefs, a certain history that helps define who they are and how they view the world. In Native American culture, a totem pole posted at the entrance to the village communicated what the community valued through its engravings and reminded both its dwellers and visitors the values they embraced. Anyone seeking to minister among a community of people should first seek to understand that community's "totems".

The apostle Paul was an early Christian missionary who on many occasions demonstrated what it might look like to minister with a culture's totems in mind. One example he left us is found in Acts 17 while visiting Athens. Athens at this time was a rapidly growing city full of competing religious and philosophical ideas. As Paul noted the many idols being worshiped in the city, he struggled to engage the Athenians with the gospel.

Read Acts 17:22-31

1. What observations did Paul make about the Athenians? Record these specifically since it assumes that Paul understood his culture in advance.
2. How does Paul affirm the Athenians before offering a different message? Why is finding “common ground” helpful and necessary?
3. Explain how he transitions from their “totems” to the idea of a relationship with a living God?

Further reflection: How was the gospel contextualized (put in context of the audience) in the following verses?

John 4:7-26; I Cor. 9:19-23

EXAMPLE EXAMPLE EXAMPLE EXAMPLE EXA



The paradox of the Christian life reminds us that we often can have many competing purposes or beliefs which determine why we do what we do. Like the Apostle Paul in Acts, Proverbs depicts a basic sensitivity toward a person’s culture and the underlying assumptions about how they perceive the world works. However, what exactly is the sport culture where we work with athletes, coaches and parents? Kevin Vanhoozer, in *Everyday Theology* (24) defines culture as “a way of life—everything that people say, do, have, make, and think—that is learned and shared by members [on a sports team for example] of a particular society.” Missionaries are trained to see every culture as comprised of three fundamental layers: behavior, values and beliefs (see model below adapted from Lloyd Kwast, *Understanding Culture*).

Behavior (actions of individuals and groups): After many games, it is part of the post-game ritual to shake hands with the other team. Why? Or what about pointing upward after a successful play? There is a value (the

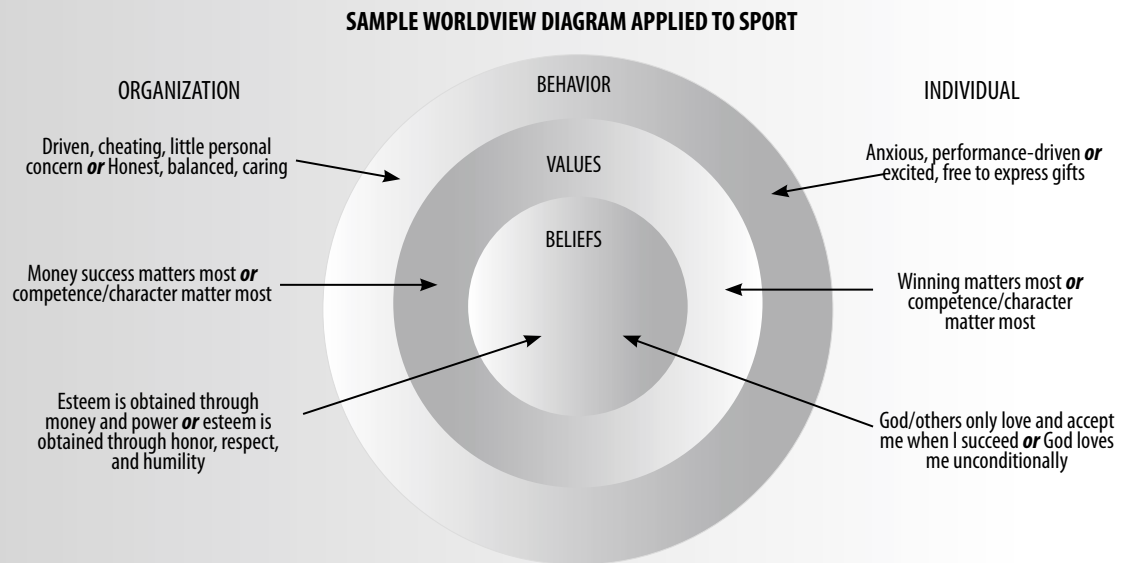
EXAMPLE

next layer) that holds these kinds of experiences together. On the surface, it may just look like an activity but underneath there are certain values that drive the behavior.

Values (that which is perceived as good): This next layer helps us to understand the choices that a sports person makes between different alternatives. They could be right or wrong by a Christian estimation but nonetheless the person perceives that this course of action is best because this is what my sports teams (sport system) values. For example, winning can be a supreme value, therefore, it may be overlooked when coaches use destructive motivational techniques in order to get the most out of the players.

Beliefs (what I think is true about myself, God, others, the world): Beliefs lie at the core of a person. They ultimately determine what concerns are most treasured by a person and the culture. In your community, there are traditions, rituals, and values that support a particular belief system. In sport, there is a whirlwind of beliefs circulated and delivered from the media, sponsors, parents, athletes, coaches, peers, administrators, alumni and others which is either consistent with or contrary to the gospel.

It is our job as ministers to understand the culture in which we minister and to offer truth and grace so that behavior is consistent with beliefs. Look at the sample worldview diagram below. Begin by observing specific behavior for the organization and/or individual. Work your way through the layers, into the values and finally, into the belief system. See if you can come up with your own scenario based on your current situation. First identify certain behaviors or actions, try to attach a value to that and what the possible belief system would be.



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The task of understanding the culture in which you are ministering can be both exciting and challenging. Here are some suggested possibilities to help you get started:

- Begin to understand different worldviews in your community.
Watch a movie, read sports-related articles, listen to interviews, etc. As you do this, watch and record the different layers. Start by asking: What are the underlying values motivating certain behavior? What deeper belief system lies at the core of those values?
- Look back in the Engage Section and begin to understand your community.
Record information and insights as you look and listen.
- Read local articles and visit the sports information office.
Ask for media guides that would give you insight into the people you came to serve.
- Establish key contacts.
Find a supportive coach, player, administrator or fellow-minister who can tell you about the religious or spiritual climate of the athletic department, club or team.
- Determine where ministry and relationships can grow.
Where do sports people work, live, eat, train, relate, etc.?
- Calendar all sports-related events and note newsworthy items.

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EXCEL

“The people who know their God will display strength and take action” (Dan. 11:32b). Commit yourself to act on what God is prompting you to do.

LESSON 3: SERVING THE PEOPLE

GOAL: TO LIVE OUT THE GOSPEL IN WORD AND DEED.

“Hungry not only for bread—but hungry for love. Naked not only for clothing—but naked for human dignity and respect. Homeless not only for want of a room of bricks—but homeless because of rejection.”

- Mother Teresa

The Christian life is a paradox—a radical reversal from worldly values to kingdom values. Instead of the pursuit of money and fame, Jesus calls for the pursuit of godliness. Instead of getting even, Jesus opens his arms in forgiveness. Instead of coercion through force, Jesus wins loyalty through love. In highly competitive sports, this type of character is difficult to achieve, but the truth is, when this type of character is on display the gospel becomes authentic, a hope, a vision for others. Loving and serving others disarms people, communicating, “you are very special and worth my effort”. Acts of kindness display a life committed to kingdom values. Like Jesus, a minister of the gospel is to lay down his life for the sake of another. This is how the world will be won. **The goal of this lesson is to show love and grace through a humble attitude so that your words of truth are backed with compassion and service.**

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Read the following complexities of life evidenced in the world of sports coupled with the unique needs of coaches and athletes. As you read or share, put yourself in the shoes of these coaches and athletes—in each scenario discuss what might be helpful or encouraging in light of their needs.

- Pressure to please coaches, teammates, administration, family, friends, and themselves. Scholarships or jobs may be on the line.
- Limited time due to their practice and game schedule.
- A tendency toward perfectionism: a strong fear of failure mingled with competitive confidence.

- Many experience an emotional roller coaster where self-esteem and worth are tied to their performance in sport.
- Entitlement and coddling encourages pride, self-promotion and a false sense of security.



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EXPLORE

Read Matthew 20:20-28

1. Who are the characters in this passage?
2. How would you summarize what is happening in this passage?
3. In requesting preferment for her sons to sit at Jesus right and left, their mother is essentially asking that James and John are second in command in Jesus' kingdom. What do you think of her request? Why would she request such a privilege for her sons? Is there anything wrong with her desiring special treatment for her boys?
4. Why are the other disciples angered by this?
5. Why is Jesus' response in verses 25-28 so surprising? What is the contrast that he is drawing?

Further Reflection: Describe the extent of service and sacrifice in these verses:

Isaiah 53; Philippians 2:1-11; John 13:5-17



EXAMPLE

The McCown Sport Ministry Map is a practical tool designed to help sport ministers incorporate relevant ministry to the audience in which they are seeking to minister. This map is a combination of the Engel Scale (from no awareness of God to ministry to others seen on the vertical axis) and the level of involvement in sports (from spectator to high profile seen on the horizontal axis). Since every person is on a spiritual journey, the Engel scale allows you to better understand the spiritual atmosphere of the individual or community in general and how you might consider serving in order to reveal the gospel in word and deed. The horizontal axis will aid in your approach to that particular audience. For example, are you seeking primarily an evangelistic ministry to the fans of sport (Quadrant 1) or a discipleship ministry to the people of sport (Quadrant 4)? Are you reaching out to youth players and parents (Quadrant 2) or are you seeking to get fans who have been won to Christ involved in church (Quadrant 3). Keep in mind that spiritually healthy ministries are always balancing evangelism and discipleship along with partnerships with churches and organizations. Based on your cultural and sport context, determine where and to whom you sense God is leading you to serve.

THE McCOWN SPORT MINISTRY MAP





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In more elite sporting venues, coaches can be very protective of their teams and the athletes under their trust. They tend to be suspicious of anyone who lingers around their team, believing that person must want something since that is often the case. To make yourself available to help unconditionally aids in the trust process and builds goodwill. Service lends itself to you becoming a “safe” person for the coach to trust with his or her players and staff.

- If you haven’t already, read the Philosophy of Ministry found in the Introduction. Continue to pray through your vision and goals for your ministry.
- Begin to pray for those God has placed in your life.
Make a top 10 list and pray daily for an open mind and heart, trust to be built and for opportunities to present Christ in word and deed.
- Make contact with the leaders or coaches (letter or phone) in a professional and courteous manner. Include the following:
 - Introduce yourself and your position or interest in the program
 - State your purpose and a desire to call or meet that particular person.
- Look over the list below and consider ways to serve in your community.

Sport

Line judge/score keeper
 Airport transport
 Team mom
 Road trip snack packs
 Attend games
 Help with laundry

Academic

Tutor athletes
 Offer Sports Ethics Seminar
 Offer Sport & Life Conference
 Provide articles and/or books

Life skills

Team-building exercises
 Time management
 Money management
 Conflict management

Relational

Help relationally with recruits
 Help host team socials
 Offer childcare
 Watch good sport movie

Religious/Spiritual

Chapel services
 Off-season/summer survival kit
 Offer prayer for concerns
 Buy a Study/Devotional Bible

Shepherding/Care

Visit injured athletes
 Host holiday meals
 Gift for coach or administration

- Memorize Philippians 2:3 or I Peter 4:10.

LESSON 4: TELLING YOUR STORY

GOAL- TO AUTHENTICALLY COMMUNICATE YOUR JOURNEY WITH GOD.

“For in my tradition, as a Jew, I believe that whatever we receive we must share. When we endure an experience, the experience cannot stay with me alone. It must be opened, it must become an offering, it must be deepened and given and shared.”

- Elie Wiesel, Holocaust survivor and author

Before and during the Olympics, we are often captivated by such personal interest stories about unique athletes. We are drawn in by their family background, their circumstances and decisions that allowed them to be a high level athlete. It places their sport experience into a real-life drama. Around the world, story-telling is becoming a renewed interest and a very predominant means to communicate information simply because people can relate to stories. It is an intersection between two lives. A recent business article identifies that effective story telling comes from a belief that the story is authentic and people judge that authenticity on the delivery of their story. Your Christian testimony is just that . . . an authentic story of the circumstances, views, people and decisions surrounding your response to God’s work in your life. **The goal of this lesson is to learn how to effectively communicate how God has changed and continues to change your life.**

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ENGAGE

Your testimony is living proof that God has and continues to work in your life. Whether you came to Christ when you were young or not until recently, God has given you a life story to encourage your own faith and the faith of others. Pick one word to describe your life before knowing Christ and then after trusting Him. Share your answers with the crowd.

Using the questions below, write down the thoughts that come to your mind when you consider your own spiritual journey. If you are in a group, it can be helpful to share your thoughts out loud with another person.

What were you like before knowing God? How did you think about God, yourself, others? What were some of your “appetites” that you attempted to fulfill?

What did God do to open your heart to Him? What significant people and events have significantly affected your life, positive and negatively? What was it about God that attracted you? When did the gospel message start to make sense?

After trusting Christ for forgiveness and freedom, how did your “appetites” begin to change? Do you have different values, priorities or relationships?

What does it mean for you to walk with God today? How does He intersect your everyday activities?

Do you see a theme that might summarize your journey or thoughts?



EXPLOREEXPLOREEXPLOREEXPLORE

EXPLORE

Read the apostle Paul’s testimony in Acts 25:23-26:32.

1. Describe the setting in which Paul finds himself in 25:23-27. How would you feel if you were in a similar situation?
2. What is Paul’s attitude in 26:2? Why is this significant as you prepare to share your story with others?
3. In 26:4-11, record what you learn about Paul’s past. How does he transition to his new life in Christ?

4. What are the elements of the gospel proclaimed in 26:22-23?

5. After Festus accused Paul of being “crazy”, how did Paul demonstrate his confidence in the gospel and his new life (26:27-29)?

6. In general, what are the different responses to Paul’s testimony in 26:25-32?

Further Reflection: Faith is like a mustard seed, growing over time. How does Peter’s faith grow over time in the following verses?

Cindy add verses

EXAMPLEEXAMPLEEXAMPLEEXAMPLEEXA



Everyone’s spiritual journey looks different—we come to Christ from many different directions and in many different ways. However our story unfolds, whatever our theological understanding of what happened in our lives, we should strive to communicate the elements of the gospel to people clearly so that they understand how to trust Christ with their lives. The gospel story involves an awareness of sin, God’s initiation toward us, a moment of surrender, and continued growth along the way. While we may all use different language to describe these parts and how we came to understand them, we need to help others understand the core of the gospel in as clear a manner as possible. Each interaction with another human being is unique and may draw out different aspects of our spiritual story, but as God leads and circumstances allow, we want to make clear why a person needs Christ, how a person trusts Christ, and what it looks like to walk with Christ.

Read the following sample testimonies and identify where you see the ideas of sin, forgiveness, acceptance, and other aspects of the gospel. What drew you into their stories?

EXAMPLE

CRYSTAL'S TESTIMONY

I call myself a builder. Throughout my life I built many walls behind which I sought refuge. I had heard about God and Jesus, but experienced hypocrisy in the church early on, causing me to believe it was a place where bad things happened. As a result I built a protective wall to keep people away from me. I saw God as someone who was supposed to be a good guy that I should pray to and hope He would answer in my favor, but did not seek to know Him personally.

Growing up people called me Tuff, and I was being tough! My brothers said I had to be stoic and strong to make it. We never shared hugs, emotions or "I love you's". I became a really good athlete that everyone saw as tough and emotionless. I was the MVP of whatever I played. No one knew about the wall I had built and why I disliked God and the church. I continued to orchestrate my life how I wanted and shut people out except my dad and brother.

My dad, who I was very close with, passed away from heart failure my senior year of high school. Immediately, I built another wall bigger than the first one. I questioned the existence and character of God. If there is a God and He is supposed to be good then why did he take my dad away at the age of 49? No one could tell me anything about Christianity at this point in my life. The very next year as a freshman in college, my brother, who I also thought the world of, went to jail. As you can imagine, I built another wall to completely shield myself from the outside world. I talked to no one, and the comfort I had found in sports was no longer enough to make me happy.

I knew I needed something bigger than competition. Though I had tried to mask my hurts with sports, people, video games and clubs, they did not fulfill me any longer. In my dorm room one night I fell to my knees and asked Jesus to come in and take over, breaking down all the walls I had built between us. Out of desperation, I told Him I could not live this way and go through life on my own any longer. I cried out for His help.

Since then things have not been easy. But, the difference is that I no longer build walls and shut people out of my life in order to protect myself. I have learned that Jesus is who He says He is: my protector and my comforter. Now when times are tough and I am faced with challenging situations I trust that He has it all in control. I no longer try to protect myself from those things or worry when I pray. I trust Him to meet my needs, rather than relying on my self-effort.

With God as my protector I live more freely and have less anxiety about the future. I feel different and worry-free when I trust and believe that God will take care of me. I lean on Him every day because He is my strength, and there is nothing He cannot do!

As I begin a pro basketball career overseas, I am reminded that I now play for an audience of One. I want to stay focused on my real purpose: to glorify God. I need Him to keep my sanity, because I am a long way from

my family, friends and fiancé. Three things help me focus on God in the midst of competing: Praying for my performance on and off the court to glorify Him, that the basketball court will serve as a place I can worship through my talents, and praising God for helping me to play to the best of my ability. These reminders help me focus my heart and efforts on the fact that God is my audience—whether I am playing basketball or living life.

LORENZO ROMAR'S TESTIMONY

Points. That's all I cared about growing up. Putting points on the scoreboard and earning points with God. Obeying my parents, that was good for two. Helping a friend, field goal. Going to church, slam-dunk.

My obsession with scoring points continued into the NBA. Lacking exceptional ability, I had to work twice as hard as everyone else. But I didn't care; I was just happy to be there!

One day in the midst of this striving, I sat down with the Bible—a rare moment. Four hours later, I read a passage that startled me. It said that no matter how good I tried to be—no matter how many points I tried to score with God - His standard would always be out of reach. In that moment, I wanted to give up. If my best wasn't good enough for God, what was?

As I continued reading, my dejection turned to excitement. I learned that God knew I wasn't good enough, so He sent Jesus to die in my place. I didn't have to do anything to win God over. Jesus had taken care of that. All I had to do was believe.

Oddly enough, my life became harder, not easier, after I became a Christian. But I'm thankful to know that whether I experience failure or success, God always has my back. Furthermore, my win/loss record has zero bearing on my status with Him. God loves me for who I am, not what I do. And He loves you just the same.

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Do you find it hard to jump from general conversation to more meaningful, spiritual conversation? Most people find this hurdle too large to jump. However, if you become familiar with the S.H.A.R.E. acrostic below, you will not only express interest in the person with whom you are communicating but also provide initiative and direction for the conversation.

- ☐ Practice using the following acrostic S.H.A.R.E. as you interact with people. This acrostic is a useful way to move from initial conversation to more meaningful topics.

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- S** Secular . . . talk about events/people, what's going on in community, world, etc.
- H** Home life . . . ask where they are from, parents, siblings, etc.
- A** Attitudes . . . see what they think or feel about something in the news or personal.
- R** Religious background . . . worship or church, celebrations, traditions, etc.
- E** Experience with God . . . spiritual experiences, retreats, enlightenment, etc.

- Write your own testimony. Refer to Appendix E on the testimony section.
- Practice good communication skills using the SHARE acrostic on a daily basis.
- Look for opportunities in conversations to share all or part of your testimony.
Ask the person you are talking with to share their journey. Listen as they share.
- Memorize Acts 20:24.



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"The people who know their God will display strength and take action (Dan. 11:32b)." Commit yourself to act on what God is prompting you to do.

PRAYER:

Thank God for who He is and then bring your requests to Him.

Thank you that I can call you Abba, Father. You have shown me grace and have changed my life forever. Because of Your work in my life, I can now testify to others of Your great love and mercy. Please help me to be a positive witness in my own Jerusalem, Judea, Samaria and everywhere You take me in this world. May Your light shine in my competition, my work place, my home, among my family and friends and may the words You give me be kind, gracious, and seasoned with salt. Lord, I desire, like Paul, to testify to the gospel of the grace of God through the leading and power of the Holy Spirit.

PLAN

As a result of this lesson, I will do the following:

What Do I Need to Do?	When Do I Need to Do It?	Who Do I Need to Include?	What Resources Will It Take?
<i>Write testimony</i>	<i>This week (by 10/15)</i>	<i>Christian leader</i>	<i>none</i>

LESSON 5: SHARING THE GOSPEL

GOAL- TO LEARN HOW TO CLEARLY, COMPASSIONATELY AND EFFECTIVELY SHARE THE GOOD NEWS OF JESUS CHRIST.

“The purpose of evangelism is not just to save people from dying without Christ, but to save them from living without Him.”

- George E. Sweazy

The venues and methods of evangelism in the world of sports are as varied as the people who embrace them: high-profile athletes using their platform to share the gospel or youth coaches encouraging young athletes to have character or a concerned player sitting beside an injured teammate offering hope, or new church leagues in the community, the message is the same but the methods will vary. As discussed in Chapter 2, the wise minister will discern his or her desire and giftedness combined with the present need within the local context and begin to trust God for openness and fruit. John Piper says that “missions exists because worship does not” and **the goal of this lesson is to begin to raise up more worshippers by learning how to clearly, compassionately and effectively share the good news of Jesus Christ.**

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If you only had 1 minute to share what it means to have a relationship with God, what would you say? What verses would you refer to? What questions would you raise? Take 1 minute, time yourself and write down the essential content of the gospel.

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EXPLORE

Do a brief overview of the following verses from the Book of Romans to understand the basic flow of the gospel. Write a key word or phrase under each question.

1. Romans 1:18-20. Does everyone have the chance to know God? Why?
2. Romans 3:9-12; 3:23. Who needs the gospel? What is the plight of all people?
3. Romans 5: 1-8. What is the solution to our plight? How is that obtained in verse 1?
4. Romans 8:1,2; 35-39. Accepting this truth results in what?
5. Romans 12:1-2. Because of grace and mercy, what is a reasonable response?
6. After doing this exercise, review your answer from your 1-minute time trial in the Engage section. How close were you to the content of the gospel described in Romans? What elements could you have included?

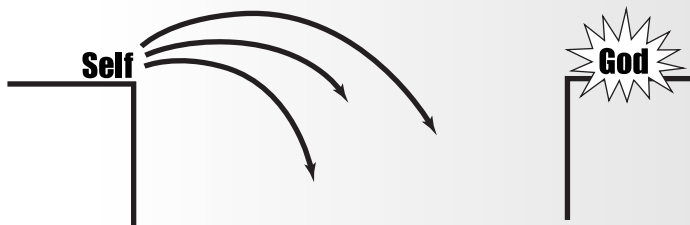
Further Reflection: According to the verses below, how is the gospel at work in the past, present and future?
Eph. 1:5-7; Eph. 1:13-14; Eph. 2:10; I Cor. 15:50-58



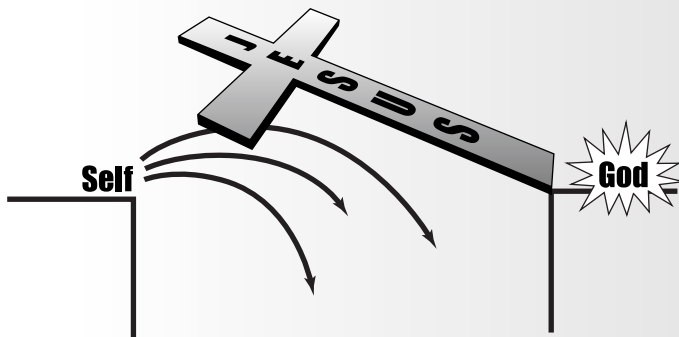
EXAMPLE



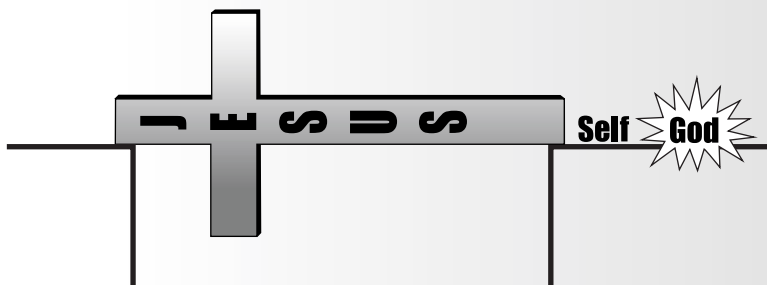
In the beginning God created everything, including you, and said it was very good. Because God made it all, He owns and rules it as the loving and good King who knows what is best. His deep desire is for mankind to share in His love and participate in the responsibility of taking care of His wonderful creation.



Despite God's love for us, we all turn away from Him by choosing to run our own lives. We think we know the best way to find happiness without God. Because He is holy and just, He deals directly with our rebellion by punishing our sin with physical and spiritual death, eternally separated from Him.



Jesus Christ is God's lovingly solution for mankind's sin. Jesus came to earth by perfectly living according to God's standard and yet voluntarily offering His life in our place to pay the penalty for our sin and offer us forgiveness and eternal life.



You can turn from your own way which keeps you separated from God forever by trusting that He has totally paid the penalty for your sin and responding in faith to God's gracious gift of Jesus Christ. If you trust Him, you will be restored to God, enjoy His goodness and live as He intended from the beginning.



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Jesus shared the good news to different audiences in a variety of situations. He shared while He sought to meet the needs of others. While capturing the moment of a larger audience, He did not shrink back from proclaiming life and peace through forgiveness of sins. He allowed circumstances to be teachable moments for disciples and nominal followers. God has given you many opportunities if you are looking for them. Look over the list below of different possibilities in which to present the gospel. Identify several of them that you believe God wants you to do and then be sure to write them in the planning section.

- Individual meetings with athletes, coaches or administration
- Team Meetings (see Appendix G)
- Speaking opportunities, testimony card distribution, radio interviews
- Monthly gatherings—provide a mature Christian athlete or coach to give a testimony or a salt talk (a relevant topic for the athlete). This is a good place to offer ministry opportunities as well.
- Dinners and socials—invite athletes over and have them bring a friend. Have fun and trust God for opportunities to share the gospel in the future.
- Appointments —meet with athletes or coaches who attend chapels, socials or monthly meetings.
- Chapels—a 10-15 minute talk given prior to a game (see appendix).
- Order copies of a magazine, book or gospel track that presents the gospel along with follow-up materials (see the Resource Page).
- Memorize 2 Tim. 4:2 or 1 Peter 3:15

Which venue excites you . . . let's write down the next steps.

PLAN:

As a result of this lesson, I will do the following:

What Do I Need to Do?	When Do I Need to Do It?	Who Do I Need to Include?	What Resources Will It Take?
<i>Plan a social event for athletes</i>	<i>Next month (by 12/15)</i>	<i>Friends and new acquaintances</i>	<i>\$50.00</i>

LESSON 6: ESTABLISHING YOUNG BELIEVERS

GOAL- TO ESTABLISH NEW AND YOUNG BELIEVERS
IN THE CHRISTIAN FAITH.

"All compromise is based on give and take, but there can be no give and take on fundamentals. Any compromise on mere fundamentals is a surrender."
- Gandhi

Leroy Eims in his classic book, *The Lost Art of Disciple Making*, claims that the process of discipleship is "like the educational process from kindergarten to graduation from high school. But the way must be planned and organized. The student has to master many lessons, assimilate many facts, and learn to do many things. A person doesn't learn calculus while playing in the sandbox". Sometimes in Christian ministry we underestimate the value of planning for spiritual growth in our own lives and those we seek to develop. We may think that as long as someone has a good heart, they are ready to go. While it is true that attitude can make up for a lack of aptitude, it is prudent of a Christian leader to consider deeply the needs, desires, and giftedness of those he or she seeks to equip for when obstacles come, there is a sure foundation to stand strong. The challenges of equipping disciples in the sport context can be extremely satisfying and fruitful but the need to personalize the approach is even more significant due to the pressures on time and performance. **The goal of this lesson, is to learn how to establish new and young believers in the Christian faith.**

ENGAGE ENGAGE ENGAGE ENGAGE ENGAGE



When you were first starting your athletic or coaching career, list some essential elements to receive or impart in order to develop in competence? Other than physical excellence, what intrinsic qualities were important to develop?

PHYSICAL

MENTAL

SOCIAL

LIFE SKILLS

ENGAGE

In the same way, you will begin to establish others in the Christian faith. Describe your initial reaction to the thought of leading others in their walk with Christ?



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EXPLORE

Read John 15:1-5.

Identify and write an observation about each of the metaphors represented in this story. As you consider each metaphor, think of the possible image related to the culture in biblical times. Look for answers to questions pertaining to Who? What? When? Where? Why? How?

1. The vine:

2. The vinedresser:

3. The branches:

4. What does the idea of remaining or abiding mean?

5. What are some principles of growth found in the passage? Now transfer those principles to your Christian life. What do you need in order to stay alive and bear fruit, certain fundamentals that will help you to thrive?

Further Reflection: What does it take to build a strong foundation according to Psalm 119? Identify and pray through the divine-human cooperation (your part and God’s part in growth).

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EXAMPLE

All people learn and grow differently but one thing is sure, all people develop because someone has given them knowledge, attitudes and skills. Some learn predominantly by what they see (visual), others by what they hear (auditory), and still others by what they do (kinesthetic). As you think of building into the lives of others, consider different learning styles and what approaches might be best for each individual. Below is a chart that highlights the fundamentals of the Christian faith and areas all new believers need to grow in. This will help you to identify and evaluate the people God has placed in your care. Also, see Appendix H, discipleship plan. Spiritual multiplication has a long-term impact and a strategic contribution to the fulfillment of the Great Commission. The following chart demonstrates the difference between an addition ministry and a multiplication ministry. You will see two scenarios. First, one person who reaches 100 people per day for 16 years. Second, the process of building disciples who build other disciples.

Years	Reach 100/day	Each disciple build a disciple/6 months
1	36,500	4
2	73,000	16
3	109,500	64
4	146,000	256
5	182,500	1,024
6	219,000	4,096
7	255,500	16,384
8	292,000	65,536
9	328,500	262,144
10	365,000	1,048,576
11	401,500	4,194,304
12	438,000	16,777,216
13	474,500	67,108,864
14	511,000	268,435,456
15	547,500	1,073,741,824
16	584,000	4,294,967,296

1. What motivation do you find for being involved in spiritual multiplication?

2. What motivates you to be involved in spiritual multiplication?



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- Make contacts with known Christian athletes or coaches.
- Begin to help connect Christians to others in the local Christian community. Journeying with others who are attempting to grow is absolutely crucial to a person's spiritual development.
- Begin follow-up Bible Studies with young believers and if there are enough mature Christians or future leaders, consider starting a leaders or training group. (See spiritual disciplines, Appendix B and the Resources Page)
- Invite athletes and coaches to church with you or to attend their church with them. Be sure to include families where appropriate.
- Encourage them to attend retreats, projects, and camps (check your local AIA (www.aia.com) or sport ministry partnerships for opportunities.) If there are no weekend retreats, pray about starting one.
- Memorize Philippians 1:6.



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EXCEL

"The people who know their God will display strength and take action" (Dan. 11:32b). Commit yourself to act on what God is prompting you to do.

PRAYER:

Thank God for who He is and then bring your requests to Him.

LESSON 7: MULTIPLYING YOUR LIFE

GOAL- TO DISCIPLE BELIEVERS SO THEY ARE ESTABLISHED IN THE
FUNDAMENTALS AND EQUIPPED TO MINISTER ON THEIR OWN.

“The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it.”
- Theodore Roosevelt

Good coaches are good teachers, leaving an impact long after the season is over. Legendary basketball coach, John Wooden, perhaps exemplified good coaching based on a set of ideas, most notably, his Pyramid of Success founded upon good character in everyday life more than the scoreboard. Rather than his winning record, Wooden’s greatest achievement was his gift to others, his teachings on how to find the best in oneself and how to find peace of mind. UCLA won championship after championship because of ideas (see Gary Walton’s *Beyond Winning: Timeless Wisdom of Great Philosopher Coaches*). The only worthy gift to pass on must be one that can, in good conscience, be given to the next generation. This principle of multiplication or leaving a spiritual legacy, is just what Christ had in mind when He gave The Great Commission to His followers in Matthew 28:19-20. Disciples, ones who are life-long, devoted students, of Christ are called to go out into the world and win others who would come to be what they themselves are—disciples. To “make disciples” means to not only follow Christ but also lead others in His way, passing the baton from one generation to the next. **The goal of this lesson is to learn how to multiply your life into other believers so they are established in the ways of Christ and equipped to minister on their own as a kingdom builder.**

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Can you think of a team that has not had exceptional talent but were successful for several seasons? How do you think that happens? On the contrary, what happens to a team when several individuals have their own agendas as opposed to a team that has a common purpose together? Can you think of any modern day examples in the world of sport?

Momentum and multiplication happen when people are working together toward a common cause. Discipling others so that they become ‘spiritual parents’ is the common cause that binds all Christians together for future generations.

If you were to use the metaphor of human growth and maturity, at what stage are you now and where do

ENGAGE

you see yourself in the next year?

Infant child adolescent teenager adult



EXPLOREEXPLOREEXPLOREEXPLOREEXPLORE

EXPLORE

Read II Timothy 2:1-10

1. Write your observations about the following people in this passage:

Paul:

Timothy:

Others:

2. What was most on Paul's mind as he faced his death?

3. What is Timothy asked to focus on?

4. What is Paul trying to illustrate by the:

Soldier:

Athlete:

Farmer:

5. Why are they willing to sacrifice in the end?

Further Reflection: What is the historical and spiritual significance of these other Biblical examples of multiplication as they passed the baton to the next generation? (Consult a Bible commentary if necessary)

Moses to Joshua

Elijah to Elisha

EXAMPLEEXAMPLEEXAMPLEEXAMPLEEXA

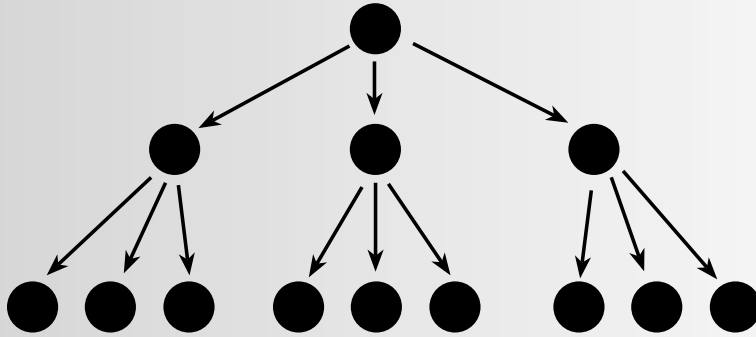


Large global companies like McDonalds, Coca-Cola and Starbucks have exercised the principle of multiplication. They started out small and then pursued a vision to infiltrate the world with a cause greater than the individual product. While these companies are not religious or spiritual in their stated mission, there is much to learn from their vision, purpose, and experience. Consider Starbucks, for example. In 1985, Howard Schultz, the current chairman and chief global strategist of Starbucks, left his prestigious job to start a coffee business. The key to Schultz's vision was simple: create community. The company grew to more than 1,300 stores and 25,000 partners by 1997. The results speak for themselves. By 2005, Starbucks had more than 100,000 partners, 10,801 retail locations, 35 million customers walking through its doors, and a record \$6.4 billion dollars in revenue during its fiscal year. Its success should come as no surprise, given that Starbucks says that "The human connection . . . is the foundation of everything we do." (Taken from The Economic Times, Feb. 15, 2008)

EXAMPLE

Whether it is Jesus to His disciples, Paul to Timothy, or you to others, envision your name in the top circle and consider what could happen if you begin to "make disciples of every nation". Who are three people you currently

disciple who could pass the baton to the next generation?



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EXPERIENCE

- Read these articles about Starbucks and see what you can learn from a worldwide company that seeks to make a difference. Visit:
http://www.starbucks.com/aboutus/Company_Profile.pdf
http://economictimes.indiatimes.com/Features/Corporate_Dossier/Starbucks_The_story_untold/articleshow/2784059.cms
- Remember to call your potential leaders to encourage them and remind them of opportunities and events coming up.
- Read How to Lead a Small Group in Appendix I.
- Pray for the administration, the coaches and team. Be prepared for Bible studies and ministry opportunities.
- Keep your scheduled commitments and follow through with decisions you've made.
- Take disciples with you to model life and ministry and give them responsibilities according to their desires and maturity.

Watch the movie *Pay It Forward* with your disciples.

Memorize 2 Tim. 2:2.

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“The people who know their God will display strength and take action” (Dan. 11:32b). Commit yourself to act on what God is prompting you to do.

PRAYER:

Thank God for who He is and then bring your requests to Him.

Heavenly Father, You entered this world and gave Your life for our sakes. Thank You for Your example of love and service on earth and Your sacrificial death to restore me back to You. Because of You, I have a reason to live and a world to reach with the message of reconciliation. You have made me an ambassador and have motivated me to represent You in word and deed. Please give me wisdom to know how to reach my team, my colleagues, my friends and acquaintances with the gospel. Help me to know who to pour my life into so that they would teach others also. Help me to faithfully carry the baton and pass it on to the next generation. Help me to keep my priorities straight and my commitments according to Your desires. I want to make my life count. Help me to pay it forward. I want others to experience the abundant life and eternal life. I look forward to that crown of righteousness You have promised to those who loved You (2 Timothy 4:7-8).

REFLECTION:

Be honest with God about what are you thinking and feeling.

PLAN:

As a result of this lesson, I will do the following:

What Do I Need to Do?	When Do I Need to Do It?	Who Do I Need to Include?	What Resources Will It Take?
<i>Watch Pay it Forward movie</i>	<i>At Bible study (by 1/22)</i>	<i>Study groups together</i>	<i>\$10.00</i>

LESSON 8: SENDING TO THE WORLD

GOAL- TO MOVE FROM A LOCAL MINISTRY
TO A GLOBAL MOVEMENT.

*"Philosophers have only interpreted the world differently;
the point is, however, to change it."*
- Karl Marx

Jesus began his ministry by inviting others to "come and see"—to see who He is, how He lived and why He came. He ends His ministry on earth with the message to "go and tell"—to be His witnesses in your local community, country and throughout the world. Our goal as believers cannot end with being satisfied by leading a small band of disciples; the vision is bigger than yourself, your team and even your sport. Someone has said that the people of God are always just one generation away from extinction. Perhaps dramatic, but certainly not an exaggeration—the cause of Christ moves from generation to generation one person at a time. Like Abraham, God is calling you to a place you do not yet know, to an adventure more exciting than any championship. **The goal of this lesson is to have you consider moving beyond your comfort zones to develop a global vision that will leave a legacy for generations to come.**

ENGAGE ENGAGE ENGAGE ENGAGE ENGAGE



By God's divine arrangement, the spread of the gospel depends on us taking it to others. We cannot keep the message to ourselves and be content in our own spiritual lives, safe in the confines of our own self-imposed boundaries.

Who is someone God "sent" to you that helped you come to know Christ or grow in your faith? What fears or inconveniences might they have overcome to speak with and spend time with you?

ENGAGE

Instead of paying people back or returning the favor, you have the opportunity to “pay if forward”, to live and serve in such a way that influences the next generation. Identify and pray for three key people in your life who may be ready to step out in faith and begin to multiply their lives. Consider ways you can put this into action. Perhaps start a leadership group, challenge Christian coaches to invest their lives at a camp or on a sports tour, serve a year overseas, or here by volunteering for Habitat for Humanity, Red Cross, Boys and Girls Club, Prison ministry, etc.

- 1.
- 2.
- 3.



EXPLOREEXPLOREEXPLOREEXPLOREEXPLORE

EXPLORE

The world is now your stage of which you are being asked to play the part that the Author has written specifically for you. What is your part and how well will you fulfill the script written for you?

Read Hebrews 11:1-12:3.

1. In your own words, write a brief description of:

Abraham’s faith in 11:8-10:

Moses’ faith in 11:24-29:

2. In order to continue to run the race of faith, the writer of Hebrews outlines in 12:1-3 several things that will help you to persevere. What are they?

3. What obstacles personally or circumstantially are there which might prevent you from being a local and global minister of the good news of Christ in and through the world of sports?

Further Reflection: What are the implications for your own life as you consider the final words given by God's people or Jesus Himself?

Matthew 18:19-20; 2 Timothy 4:1-8; Deut. 31:6-8; Malachi 3:16-4:2

EXAMPLEEXAMPLEEXAMPLEEXAMPLEEXA



MAN OF THE YEAR 1963

The courage of one man stared in the face of his enemies and proclaimed his dream. The perseverance of one man helped to bring freedom to future generations. The faith of one man changed the course of history during the Civil Rights Movement in America. We still have a long way to go for justice and freedom but one man was willing to be more than inconvenienced, misunderstood and ridiculed. He cared enough about other people and the will of God to suffer and go to his death for a great cause. Martin Luther King, Jr. stood up for what was right and for that was named Man of the Year by Time Magazine in 1963 and was the youngest man ever to receive the Nobel Peace Prize in 1964. He had a conviction, acted upon it, invited others to follow him, not quitting until victory was secured. May his words and life inspire you to have a dream, a dream for a cause that will outlive you and impact the world for who knows whether you have been called “for such a times as this”?

As you read through the excerpts from perhaps one of the most famous speeches ever given, think about what burdened Martin Luther King, Jr. and what action he took because of his burden.

“I have a dream that one day this nation will rise up and live out the true meaning of its creed: ‘We hold these truths to be self-evident, that all men are created equal.’”

“I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood.”

EXAMPLE

“I have a dream that my four little children will one day live in a Nation where they will not be judged by the color of their skin, but by the content of their character.”

“It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro’s legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual.”

“The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people. For many of our white brothers as evidenced by their presence here today have come to realize that their destiny is tied up with our destiny and they have come to realize that their freedom is inextricably bound to our freedom. We can not walk alone.”

(excerpts taken from Wikipedia, The Free Encyclopedia)

Does anything burden you right now in such a way that you think about it, get mad about it, or want to do something about it?

Has God given you any vision regarding your burden so that you can move past being disturbed to becoming a change agent for the good and gospel?



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- Pursue your dream. Begin praying about particular problems or places in the world where you have a heart and a particular skill set that would allow access to people in that country.
- Considering their desire and giftedness, provide your faithful disciples varied opportunities to minister locally and globally.
- Pray with your disciples for opportunities to serve in the community or to speak about their faith. Be sure to ask them about it and encourage them if they do step out in faith.

- Encourage your disciples to attend a summer overseas tour or project with AIA or partner sports ministry.
- Begin talking about life investments with your disciples and how they can most effectively and joyfully fulfill their calling in their vocation.
- Read *Foxes Book of Martyrs* to be inspired by others' commitment to the gospel.
- Watch the movies *Luther* or *End of the Spear* and consider the result of their faith.
- Memorize Hebrews 11:1 and 11:6.

EXCELEXCELEXCELEXCELEXCELEXCE



EXCEL

"The people who know their God will display strength and take action (Dan. 11:32b). Commit yourself to act on what God is prompting you to do.

PRAYER:

Thank God for who He is and then bring your requests to Him.

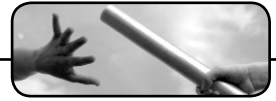
King of the universe and King of my life , You left heaven to enter my world for my good and Your glory. Thank You for not being concerned about Your own comfort but the well-being of Your creation. Please help me to have Your same attitude that put no limits on Your service and sacrifice but humbled Yourself to the point of death. Help me to be more concerned with bringing glory to Your name than my own glory, my own press reports, my own reputation. You have called me to be a light to the nations—may my participation in sports and desire to reach the world for Christ be properly aligned under Your will and purpose for me. May I buy up the opportunities with my sport, my time, my career, and my family to make a name for You. Give me a dream that will impact many generations to follow. Be Thou My Vision, O Lord of my heart...I give You my life, please write my script.

PLAN:

As a result of this lesson, I will do the following:

What Do I Need to Do?	When Do I Need to Do It?	Who Do I Need to Include?	What Resources Will It Take?
<i>Invite Christians to prison outreach</i>	<i>Next month (by 2/14)</i>	<i>Future leaders</i>	<i>Connections to prison personnel</i>

APPENDIX A: HOW IS YOUR HEART?



APPENDIX A

HOW IS YOUR HEART ASSESSMENT

Take this test to see how you are doing with your desire to learn, grow and express God's love in word and deed. (10 means doing great, 1 means you need much improvement in this area).

Your appetite for God reflected in your schedule and priorities?

1 2 3 4 5 6 7 8 9 10

Reading the Bible and meditating on key thoughts

1 2 3 4 5 6 7 8 9 10

Praying: Praising God and bringing requests to Him

1 2 3 4 5 6 7 8 9 10

Regularly confessing sin and desire to change

1 2 3 4 5 6 7 8 9 10

Involved in church and Christian community

1 2 3 4 5 6 7 8 9 10

Accountable to someone honest and trustworthy

1 2 3 4 5 6 7 8 9 10

Actively serving others

1 2 3 4 5 6 7 8 9 10

Communicating your faith in practical ways

1 2 3 4 5 6 7 8 9 10

Loving, patient, kind, gentle

1 2 3 4 5 6 7 8 9 10

Joyful, generous, peaceful

1 2 3 4 5 6 7 8 9 10

Self-controlled and disciplined

1 2 3 4 5 6 7 8 9 10

APPENDIX B: CLOSER LOOK AT SPIRITUAL DISCIPLINES



APPENDIX B

The spiritual disciplines are not a way to gain more facts about God, but a pathway to truth . . . truth about Him whereby you are transformed.

A.W. Tozer wrote in the book, *Gems from Tozer*, “For a long time I have believed that truth, to be understood, must be lived; that Bible doctrine is wholly ineffective until it has been digested and assimilated by the total life. The essence of my belief is that there is a difference, a vast difference, between fact and truth. Truth in scriptures is more than fact. A fact may be detached, impersonal, cold and totally disassociated from life. Truth on the other hand is warm, living, and spiritual. A theological fact may be held in the mind for a lifetime without it is having any positive effect on the moral character, but truth is creative, saving, transforming and it always changes the one who receives it into a humbler and holier man.”

Utilize the weekly schedule to assess how you are using your time. In order to grow in your relationship with God, you need to carve out time in your schedule to engage with God through prayer, Bible reading, meditating on the Bible and connecting with other believers. The fruit of your investment will be experienced over time, and worth any sacrifices that may need to happen. The following are a few suggestions to begin with:

READING & MEDITATING ON THE BIBLE

Suggestions:

1. Begin by choosing a passage or chapter from a New Testament book. Start at the beginning of the book.

Since the books of the Bible were written as units, it is helpful to read them in order.

- Read the chapter or passage from the book you have selected several times.
- As you work through the passage, ask God to challenge your heart in a personal way from some portion of what you are reading or studying.
- Look for any promises for you to claim, a sin to confess, something to be thankful for, or an example to follow.
- After reading the passage, write a word or sentence that summarizes the passage. In other words, give the passage a title.
- For example, when I read Romans 5:1-12, the words “justified by faith” describe the essence of the passage.

- After reading the passage again, write down a promise from God, a sin to confess, etc. but use pronouns “I”, “me”, “my”, “mine”.
 - Next write any questions you have concerning the passage for further study/prayer.
2. Read through the book of Psalms (one Psalm a day), and simply write down what you learn about God. Make a list daily.
- For example in Psalm 116:
 - Hears my voice
 - He has inclined His ear to me
 - Gracious is the Lord
 - Righteous
 - Our God is Compassionate
 - You can take that list and turn it back to prayer.
 - For example: God, thank you that you hear my voice. Help me to pray more, and help me to cry out to you in the midst of my struggles. Right now I need to talk to you about _____. God, thank you that you are compassionate--I praise you for that.
3. Topical Studies (i.e. gossip, grace, etc.)
- Find helpful websites like www.crosswalk.com.
 - Access verses that deal with that topic.
 - Look up the references and write notes, ideas and a summary of what you learned.

PRAYER

Suggestion:

Utilize the acrostic “ACTS”

A = adoration or praise.

Praise is celebrating God for who He is. A helpful tool is 31 Days of Praise by Ruth and Warren Myers. Each day provides new scripture you can use to praise God. This tool can be purchased at a Christian bookstore or online.

C = confession of sin.

Ask God to reveal any sin that may be hindering your relationship with him. Refer to 1 John 1:9 or Psalm 51 as references.

T = thanksgiving.

Thank God for what He has given or done in your life, acknowledging that He is in control of our lives and circumstances.

S = supplication, praying for others, whether for physical, spiritual and emotional needs.

Again, a helpful tool is *31 Days of Praise* by Ruth and Warren Myers. If you want to learn how to pray this is a resource that can be helpful.

FELLOWSHIP / COMMUNITY

Prioritize time to investigate local churches and become involved by both attending and serving within that community of believers. The Christian life is to be lived in community, where healthy relationships can help you become all that Jesus intended.

ADDITIONAL RESOURCES

These books and Bible studies can be helpful tools in your time with God.

1. *Discover God Study Bible* compiled by Dr. Bill Bright, founder of Campus Crusade for Christ. A Study Bible is a helpful tool in studying God's Word. Accompanying this particular Bible is the Discover God Series. Book 1 explores six of God's attributes, and helps you understand and experience them in your own life. You can work through this material by yourself or with a group. You can get additional information by visiting www.DiscoverGod.com.
2. *The Life You've Always Wanted* by John Ortberg. This book will help establish you in spiritual disciplines. Questions accompany each chapter.
3. *Lord, I Want to Know You* by Kay Arthur. There are a variety of subjects. Studies are arranged daily and help establish you in basic inductive Bible Study skills.
4. *Knowing God*-J.I Packer. A classic book to help you understand more about the character of God.
5. *Campus Crusade for Christ Follow-Up Series*. These lessons will establish you in the foundations of your Christian life. Call Integrated Resources at 1-800-729-4351 or www.newliferesources.com
6. www.bibleyear.com. Provides you a daily plan to read through the Bible in a year. You can choose a chronological schedule that will help you understand the flow of the Bible as the events unfolded.

APPENDIX C: WEEKLY SCHEDULE



APPENDIX C

It is helpful to occasionally evaluate your schedule to see if it lines up with how you have chosen to spend your time. Remember this is simply a tool that can help you plan well or assist you in how and where you might make adjustments.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
7:00 am							
8:00 am							
9:00 am	Class		Class		Class	Practice	
10:00 am		Class		Class			Church
11:00 am							
12:00 pm							
1:00 pm	Class		Class		Class		
2:00 pm							
3:00 pm		Class		Class			
4:00 pm							
5:00 pm							
6:00 pm	Practice		Practice				
7:00 pm		Practice		Practice			
8:00 pm							
9:00 pm			Natalie				
10:00 pm	Louise ↓ Stacy						
11:00 pm							

- Record for 1 week** the specific uses of your time by writing in your practice times, class times, study times, meal times, job hours, church, bible study, leisure time and sleep (see example to the left and use sheet on following page).
- Evaluate yourself first** by considering your strengths and weaknesses and those activities that would help you to be more like Christ. Do you need to:
 - cut out or limit some activities (tv, computer, late nights)?
 - add activities (serving others, bible study, fellowship)?
 - build in time for rest and reflection (quiet time, prayer)?
 - be more focused in building God's kingdom (discipling others, using gifts)?

3. **Make adjustments in your schedule** that would reflect a life of growth and influence. Ask someone to encourage you and hold you accountable.

WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							

APPENDIX D: SAMPLE SALT TALK



APPENDIX D

THE TOTAL ATHLETE

Vince Lombardi, legendary coach of the Green Bay Packers, once said, “There is not second place. There’s only one place and that’s first place.” During a later time in his career, he said, “Winning is not the most important thing, it is the only thing.”

Leo Durocher, a former baseball great, both as a player and coach, said this: “Show me a good loser and I’ll show you a loser.”

Success in athletics is based upon one premise: winning. A quick glance at the daily sports page reveals this as college and professional coaches are constantly fired and hired.

But must failure on the scoreboard always produce disgrace, discouragement and despair? And is the super-talented athlete who gives only a partial effort a fulfilled winner?

A few years ago at a district track meet in Dallas, Texas, as the five-mile run came up, the runners started in typical fashion. One of the runners began to set a fast pace- at one point he led the pack. However, as the race progress, he fell back. Near the end of the race the other runners were two laps ahead. But, he refused to quit. With 10,000 people watching, he continued. As he approached the finish line the fans were electrified. As he crossed the line they exploded with applause. He received more applause than the man who finished first. This example of determination gives us insight into the concept of the total athlete.

Everyone would like to come out on top in every contest. However, that rarely happens. Sometimes you and your teammates will have less physical ability than your opponents will. But even more than raw talent, something else will determine your success. And that is: How much of your potential is actually released in competition.

Realize this: you may win a contest and lose out on lasting fulfillment, knowing you didn’t give all you had. It goes without saying that you may win and simultaneously experience lasting fulfillment.

So, what is the definition of a total athlete? A total athlete is one who uses all of his God-given abilities to the maximum, to God’s glory. But, there are several barriers that we must face and overcome if we are to become total athletes. Let’s look at them . . .

The first barrier that we face is the physical barrier. Many times this is revealed by the athlete who complains of limited talent. Either he is not tall or strong enough or he is too slow. One man who overcame limited talent was Glenn Cunningham. At an early age he was severely burned in a fire. He lost nearly all of

the toes on his left foot. Doctors said he would never walk again. But not only did he walk, he ran. He ran so well, in fact, that he was the first person to run a sub four-minute mile. He overcame the barrier of limited talent.

A second physical barrier we must face is poor conditioning. (Give an appropriate personal example relating to the team you are speaking to.) One man who successfully broke this barrier weighed 150 pounds when he was twelve years old. To put it bluntly, he was fat. But something happened. . . after a talk with his junior high counselor, he began working out. He ran to and from school every day. He wrapped plastic cleaning bags around his legs and jumped jumping jacks until the bags melted to his legs. He sat in the back of a deserted station wagon with all the windows rolled up and did sit-ups until his mohair sweaters were drenched with sweat. To lift weights he took wooden pop crated and filled the bottles with sand. As a ninth grader, he anchored the sprint relay team. In his sophomore he was the starting halfback on the football team. After his senior year he received over 50 scholarship offers. He played in 3 Rose Bowls and is the only man ever to win the Heisman Trophy twice. His name? Archie Griffin.

The next obstacle facing us is the mental barrier. We often see this exhibited in a self-oriented attitude. Do you loaf at practice because your position is assured? When the coach replaces you with a substitute do you pout or get upset? Are you discouraged for a long time after a loss? If any of these attitudes are true in your experience, you will perform to a level below your potential. (Elaborate as to why if you wish.) The other mental barrier is fear. Fear of failure, injury, or embarrassment. (Give personal or appropriate example; i.e. baseball – fear of getting hit affects your play negatively.)

The final barrier that we must approach and overcome is the spiritual barrier. While our coaches and teammates push us to overcome the physical barrier and mental barrier, sometimes we don't know where to turn to overcome the spiritual barrier. As an Athletes in Action staff person, I'm here to help you with that area of life. Regardless of what your spiritual background may be, my guess is you've got questions about the spiritual life. Now that you're away at college, this is a time to sort through the spiritual journey God has you on and wrestle with the Big Questions of life. If you'd like to meet with me to talk about these or other any of the issues listed on this card, just fill out your name, etc. . .

(If the situation allows for it, you might give a brief gospel explanation like the one that follows. Most of the time, team meeting settings will not be the appropriate place for this, but occasionally this door will open)

Both the physical and mental barriers can be broken through sheer determination and hard work. However, that is not true with this barrier. By ourselves, we are helpless to do anything about overcoming it. I'd like to relate some things to you that helped me understand how the spiritual barrier can be hurdled.

A friend of mine explained to me that there were basically four points that would make my relationship

with God clearer. He first said that God was really concerned about me – He loved me and had a unique plan for my life (feel free to use your own words). He explained that in the Bible, in the book of John, this is made clear. (Share Jn. 3:16 or Jn. 10:10 from memory.)

But why are most people not experiencing this meaningful life? The second point he shared is that man is sinful and separated from God. He explained that “sin” is an ancient Greek archery term used in the early Olympic games. The archers would shoot their arrows at the target, and if they missed the bulls-eye the judge would call “sin.” “Sin” meant that the archer has missed the perfect mark. In his letter to the Roman church, the Apostle Paul said, “For all have sinner and fallen short of the glory of God” (Romans 3:23). None of us have lived up to God’s perfect standard. The penalty for not doing so is death. Total separation from God. No amount of good deeds or moral living will ever pay the penalty against us.

Sounds hopeless, doesn’t it? My friend’s third point brought good news. He explained that this loving God knew we could never pay the death penalty, so He did something for us. (Quote Romans 5:8)

Have you ever wondered what Easter was all about? Well this is it – Jesus dying on the cross to pay the death penalty for us. Then to prove that He really is the Son of God, He rose from the dead.

I was somewhat familiar with my friend’s first three points, but his fourth was new to me. He said that I had to choose to accept God’s free gift of a spiritual pardon. A verse explains how my choice, my faith, fits in. (Quote Ephesians 2:8-9)

How can one overcome the spiritual barrier to becoming a total athlete? Simply by admitting to God that you recognize that you have fallen short of His perfect standard and that you need Jesus to pay the resulting penalty for you.

To sum things up, the total athlete is one who has worked to fully develop his or her physical talent and conditioning. One who has also learned to deal with the mental barriers of a selfish attitude and fear. And lastly, by simple faith, he allowed Jesus to overcome the spiritual barrier. And by doing this, you will be better equipped to conquer your physical and mental barriers. I believe that by overcoming all of these barriers, you will find your athletic experience more fulfilling and you can be the winner God meant you to be.

APPENDIX E: HOW TO WRITE AND PRESENT YOUR STORY



APPENDIX E

For in my tradition, as a Jew, I believe that whatever we receive we must share. When we endure an experience, the experience cannot stay with me alone. It must be opened, it must become an offering, it must be deepened and given and shared.

- Elie Wiesel, Holocaust survivor and author

Our personal faith story provides a powerful means of witness, effective across centuries, cultures, and generations. A testimony or faith story is developed as the natural overflow of an encounter with Christ, coloring the canvas of our personal spiritual journey. While sometimes shared in formal, structured settings, more often we testify to Christ's work in our lives during informal, daily human interaction. Times of reflection and preparation will equip us to make the most of both formal and conversational opportunities. Well crafted faith stories may act as the gospel vehicle in both evangelistic speeches and interpersonal dialogues. Let's get started by reflecting on your life.

STEP 1

Reflect on it

Pray that God will refresh your memory and help you crystallize your experiences into simple words. We might do this by asking God how He would tell your story. Write your ideas, impressions or word pictures in the space provided below.

1. Outline your story in simple terms beginning with your family background, your beliefs and your lifestyle before you began following Jesus. Do not try to be profound, dramatic or eloquent. Even if you came to Jesus as a child, the background, beliefs and lifestyle are still a part of your story. Use the following questions if you need help to think about this phase more specifically.

- What was my life like before Jesus?
- What were my greatest needs, desires or problems?
- What was at the center of my life? What controlled my decision making?
- From what did I get my security or significance?
- How did those areas begin to disappoint me? Why were they not satisfying?
- What were the most important things in my life?

2. Explain any turning points (a crisis, an invitation, a relationship with another person, a response to a believing friend, reading the Bible) that caused you to consider committing your life to Jesus. Use the following questions if you need help to think about this phase more specifically.

- When did I first sense my need for God?
- What significant event(s) or people pointed me toward Jesus?
- What did I understand about the claims of Jesus Christ? What were my first impressions or thoughts?
- When was the first time I heard and understood a clear explanation of the need to have a personal relationship with Christ?
- If I received Christ at an early age, what was the major turning point(s) for me later in my Christian life? Why did it occur then?

3. Explain what brought you to the point of decision. Then describe the moment you asked Jesus to come into your life. Use the following questions if you need help to think about this phase more specifically.

- What was my initial reaction to Christ? When did my attitude begin to change? Why?
- What were the final struggles in my mind before I accepted Christ?
- When and why did I make the decision to receive Christ as my Savior and Lord?

4. Finally, honestly describe how your life has been changing since you started following Jesus.

- What initial changes did I notice?
- What major changes have occurred in my life since?
- How has Christ met the needs that I used to meet on my own?
- What do I value most about the Lord's work in my life?
- How can I allow Jesus to continue to lead and guide my life

STEP 2

Record it

It's helpful to write your story down, even if it is only a rough draft. Don't worry if it doesn't sound perfect the first time. The process of writing forces you to think more clearly. The rough draft gives you the raw material to shape and refine. Think of a specific setting as you write. Imagine you are visiting with a friend, conversationally telling your story. What would you say?

If you having a hard time, consider a theme to help you communicate your story. Some possible examples: performance addict, hunger for acceptance, broken relationships, alienation by others, betrayal, prodigal relationship with faith, major achievements without achieving meaning or sense of purpose in life, traumatic events, overcoming disability, diseases or beating the odds. Think about how the gospel message plays out through this theme.

STEP 3

Refine it

Now that you have a rough draft, you can begin editing it. Read back through your story and evaluate how clearly

it communicates. Here are some pointers to keep in mind:

- Remember, it is ultimately the story of your relationship with Jesus. It should point more to Him than to you. Does your story recognize the elements of the gospel message: an awareness of sin, a sense of relationship with God and that Jesus is the only provision for our sin?
- How do you boil down days, weeks, even years of your life experience into a brief, yet engaging story? If you read Acts 21:37-22:21 and Acts 26:1-23, you should notice that Paul told his experience with Jesus in narrative form, not unlike the one you've created for yourself. Interestingly, it takes about 3 minutes to read these narratives aloud. You really can share significant amounts of your life story in a short period of time, but it takes some forethought, prayer, and practice. Let the situational context determine how long and what you share.
- Translate Christian terminology into language familiar to your audience. Your experience only makes sense if communicated with words the other person understands. People lack the background to understand words like salvation, grace, gospel, or phrases like accepted Christ or received Christ. We easily underestimate the cultural divide between our Christian communities and those not familiar with the Christian narrative. Christian jargon may communicate effectively with those inside the community but speaks little to those on the outside. We need to practice translating significant biblical concepts into the language of those with whom we are communicating.
- Be honest, but be careful not to speak judgmentally about specific groups or churches. It is normally best to avoid naming a particular person or group unless you are doing so positively.
- If you received Jesus as a child, nurtured in the faith by a believing family and good church, be glad! You have a story that best reflects God's plan for his people. It's a favorite of his! But recognize that most with whom you communicate won't identify with your background. God's current activity in and through your life will be most relevant and attractive to them. You can flashback to how your journey began, but the story is more about what Jesus is doing in and through your life today.
- Did you include an attention-getting opening sentence? Do you have a clear statement to close the testimony?
- Be authentic when you communicate your story, especially about the difference Christ has made in your

life. The power of a life story isn't ignited through painting an idealistic picture of a journey with Christ, but when an awe-inspiring God intersects the life of a very ordinary and often struggling individual, and stays with her even when life doesn't make sense.

- Editing our personal story so that it is salty, relevant, and concise is a practiced art, perfected with experience. Ask for God's direction and He will give you the words he wants you to speak in each situation.

STEP 4

Use it!

Remember, we are exhorted to "always be ready to give an account for the hope within us" (1 Peter 3:15). Therefore, you should always be prepared to share your spiritual journey, whether a small slice or the whole story. In this day and age, most people are best prepared for the one or two minute "feature" version. It is often best to share only enough to salt their appetite, creating a thirst to know more. However, sometimes God will give us a platform where an extended version of our story is appropriate. In either case, Steps 1-3 above should prepare you to meet the opportunity well.

Think of your story as an accordion that can be expanded to share a fuller picture of the gospel and God's work in your life or something that can be contracted into smaller anecdotes for quick conversations. It is important to know and remember your whole story so you can adjust it depending on the circumstances. Practice breaking down parts of your story into downloadable vignettes like the woman in John 4.

READ John 4:28-30. The Samaritan woman shared her story in a sentence and a question. In similar manner, how would you share a piece of your story with a sentence and a question? Try to write it out:

Example: "When I was growing up, I was almost paralyzed by the thought of death. Then someone explained how Jesus overcame death. Has anyone ever told you how Jesus removes the fear of death from a person's life?" or "When I encountered Jesus, I discovered that he satisfied my deepest longings. And the funny thing was, it

happened in a bathtub. Can I tell you about it?"

STEP 5

Communicating in Formal Situations

You may have an opportunity to give a formal presentation at the weekly meeting of an organization, church, banquet, half-time, team meetings, or some other extended event. The following suggestions will help you be prepared:

- Respect the time you are given to present: an hour? 10 min? 2 min?
- Be sure to speak about what you have been asked to tell, and be careful not to manipulate the situation. Don't disrespect the one asking you to speak by having your own agenda. You won't be asked back and may do more damage than good to the cause of Christ.
- Memorize your testimony in order to keep you from rambling, especially the introduction and ending. Know how the plane will take off and also how it will land!
- Rehearse your testimony until it becomes natural.
- Make it adaptable depending on your audience. One thing might connect better in Kenya versus America, with men versus women, with businessmen versus athletes.
- Begin with an interesting attention-getting sentence or story.
- Speak clearly and recognize how fast you are talking

STEP 6

Communicating Conversationally

If God allows you to interact with people today, you have an opportunity to represent His work in your life in some small way. This could be a 5 minute process or a 5 year process depending on your audience and his or her own location on the spiritual map. Listening well always precedes speaking well, so we must improve how we converse with both God and others. Ask Him to give you wisdom on how to engage those He brings across your path today.

Below are four steps that might help open conversations about God. Remember: nobody cares what you know until they know you care! Don't be afraid to ask permission to share more of the gospel once you are in the conversation.

- Ask questions that probe significant areas of life. Utilize the following acrostic:

S ecular	Work? Watch the game last night? TV show? Current events? Local community, national and international news?
H ome life	Where are they from? Parents, siblings? Divorced or married? Close to family or distant relationally?
A ttitudes/views	What do they think or feel about some particular event? What was valued most growing up?
R eligion	Do they go to church? What was the spiritual climate like at home growing up? What do they think about matters of faith now?
E xperiences w/ God	Spiritual experiences, retreats, enlightenment?

EXAMPLE: Refer back to Crystal's story in Chapter 4.

If Crystal found herself sitting in the training room icing her knee, and begins a conversation with someone, what type of questions could she ask? Crystal could ask about her family (do you have siblings, where are you in the sibling line-up, who are you closest with relationally?)

- Listen for common ground and for areas where your stories might be similar

While we all see the world through different lenses, as humans we share common threads of life. We are all striving to move through a sinful and broken world, trying to make our way back to God. If you are genuinely curious about others lives, you will not have a difficult time finding places where your story overlaps with others. The key is asking good questions, listening well, asking follow-up questions.

- Offer a small slice of your story

Use a piece of your story that testifies to God's work in your life. Remember: you are not telling them what to do you are simply sharing a piece of your story!

EXAMPLE: Crystal finds out that an immediate family member has died that was important to her.

Crystal could ask: "How are you doing in the midst of the grief? "What is most difficult for you to accept?"

As she listens and sees spiritual needs and connecting points she might offer a piece of her story ("I lost my dad my senior year of high school to a very sudden heart attack. It caused me to really question God and His goodness at the time.")

- You may need to ask for permission to go on. Ask a follow up question about their spiritual story.

EXAMPLE: After offering her nugget Crystal could ask one of these follow up questions: how does/did

it affect your view of God? Has God been a part of this process for you? This could lead to a deeper conversation about the gospel where Crystal may say, "Can I tell you more of how God has helped me realize He is actually my protector and provider?" If they are interested you can insert a portion of the gospel or a fuller gospel presentation, whichever is appropriate in the moment.

This is a natural way we can engage in conversation with people every day whether on the bus or in the training room icing your knee. Have spiritual eyes to discern needs and connecting points to see where God might want you to engage in conversation.

STEP 7

Pray, Prepare, Practice

Reflecting on the life God has given you and considering how each slice might be helpful to someone else with similar experiences will give the Holy Spirit more to work with as you move through life communicating with others. God uniquely wired you and gave you a story--He wants to use you, and He will use you as you prepare and make yourself available to aid others on their spiritual journey.

APPENDIX F: HOW TO SHARE THE GOSPEL



APPENDIX F

The Passage is used by permission from The Impact Movement.

No matter where a person lands on the Engel Scale (see Chapter 5) you need to be prepared to engage them with the gospel clearly. This section prepares you to share the gospel in any circumstance, whether a full-blown presentation or simply parts of the “mystery of Christ”. Clarity comes with understanding the theology behind the gospel and practicing meeting people on the road of their spiritual journey.

Memorizing a gospel tool will help you present the gospel clearly and simply. While many excellent tracts exist, we will be using one called, “The Passage” in this section. You might choose another, but pick one that suits your style of sharing. View this tool as an accordion. If someone is not intrigued about God you may get to share a little bit of the gospel or ask a few questions, but if someone is very interested you may have the opportunity to share the whole summary of the gospel message.

We aren’t memorizing the tract so we can robotically move from one point to the next; rather, because the gospel is alive and each person’s journey is unique, we are learning to land each person’s life within the gospel message, coming alongside them to reveal God’s work in the world. Instead of using the same presentation in every scenario, you may start in the middle and then go back to the beginning to give the big picture. Answering their questions should take priority over ramming through your presentation. Be sure to listen well, discerning where they are in their spiritual journey.

God sets up divine appointments; we respond by sharing the gospel message or our personal story of faith. Don’t be quick to judge someone “uninterested in the gospel” by appearance, even if people are different from us spiritually or physically. Read Acts 8:26-40 to see how God uses an ordinary Christ-follower to answer a foreigner’s spiritual questions and to explain how the gospel meets his deepest longings.

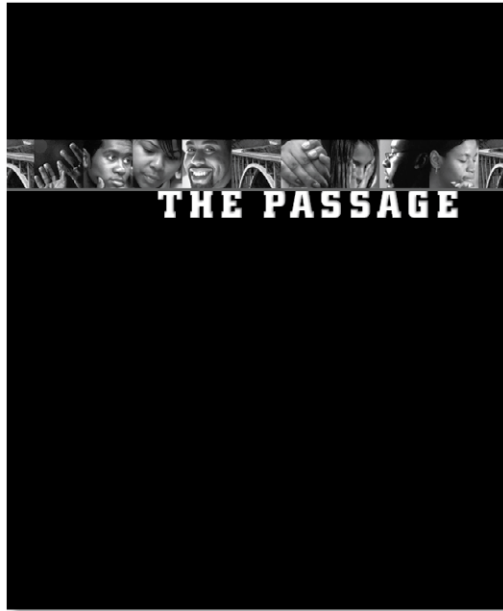
Effectiveness and smoothness develop as we become competent with the tool we are using. Remember: the gospel message doesn’t change but your presentation adapts to each person (i.e. if they don’t believe there is a God, you might start a conversation to discover why before sharing a tract that assumes God exists). Again, read the example of Philip and Ethiopian Eunuch in Acts and note how Philip responds to the eunuch’s concerns instead of mechanically stating gospel facts.

As you have conversations with people, ask for permission to share gospel content and see how God reveals Himself.

BEFORE STARTING:

Preliminary Questions to start with...get to know the person you are talking with!

- Do you have church background? (If yes) what was that experience like? Tell me a little about your church background.
- Where are you on your spiritual journey right now?
- Since this is a booklet about connecting with God, how would you personally describe God?
- Do you think it is possible to know God personally?

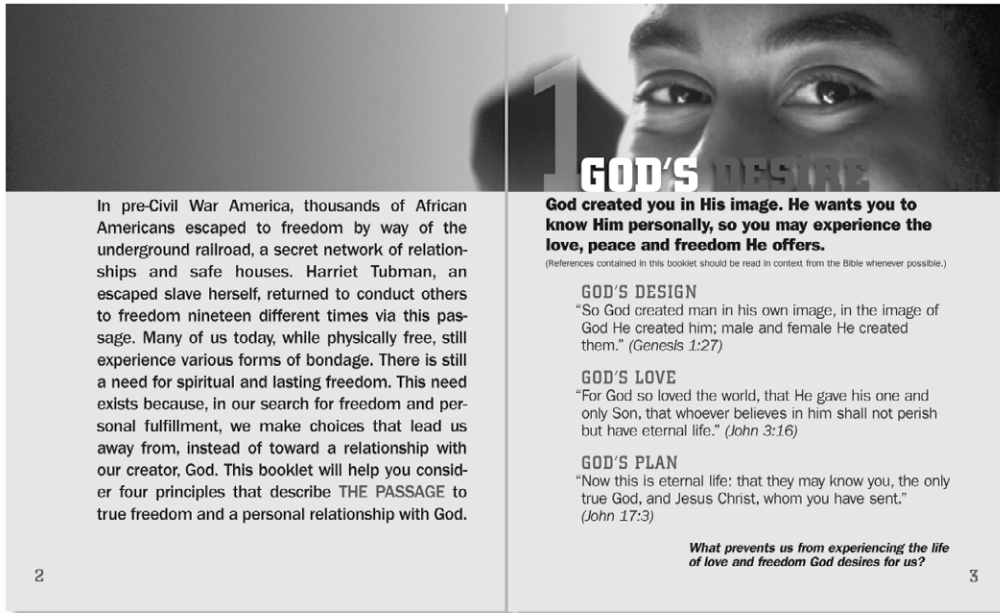


GOD'S DESIRE 1

Instructions:

- It is best if you hold the booklet, so you are able to limit distractions in looking ahead
- Read through these two pages, including the verses and explanation.
- As you read, ask clarifying questions (see examples below) so you can gauge their understanding of the message.
- Summarize the main points by saying something like: "God created you, and wants you to know Him now through eternity." (Psalm 139)
- Be sure to ask the last question on the page to transition to #2
- LISTEN WELL, and stay here if they have questions. Depending on their questions, it might be better to

answer their questions than to rush through the rest of the booklet. Try to understand what motivates their questions. If you are not sure about the motive for the question, you might say, “Help me understand where that question is coming from. You seem passionate about _____, why is that?”



Possible Questions:

- Who is the booklet referring to when it says, “God’s only Son”?
- What two options are offered in John 3:16? (Answer: perish, eternal life)
- What do you think of when you hear the phrase “eternal life”?
- Do you recall a book, TV show or movie where the person connects with their father well? An illustration like this is imperfect, but it parallels God’s love for you.

OUR REFUSAL 2

Instructions:

- Read through these two pages, including the verses and explanation.
- As you read, ask clarifying questions that will help insure understanding takes place.
- Again listen well and stay with this point until you sense they understand it well enough to move on.

2 OUR REFUSAL

People are sinful. Sin keeps us from knowing God personally and from experiencing His love, peace and freedom. Sin enslaves, blocks and separates us from God.

PEOPLE ARE SINFUL
"For all have sinned and fall short of the glory of God" (Romans 3:23).

Sin is our innate refusal to go God's way and instead, to go our own way and do our own thing.

God is holy, that is, perfect in who He is and all He does. Our sinful nature and actions offend God's holy nature and result in a broken relationship and separation from Him.

PEOPLE ARE ENSLAVED
"Jesus replied, 'I tell you the truth, everyone who sins is a slave to sin'" (John 8:34).

4

PEOPLE ARE SEPARATED
"For the wages of sin is death..." [spiritual separation from God and His life] (Romans 6:23).
WAGES = PENALTY

God

People

People are sinful and separated from a holy God by a great gap. We may try to cross that gap by living a good life, not harming anyone, attending church or other religious meetings, or by giving money to our favorite charities. All of these efforts fail because the sinful condition of the heart remains unchanged, enslaved to sin.

The third principle explains the only way to cross this gap...

5

Possible Questions:

- This verse says that ALL have sinned. From your background how you would define sin?
- What do you earn/deserve for our sin?
- What solves our "separated from God" dilemma?


Possible Illustrations:

- To clarify the word sin: 3 greek words; 1. twisted out of shape; 2. miss the mark; 3. to willfully rebel against the one you owe allegiance to
- Define the word "wage." Something you have to earn; payment for something.
- Swimming illustration: Trying to swim to Hawaii from California. In relation to the goal, we don't make it. In relation to others trying to swim the whole distance, we may do better but still not reach the goal. We can't make it on our own effort.

THE PASSAGE 3

Instructions:

- Read through these two pages, including the verses and explanation.
- As you read ask clarifying questions that will help insure understanding takes place.
- Again listen well and stay with this point until you sense they understand it well enough to move on.
- Read the question at the bottom of page 7 before moving on.



Jesus Christ came to provide the passage back to God. Jesus Christ alone forgives and removes our sins so we can know God personally, and experience His love, peace and freedom forever.

HE DIED ON THE CROSS IN OUR PLACE
"For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God..." (1 Peter 3:18).

Jesus Christ was able to pay the penalty for our sins because He is free from sin. Even His enemies could not find Him guilty of any wrongdoing.

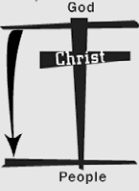
HE ROSE FROM THE DEAD
"Christ died for our sins...He was buried, He was raised on the third day according to the Scriptures...He appeared to Peter, and then to the Twelve. After that, He appeared to more than five hundred of the brothers..." (1 Corinthians 15:3-6).

Christ's resurrection proved that He has the power over death to enable us to live eternally with God.

6

HE IS THE WAY TO GOD
"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me'" (John 14:6).

HE SETS US FREE
"So if the Son sets you free, you will be free indeed" (John 8:36).



This diagram shows that God has bridged the gap which separates us from Him. He sent His Son, Jesus Christ to die on the cross for our sins, in our place. In this way He paid the death penalty that we deserve.

What would a person need to do in order to know God and experience the love, and freedom from sin that He offers?

7

Possible Questions:

- Why did Jesus have to die? Use Romans 5:8 to show how Jesus' death paid the sin penalty as you refer to Romans 6:23. Compare Romans 5:8 with Romans 6:23 to show how Jesus' death is the payment for what we deserve.
- John 14:6 is a very exclusive statement. Why does He make such a claim? Answer: He solved the problem of sin and was raised from the dead. He is the only one to ever follow through after making the claim of being a "sin-forgiver". No one else has come back from death to demonstrate power over sin and death
- Discuss the contrasting diagrams on pages 5 and 7. How are they different?

Possible Illustrations:

- Traffic Judge. Someone else paying the penalty in our place. "Let's say you were driving 70mph down a 35mph street. A policeman tickets you and takes you before the judge, who happens to be your father. Your dad loves you very much, but he is also the most honest judge in town. He sees you walk in and says, "Oh,


no. What are you doing here?" The policeman says, "Driving 70 mph in a 35 mph zone." Your dad, says, "How do you plead, guilty or not guilty?" And, if you're honest, how do you plead? Guilty, right? So the judge says, "\$500 or five days in jail." You reach in your wallet but don't have the \$500--just a crumpled football ticket stub. You know you're broke and can't possibly pay the fine, so you turn to leave with the policeman. But wait! Just then, your father stands up, takes off his robe, steps down where you are, reaches in his own wallet, takes out the \$500, and offers it to you as payment for your fine."

This is a picture of what God has done for us. We are all guilty before Him. He is a just and fair judge. We have a penalty to pay that we cannot pay. He stepped down out of heaven through His Son, Jesus Christ, and has offered the payment for each person's sin.

OUR RESPONSE 4

Instructions:

- Read through these two pages, including the verses and explanation.
- As you read, ask clarifying questions that will help insure understanding takes place.
- Again listen well and stay with this point until you sense they understand it well enough to move on.



We must individually receive Jesus Christ, because only He provides the passage to God. Only then can we experience His love, and live in freedom for eternity.

WE MUST RECEIVE CHRIST
 "Yet to all who received Him, to those who believed in His name, He gave the right to become children of God" (John 1:12).

WE RECEIVE CHRIST THROUGH FAITH
 "By grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works that no one should boast" (Ephesians 2:8-9, NASB).
Faith = trust, dependence on God

WHEN WE RECEIVE CHRIST, WE EXPERIENCE HIS LOVE, FREEDOM, AND ETERNAL LIFE.
 [Jesus speaking] "I came that they might have life, and might have it abundantly" (John 10:10 NASB).

8

To receive Christ

- Recognize and admit you need to be forgiven of your sins.
- Admit you can do nothing on your own to free yourself from your sins.
- Turn away from your sins (repentance) and place your trust in Jesus Christ alone. When you trust Christ, you receive His complete forgiveness and an eternal relationship with God.

Knowing intellectually that Jesus Christ is the Son of God is not enough. Having an emotional experience will not free you to experience His love, peace and freedom.

We receive Jesus Christ by faith, as an act of our will.

9

Possible Questions:

- What makes a gift a gift?
- Why did it have to be a gift?
- Review: What did Christ's death accomplish or do for you? What have we been saved from?
- What does it mean "He will be coming into your life to direct your life?"

Possible Illustrations:

- You can refer back to the judge illustration and pick up where it left off. If you just looked at the \$500 bill, but never took it to pay your fine, your fine wouldn't be paid. In the same way, we must receive the gift that God is offering us of Jesus Christ – the payment for our sins."
- George Wilson and the presidential pardon. In 1830 George Wilson was tried by the U.S. Court in Philadelphia for robbery and murder and sentenced to death. Andrew Jackson, President of the U.S., granted him a presidential pardon. But Wilson refused the pardon, insisting that it was not a pardon unless he accepted it. The question was brought before the Supreme Court. Chief Justice John Marshall, wrote the following decision: "A pardon is a paper, the value of which depends upon its acceptance by the person implicated. It's hardly to be supposed that one under sentence of death would refuse to accept a pardon, but if it is refused, it is no longer a pardon. George Wilson must die." And he was hung. You must accept your pardon.

THINK ABOUT IT ...

Instructions:

- Seek to understand what might be blocking them from making a decision to accept Jesus' gift of forgiveness and life.
- If the person wants to accept Jesus' gift then help them express that to God
- Be sure to help them understand how to pursue growth in their journey. Some of this explained in the following pages of *The Passage* booklet.



THINK ABOUT IT...

These two circles represent two kinds of lives or paths that people choose:



SELF-DIRECTED LIFE
Christ is outside the life. The different areas of life represented by the dots are self-directed and not in harmony with God's desires.



CHRIST-DIRECTED LIFE
Christ is in the life. This person has received Christ and His forgiveness for their sins. Christ directs every area of life, resulting in harmony with God's desire and plan.

**Which circle represents your life right now?
Which circle would you like to represent your life?**

The following explains how you can change paths and receive Christ.

10

YOU CAN RECEIVE CHRIST RIGHT NOW BY FAITH THROUGH PRAYER.

(Prayer is just talking with God) God is not so concerned with your words as He is with the attitude of your heart. You must mean what you pray, for God knows your heart and you cannot deceive Him.

Here is a suggested prayer:
Jesus Christ, I need you. I confess that I have sinned against you and have been running my own life and have sinned against You. Thank you for dying on the cross for my sins. Please come into my life and forgive my sins and set me free. Begin directing my life. Make me into the person you created me to be. Thank you for answering my prayer by coming into my life and giving me eternal life. Amen.

**Does this prayer express your heart's desire?
If it does, pray this prayer right now and Christ will come into your life, as He promised.**

11

Questions to ask:

- Who pays for this person's sin? (Ask this with each circle)
- How many sins are paid for?
- Does the prayer express your heart's desire?

Possible Illustrations:

- Again, emphasize Christ's death as the issue – "The circle on the left shows a person who hasn't trusted in Christ's death to pay for his sins. The one on the right has. Everyone is born in the first circle. When we accept Christ's death to pay for our sins, we are born into the second circle. Which circle best represents you life right now?"

To order go to www.impactmovement.com

APPENDIX G: HOW TO LEAD A TEAM MEETING



APPENDIX G

TEAM MEETINGS

Once you have contacted the coaches, ask them if you would be able to speak to their team. Assure them that you will be brief, and primarily want to let athletes know that you are available as a resource to them. Most coaches will be willing to give you 5-10 minutes at the beginning or end of a practice. You will want to have practiced a 3-5 minute presentation (ideas below) and have a response card with writing utensils. Get there early and be prepared for unexpected changes (or even that they don't remember you are coming). Give your presentation, pass out the comment cards, collect them and leave. If there is an athlete on that team involved with AIA, you may want to have him or her give a brief testimony. You could also bring another student-athlete, if there isn't anyone on the team that could do it. Make sure to BE BRIEF and to thank the coach afterwards.

SAMPLE TEAM MEETING FORMAT

Intro: Athletes in Action is an interdenominational Christian sports ministry. It is made up of professional and collegiate athletes worldwide who have found meaning and purpose in life through a personal relationship with God. Some of the resources we offer to you are summer competing tours, summer camps and projects, winter retreats, and small group Bible studies.

Athletes in Action works alongside the athletic department to be a spiritual resources to you. We have found that many athletes are curious about God and what it means to have a personal relationship with Him, yet they don't know where to turn to have their questions answered. No, we don't have all the answers. But we do have some perspectives on life and eternity that you may find to be very helpful.

Today I'd like to share some ideas about becoming a Total Athlete...

Talk: See Total Athlete salt talk

Closing: Thank you for your time today. Before I go I'd like to get some feedback from you. Please take a minute and fill out a comment card. Name...Address...Phone Number...

Check the appropriate boxes for any information you may want. Please include a comment, whether

positive or negative. Your comments will help me better meet the needs of other athletes.

Thanks again for your attentiveness and your time.

Example of a Comment Card:

Name _____

Phone _____

Address _____

Team _____

I would be interested in information about:

___ Knowing more about a relationship with God

___ How my faith applies to my sport

___ A small group Bible study with other athletes

___ AIA competing teams, camps or summer tours

___ Please add me to your email list

APPENDIX H: PERSONAL DISCIPLESHIP PLAN



APPENDIX H

Name _____ Phone _____ Email _____

Address _____

Family Members _____

Birthday _____ Sport _____ Position _____

Interests/hobbies _____

Based on strengths, weakness, passions and desires, I will equip _____ by _____
in the areas listed below. Remember to consider spiritual, emotional, social and intellectual needs in the plan.

Strengths:	Pray for ...	Teach	Model	Do together	Build Vision
Weaknesses:					
Passions/Desires:					

APPENDIX I: HOW TO LEAD A SMALL GROUP



APPENDIX I

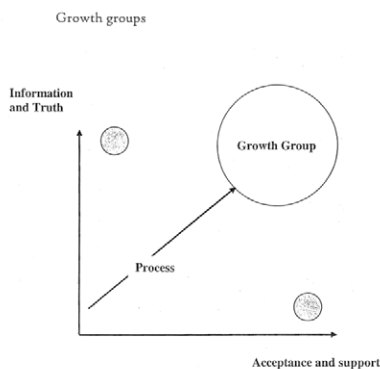
As you begin preparing for your small group bible study, remember: you are not leading a seminary class or support group. This is not an information dump where you speak and they listen. It is also not a support group where Biblical truth rarely enters or the entire time is spent talking about their problems. You are a facilitator whose primary responsibilities include creating a safe atmosphere where people can be themselves, asking questions of the bible text and of the group that go beneath the surface, and encouraging life change in the lives of those who attend.

Remember to push the group towards the heart of God. While you won't have answers to every question and cannot prepare for everything that will happen, you can be certain that if they encounter God, they will grow. Your primary goal should be helping them discover the joy of journeying with God, not simply giving them the "right answers" so they can be filled with religious knowledge.

1. SETTING FOR THE MEETING

- a. Pick a place with minimal distractions
- b. Make sure everyone can sit comfortably
- c. Be sure to stay within the time frame allotted for the group
- d. You may want to provide snacks

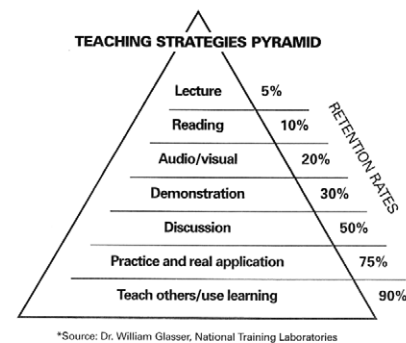
2. BEFORE YOU GET STARTED



- a. Pray and ask God to give you discernment concerning who should be in the group and wisdom to meet them wherever He has them on their faith journey.
- b. Create and provide a contact list so you and/or the key leader can send out announcements and/or reminders to the group.
- c. Decide upon the best method of communication (email distribution list, Facebook, text message, phone call, other).
- d. Communicate ground rules and expectations (examples: what is said here, stays here; everyone will participate; meeting frequency; come prepared each time).

3. HOW PREPARE YOUR BIBLE STUDY TIME

- a. Choose appropriate material—something that will be challenging without being incomprehensible or irrelevant. Ideally you will pick material that will help them take the next step toward spiritual maturity.
- b. Studies are available through web sites we provide at the end of this document. While you might study a book not found in the bible, we would strongly encourage you to either develop your own bible study or buy own from a Christian bookstore or online. Your time is limited with this group and what they most desperately need is someone to lead them into God’s word. You be that person!!
- c. You should work through the full study yourself before attempting to teach through it so you are not caught off guard by the material while facilitating the group. **DON’T MAKE IT UP ON THE FLY.**
- d. As the facilitator, your primary job involves asking questions of the text, asking questions of the group, and anticipating questions they will ask during group time. As you prayerfully prepare, develop think through your own questions as you interact with God. A good study will usually be grow out of the soil of good questions, so take time to frame good questions.
- e. Enhance the material by considering different learning styles
 - i. seeing - visual learners: consider where you can insert an illustration or movie clip, draw a bible passage, look at a picture, or some other means of engaging an image.
 - ii. hearing - auditory learners: simply listening to everyone will most likely capture their attention, but you might also play a CD, a downloaded speech/sermon, or use some other media that focuses on what is said.
 - iii. doing-kinetic: role playing, acting out a bible passage, taking a “faith walk”, playing a game, movement of any kind that helps illustrate or demonstrate a point. We remember more of what we say and do ourselves, so incorporate different creative approaches into your study to increase the chances that they will continue wrestling with the study long after it ends. Being creative is perhaps the hardest work of preparation, but if it helps members of the group remember what you discuss, then it will be worth the extra energy.
- f. When a question gets asked that you can’t immediately answer, remember these important three words: “I don’t know”. You aren’t expected to know everything, but as the leader you should be willing to do more work after the study to discover answers to questions you can’t answer during the study. This



approach helps the group see that you are also on a journey of discovery, and it ensures that you won't be teaching heretical ideas or leading people astray. Plus, it will frame your own opportunity to grow in both knowledge and wisdom.

- g. Give them an application assignment from the lesson to do throughout the next week (examples: watch a certain movie and make observations about leadership; read a Psalm and make a list of what you learn about God; put it on your mirror and pray while brushing teeth; go and resolve a lingering conflict by asking for forgiveness). Remember: we aren't just filling our heads with biblical information, we are asking God to transform our lives. We must pursue (and help others pursue) practical application of His word to our lives.

4. OUTSIDE THE BIBLE STUDY HOUR -- LIFE-ON-LIFE DISCIPLESHIP OPPORTUNITIES

- a. Consider doing some outside social activities with other ministry groups. Be fun and creative to help build trust within the group, BUILD community.
- b. Take them to church with you in order to connect them to other Christians so you are not their only source of fellowship.
- c. Expose them to conferences, retreats, summer projects or other opportunities to help them grow.

Remember:

- Your job is to create a safe environment where people can meet healthily with each other and God, not to force change, be everyone's best friend, or fix all their problems.
- You don't have all the answers, so don't pretend you do. Be prepared as best you can, but continue being a learner yourself.
- Asking good questions and getting others in the group to creatively discover for themselves is better than impressing with big words or dominating the time with your own thoughts.
- God is responsible to change lives; you are responsible to be a faithful steward of the time and people He gives you to influence. Take this stewardship seriously but be able to laugh at yourself along the way. Trust God to do what only He can do and have fun!!

Resources/Ideas to get you started:

1. If you are gathering a group of new believers together, the Foundations follow-up material developed by Campus Crusade for Christ is a great place to begin: Visit Campus Crusade for Christ resource website (www.newliferesources.com) Click DISCIPLESHIP and FOLLOW-UP

Suggestion:

Foundations - Designed for 4 or more separate sessions. Clearly and effectively communicates the

foundational steps for establishing life in Christ. Comes with a leader's guide and participant work-sheets.

2. Campus Crusade also has good materials to use after the Foundations series:

Visit the Campus Crusade for Christ resource website

(www.newliferesources.com) Click SMALL GROUP MATERIALS

Suggestions:

- God: Discover His Character Bible Study by Dr. Bill Bright
- Connecting with God Bible Study by Chris Adsit
- Cru.Com CD-Rom - Collection of 110 Bible Studies designed to enhance small groups. There are guidelines to help you choose appropriate material for beginners, intermediate, etc.

3. If you want to impart Inductive Bible Study Methods, here is a place to start:

Visit Precepts Ministries International

(www.precept.org) Click STORE

Suggestions:

- 40 Minute Bible Studies Series - No-homework, 6-week studies are an easy introduction to inductive study.
- "Lord" Series - Topical inductive Bible studies
- In & Out Series - Next level of inductive study for your small group.

4. If you want to dig deep, and have study members who are committed to self-study during the week:

Visit Redeemer Presbyterian Church (in Manhattan, the pastor is Dr. Tim Keller)

(www.redeemer.com) Click STORE, STUDIES & TRAINING • Click SMALL GROUP MATERIALS, scroll down to see options

Suggestions:

- For Beginners - Gospel Christianity Series I, II, III
- Anything listed here is good. The choices range from basic Christianity through Old Testament and New Testament books. Each study includes a Participant's Workbook and a Leader's Guide, which include notes from Dr. Keller.

5. If your athletes want to incorporate biblical principles into their competitive life:

Visit Athletes in Action website

(www.aiagear.com) Click BOOKS on the left menu

Suggestion:

- Game Day Glory: Life-Changing Principles for Sport by John & Cindy White (AIA Staff)

6. For more resources, refer to our Resource Page.

RESOURCES

RECOMMENDED FOR NEW BELIEVERS

Bridges, Jerry. *Pursuit of Holiness*
Little, Know *What You Believe*
McGee, Robert S. *Search for Significance*
Packer, J.I. *Knowing God*
Stanford, Miles J. *The Complete Green Letters*

RECOMMENDED FOR NEW LEADERS

Clifford, Craig and Randolph M. Feezel, *Coaching for Character*
Coleman, Robert E. *The Master Plan of Evangelism*
McGee, Robert S. *Search for Significance*
Sanders, J. Oswald. *Spiritual Leadership*
Tozer, A. W. *Pursuit of God*

SPIRITUAL DEVELOPMENT AND LEADERSHIP

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Colson, Chuck. *Loving God*. Zondervan, Grand Rapids, MI (1983).
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Foster, Richard J. *Celebration of Discipline: The Path to Spiritual Growth*. Harper San Francisco, San Francisco, 3rd ed., (1998). www.renovare.org - an informative web site by Richard J. Foster that emphasizes a holistic approach to meeting God and making him known to others.
Hughes, Kent. *Disciplines of a Godly Man*. Crossway, Wheaton, IL (1991).
Mulholland, Jr. M. Robert. *Invitation to a Journey: A Road Map for Spiritual Formation*. InterVarsity Press, Downers Grove, IL (1993).
Sanders, J. Oswald. *Spiritual Leadership (Commitment to Spiritual Growth)*. Moody Press, Chicago, IL (1967).
Stafford, Tim. *Knowing the Face of God*. Navpress, Colorado Springs, CO (1996).
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Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. NavPress, Colorado Springs, CO (1991).
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McGee, Robert S. *Search for Significance* Word Pub., Nashville, TN (1998).
Packer, J.I. *Knowing God*. InterVarsity Press, Downers Grove, IL (1973).
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Yancey, Phillip. *Reaching for the Invisible God*. Zondervan, Grand Rapids, MI (2000).
Yancey, Phillip. *The Jesus I Never Knew*. Zondervan, Grand Rapids, MI (1995).

PERSONAL MINISTRY SKILLS

- Adsit, Chris. *Personal Disciplemaking*. Here's Life Publishers, San Bernardino, CA (1988).
- Adsit, Chris. Disciplemakers International, <http://www.disciplemakersinternational.org/buy/index.htm>
- Arnold, Jeffrey. *The Big Book of Small Groups*. Inter-varsity Press, Downers Grove, IL (1992).
- Barrs, Jerram. *Heart of Evangelism*. Crossway Books, Wheaton, IL (2001)
- Coleman, Robert E. *The Master Plan of Evangelism*. Spire Books Flemming and Revell, 1964 (1983).
- Discipleship Journal Magazine and Resources. <http://www.navpress.com/Magazines/DiscipleshipJournal/>
http://www.baptist.ca/church/files/Holistic%20Small%20Groups/101_best_ideas.pdf
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- Downs, Tim. *Finding Common Ground: how to communicate with those outside the Christian community—while we still can*. Moody Press, Chicago, IL (1999).
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- Deardorff, Donald and John White, eds., *Image of God in the Body: Essays on Christianity and Sport*. Edwin Mellen Press, New York (2008).
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PASSING THE BATON

FUNDAMENTALS FOR BUILDING A SPORTS MINISTRY



Photo: Scott Huck

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