



FELLOWSHIP
OF CHRISTIAN
ATHLETES



E3 PLAY BOOK



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References: #NoPlaceLeft. "MAWL." NoPlaceLeft International Coalition, 1 Apr. 2016, noplaceleft.net/mawl/.
#NoPlaceLeft. "Oikos Mapping." NoPlaceLeft International Coalition, 9 Nov. 2014, noplaceleft.net/oikos-mapping/.



OVERVIEW

INTRODUCTION TO DISCIPLESHIP

Since 1954, FCA has challenged coaches and athletes at every level to use the powerful platform of sport to reach every coach and athlete with the transforming power of Jesus Christ. FCA serves local communities in nearly 100 countries, seeking to Engage, Equip, and Empower coaches and athletes to make disciples who make disciples.

Vision: To see the world transformed by Jesus Christ through the influence of coaches and athletes.

Mission: To lead every coach and athlete into a growing relationship with Jesus Christ and His church.

Values: Integrity | Serving | Teamwork | Excellence

Strategy: To and Through the Coach

Methods: Engage | Equip | Empower

Disciple: Someone who is in a growing relationship with Jesus Christ and His church.

Ministry Environments:

- **1-on-1:** A consistent meeting with a coach or athlete designed to Engage, Equip, and Empower them to make disciples who make disciples.
- **Huddle:** A consistent small group of coaches or athletes designed to Engage, Equip, and Empower them to make disciples who make disciples.
- **Event:** A short-term gathering of coaches and athletes designed to Engage, Equip, and Empower them to make disciples who make disciples.

For more information about FCA and our Ministry Environments, check out: www.FCA.org.

DISCIPLESHIP FOR TRANSFORMATION AND MULTIPLICATION

In Matthew chapter 28, Jesus says “All authority in heaven and on earth has been given to Me. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach them to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”

Jesus gives a clear command: His disciples are to make more disciples. The command gives direction along with the authority necessary to fulfill the task. We call this discipleship multiplication. We define discipleship in two parts: personal transformation and public multiplication. The E3 journey will Engage, Equip, and Empower you with principles for both personal transformation and public multiplication. You weren't created just to sit and receive. You were created to go and make!



BIBLICAL FOUNDATION

FCA is committed to a biblical foundation for everything we do. Before we dive into the principles of disciple-making, we want to make sure you understand the biblical framework that holds *The E3 Playbook* together. A biblical foundation is crucial to understand three things: God's purposes, the mission of the Church, and our mission to all nations, tribes, peoples, and languages. The Bible is God's great story in which we all play a part. The biblical narrative includes the following four key parts:

CREATION

The story begins with creation. God creates everything and it is good. He creates mankind in Adam and Eve and they enjoy a perfect relationship together.

FALL

Sadly, this relationship is broken. Adam and Eve sinned against God. All of creation falls under the destruction and condemnation of sin.

REDEMPTION

But God makes a way to redeem His creation from the condemnation of sin. He sends His Son, Jesus Christ to live a perfect, sinless life. On the cross, Jesus takes on all the condemnation of sin so that we can be forgiven. He dies but rises again to claim victory over sin and death forever.

RESTORATION

Through faith in the Son of God, Jesus Christ, we are forgiven of our sin and our relationship with God is restored. Eventually He will restore all things. Until then, God is working in the world through His Church to proclaim the saving message of Jesus Christ to all people and all nations.

God invites us to participate in the unfolding of His great story of redemption and restoration.



FCA FOUNDATION

HISTORY OF FCA

More than 65 years ago, God put a vision into the heart of Don McClanen. As a young athlete and coach, he wondered why professional athletes endorsed products like shaving cream and cigarettes but not a Christian lifestyle. His vision became the backbone for FCA, all while bringing glory to Jesus Christ.



From the beginning, FCA has been committed to relationships, transformation, and multiplication. This approach shares the Gospel to millions of coaches and athletes through programs, such as Conferences, Camps, Huddles, and many more. By God's grace, this resulted in hundreds of thousands of decisions to follow Christ. FCA has been relentlessly pursuing the Great Commission for nearly seven decades.

To see the vision of FCA become a reality, there's now a greater focus and commitment to help coaches and athletes make disciples who make disciples. FCA is taking relationships, transformation, and multiplication and turning it into a simple, repeatable process. We call this Engage, Equip, and Empower, and this is the foundation for *The E3 Playbook*.

STATEMENT OF FAITH

FCA's Statement of Faith helps us keep Christ at the center of our ministry with a clear understanding of what we believe. As a ministry, we focus on what we agree, not on what we disagree. FCA does not deal with doctrinal differences such as the gifts of the Spirit and baptism. This allows us to be inter-denominational while keeping Christ at the core of our ministry. It is up to the individual if they can agree to beliefs, conditions and guidelines.

- We believe the Bible to be the only inspired, trustworthy and true, without error, Word of God. (2 Timothy 3:16-17)
- We believe there is only one God who eternally exists in three persons: Father, Son and Holy Spirit. (Matthew 28:19)
- We believe Jesus Christ is God, in His virgin birth, in His sinless life, in His miracles, in His death that paid for our sin through His shed blood, in His bodily resurrection, in His ascension/rising up to the right hand of the Father and in His personal return in power and glory. (John 1:1; Matthew 1:18,25; Hebrews 4:15; Hebrews 9:15-22; 1 Corinthians 15:1-8; Acts 1:9-11; Hebrews 9:27-28)
- We believe that acceptance of Jesus Christ and the corresponding renewal of the Holy Spirit is the only path to salvation for lost/sinful men and women. (John 3:16; John 5:24; Titus 3:3-7)
- We believe in the present ministry of the Holy Spirit, who lives within and guides Christians so they are enabled to live godly lives. (John 14:15-26; John 16:5-16; Ephesians 1:13-14)
- We believe in eternal life, and that through belief in Jesus Christ as the Son of God, we spend eternity with the Lord in Heaven. We believe that in rejecting Jesus Christ as Lord and Savior, we receive eternal suffering in hell. (Matthew 25:31-46; 1 Thessalonians 4:13-18)
- We believe in the spiritual unity of believers in our Lord Jesus Christ, that all believers are members of His body, the Church. (Philippians 2:1-4)
- We believe God's design for sexual intimacy is to be expressed only within the context of marriage, that God created man and woman to complement and complete each other. God instituted marriage between one man and one woman as the foundation of the family and the basic structure of human society. For this reason, we believe that marriage is exclusively the union of one man and one woman. (Genesis 2:24; Matthew 19:5-6; Mark 10:6-9; Romans 1:26-27; 1 Corinthians 6:9)
- We believe that God created all human beings in His image. Therefore, we believe that human life is sacred from conception to its natural end; that we must honor the physical and spiritual needs of all people; following Christ's example, we believe that every person should be treated with love, dignity and respect. (Psalm 139:13; Isaiah 49:1; Jeremiah 1:5; Matthew 22:37-39; Romans 12:20-21; Galatians 6:10)



DISCIPLESHIP METHODS

FCA has a big vision to see the world transformed by Jesus Christ and a clear and compelling mission to lead every coach and athlete into a growing relationship with Jesus Christ and His church. FCA's approach to pursue that mission is through our Methods to help Coaches and Athletes become disciples of Jesus Christ who make disciples. Engage, Equip, and Empower is our discipleship process.

ENGAGE

Scripture

"We loved you so much that we shared with you not only God's Good News, but our own lives, too" (1 Thessalonians 2:8).

Definition

We Engage coaches and athletes through genuine relationships by sharing our lives and the Gospel.

Discipleship Principles

- Engage God First
- Engage the Heart
- Engage with the Gospel
- Engage to Multiply

EQUIP

Scripture

"Their responsibility is to equip God's people to do his work and build up the church, the body of Christ" (Ephesians 4:12).

Definition

We Equip coaches and athletes to grow in Christ through God's Word.

Discipleship Principles

- Equip with Prayer
- Equip with Scripture
- Equip in Community
- Equip with a Clear Plan

EMPOWER

Scripture

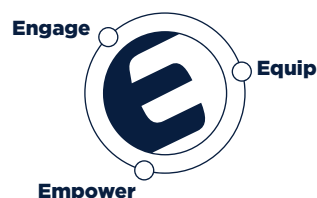
"You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others" (2 Timothy 2:2).

Definition

We Empower coaches and athletes to Engage, Equip, and Empower others to know and grow in Christ.

Discipleship Principles

- Empower by Modeling
- Empower by Assisting
- Empower by Watching
- Empower by Launching



E3 PLAYBOOK OVERVIEW

Every good coach has a clear game plan. Without it, they don't stand a chance against their opponents. Jesus gave the Church a clear game plan to make disciples (see Matthew 28:19- 20). But practically, how do we do that? What's the first step in making disciples?

The E3 Playbook provides a series of plays and strategies to help you execute God's game plan. It's designed to point you to the words and ways of Jesus to help you make disciples. *The E3 Playbook* is founded on the disciple-making principles and patterns of Jesus, and we're here nearly 2,000 years later because of these principles and patterns.

The E3 Playbook is comprised of three main sections: Engage, Equip, and Empower. Each section includes four biblical principles of discipleship multiplication, equaling 12 total. Each principle contains training and tools. The training is composed of key Scriptures for you to read, an explanation of the principle, and action steps that you can apply in your life. The tools are a collection of specific resources to help you live out and implement each principle.

Now that you're ready to start using *The E3 Playbook*, take a moment to think about the following question:

“Can you be a disciple without making disciples?”

The Bible is clear that all disciples are called to make disciples. As we follow Christ, we should strive to be like Him in every way, and that includes making disciples. If we trust Jesus for salvation and all of life, then our hearts must be aligned to follow His teachings and examples. Our prayer is that *The E3 Playbook* points you to the words and ways of the One who will guide you on the disciple-making journey!



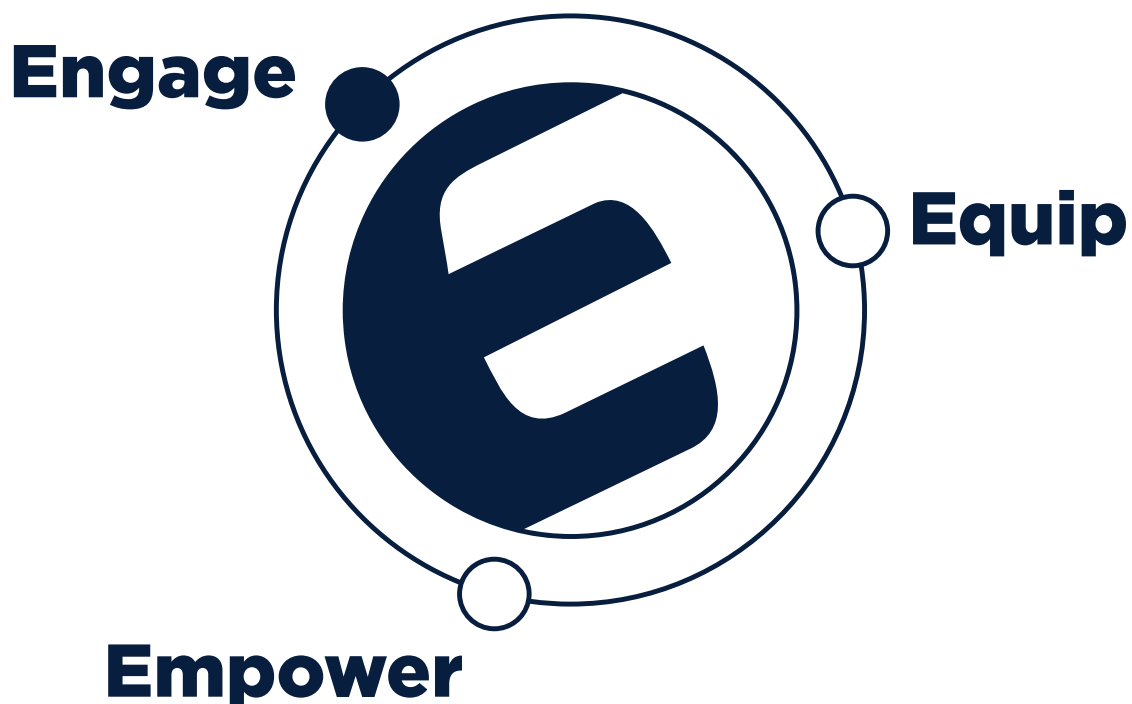
ENGAGE



“We loved you so much that we shared with you not only God’s Good News, but our own lives, too.” — 1 Thessalonians 2:8

We Engage relationally with others in a variety of environments by building genuine trust, sharing our lives, and sharing the Gospel. We strive to connect with coaches and athletes where they are at on their spiritual journey.

1. Engage God First
2. Engage the Heart
3. Engage with the Gospel
4. Engage to Multiply





ENGAGE GOD FIRST

SCRIPTURE

Matthew 6:33

1 Corinthians 2:11-16

John 15:5

1 Timothy 2:1

John 17:6-26

James 5:13-16

Like the feeling we get on game day, engaging others with the hope of Jesus Christ is thrilling. We can't wait to get started. However, we can get ahead of ourselves and Engage people before engaging God. Jesus says that apart from Him we can do nothing (John 15:5). Therefore, engaging God first is the essential primary step in the discipleship process.

Jesus both modeled and instructed His disciples to step back from people and pray to their Father in Heaven. He told them to "seek the Kingdom of God above all else, and live righteously, and he will give you everything you need" (Matthew 6:33). While we can be tempted to pursue people first, God says start with Me!

Therefore, we Engage God first in prayer, acknowledging that all Gospel transformation and multiplication comes from Him. Before we Engage others, Scripture says, "I urge that supplications, prayers, intercessions, and thanksgivings be made for all people..." (1 Timothy 2:1).

TAKE ACTION

1. Engage God first through prayer.
2. Engage others by inviting them to pray.

TOOLS

Prayer Patterns (see page 24 and 25)





ENGAGE THE HEART

SCRIPTURE

1 Thessalonians 2:8

Isaiah 55:10-11

Matthew 6:21

Luke 8:4-15

The discipleship journey is deeply relational. Paul says in his first letter to the Thessalonians that he not only shared the good news of the Gospel with them, but he also shared his life (1 Thessalonians 2:8). Life-on-life relationships like these go below the surface. They Engage our hearts. The Bible describes the heart as the very core of who we are and reveals the things we treasure most (Matthew 6:21). What can we learn from Jesus about how to Engage the heart?

Ask Pointed Questions: The greatest conversation starter is a good question. Jesus was the master at asking pointed questions to Engage the heart. A good question invites someone to open up about the important things in their life. It creates space to discuss deeper truths that point to Jesus. Pointed questions reveal a person's receptivity to the Gospel.

Share Powerful Stories: Nothing sticks with us like a powerful story. Jesus was constantly telling stories and using illustrations that Engage others. Stories convey truth and are easy to relate to. They stir our emotions and our thoughts. Consider sharing a short personal testimony or one of Jesus' stories to open the door for deeper relationships.

Sow Seeds Broadly: Jesus describes the Word of God like a seed, and the hearts of people like soil. We share God's Word like a farmer planting that seed in people's hearts (Luke 8:4-15). We don't have control over what type of soil the seed will land on, but we do have control over the amount of seeds we plant. God calls us to share His Word often and everywhere. Like a seed, it starts small, but God promises that His Word will take root and bear fruit (Isaiah 55:10-11).

TAKE ACTION

1. Engage the heart by asking pointed questions.
2. Engage the heart by sharing powerful stories.
3. Engage the heart by sharing God's Word.

TOOLS

- Heart Questions (see page 26)
- Jesus Stories (see page 27)
- Personal Testimonies (see page 28)





ENGAGE WITH THE GOSPEL

SCRIPTURE

Acts 8:35-38

Matthew 28:18-20

2 Corinthians 5:11-21

Ezekiel 11:19-20

Romans 10:8-17

We Engage the hearts of others ultimately so that we can Engage them with the Gospel. It's an amazing reality that God works through us to fulfill His Great Commission (Matthew 28:18-20). The most vital step in becoming a disciple of Jesus Christ is the decision to respond to the Gospel and trust Jesus as Lord and Savior.

Philip is a great example of someone who engages others with the Gospel. In Acts 8, we see specifically that Philip opens his mouth, leads with Scripture, and tells about the good news of Jesus. The Gospel is clearly communicated from one person to another. We see in Scripture that faith in Jesus Christ comes by hearing the Gospel.

"But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them" (Romans 10:14). A disciple-maker is an ambassador for Christ. God speaks through us. "We speak for Christ when we plead, 'Come back to God!'" (2 Corinthians 5:20). God is the one who changes a person's heart by the power of His Holy Spirit (Ezekiel 11:19-20), but He uses you as you Engage others with the Gospel.

To help you Engage others with the Gospel, FCA created a tool called The FOUR. It's a simple, repeatable way to clearly communicate the Gospel using Scripture and visual icons.

TAKE ACTION

Use The FOUR to Engage others with the Gospel.

TOOLS

The FOUR (see page 29)





ENGAGE TO MULTIPLY

SCRIPTURE

Luke 19:1-10

Acts 10

Luke 9:1-6

Acts 16:11-40

Luke 10:1-12

Take a minute and remember the person or people who first shared the good news of Jesus Christ with you. Had they not shared the truth with you, your life might look very different. Where do you think that individual heard the Gospel? Behind every believer is another faithful believer who engaged others to multiply the Kingdom.

In Scripture, we see this process demonstrated repeatedly. Jesus engages individuals, but His invitation to follow Him is also extended into that person's circle of influence. He engages both the individual and the people they are in relationship with.

Consider how Jesus engaged both Zacchaeus and his circle of influence. He said, "I'm coming to your house today." In Greek, the word house is interpreted as household or circle of influence. Jesus wasn't just going to a location but to a community of people who resided and interacted there. The result: salvation came to Zacchaeus' entire household (Luke 19:1-10).

When you Engage to Multiply, you don't just see individuals, you see networks of people that can be transformed by the Gospel. One tool that illustrates this principle is the E3 Map. The E3 Map gives clarity and direction so that you can Engage to Multiply.

Once you have created an E3 Map, start engaging using the principles previously outlined. However, as you go, remember what Jesus instructed. If the peace of the Gospel rests on someone, stay with them and invest in them (Luke 10:1-12). You are now ready to move from Engage to Equip!

TAKE ACTION

1. Create your E3 Map.
2. Engage individuals and their circle of influence on your E3 Map.
3. Identify if anyone on your E3 Map is a person of peace.

TOOLS

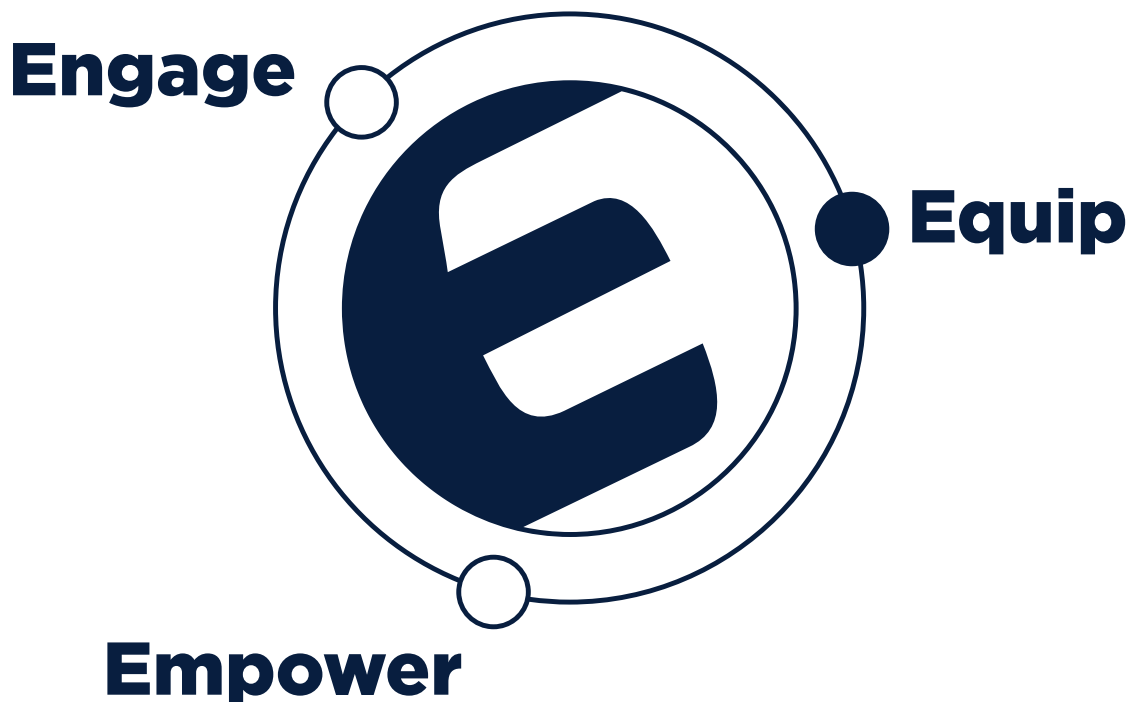
- E3 Map (see page 30)
- Persons of Peace (see page 31)



“Their responsibility is to equip God’s people to do his work and build up the church, the body of Christ.” — Ephesians 4:12

After cultivating relationships and once coaches and athletes come to faith in Christ, we want to Equip them with Christ-centered training, tools, and ongoing support. We desire to Equip them with God’s Word so they can grow in Christ and help others know and grow in Him.

1. Equip with Prayer
2. Equip with Scripture
3. Equip in Community
4. Equip with a Clear Plan



EQUIP WITH PRAYER

SCRIPTURE

Nehemiah 1:4; 2:4; 4:9

Colossians 1:9-10

1 Corinthians 3:7

Ephesians 6:10-20

Matthew 6:9-13

At no point in the E3 journey do we depart from our dependence upon God in prayer. The Holy Spirit is the One who engages. The Holy Spirit is the One who equips. He is the One who began the work, and He is the One who will carry it to completion.

Consider the example of Nehemiah. When he heard that the walls of Jerusalem were in ruins, he prayed. As he stood before the king requesting to go to war and rebuild, he prayed. As he faced opposition during the reconstruction of the wall, he prayed. When the repair of the walls was complete, it was clear to all that “this work had been accomplished with the help of our God” (Nehemiah 6:16).

Prayer makes us ready. The imagery of the soldier putting on armor is used in Ephesians 6 to portray how the believer takes up the Armor of God by “praying at all times in the Spirit” (Ephesians 6:18). Through prayer, God gives us strength and discernment to Equip others.

We must pray for others as we seek to Equip them. While we have an important part to play, it is God who causes the growth (1 Corinthians 3:6). Disciples, like Paul, pray continuously that their friends will grow spiritually. Pray that they “...may be filled with the knowledge of His will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and increasing in the knowledge of God” (Colossians 1:9-10).

TAKE ACTION

Discern through prayer how to Equip people on your E3 Map.

TOOLS

- Prayer Patterns (see page 24 and 25)
- E3 Map (see page 30)

EQUIP WITH SCRIPTURE

SCRIPTURE

Psalms 1

John 14:6

Luke 6:40

2 Timothy 3:16-17

Are you a disciple of Jesus? The term was traditionally used to describe someone who followed another for the purpose of learning. Think of discipleship in two parts: the source and the subject or the teacher and the teaching. Not only will a disciple learn the teaching, but they will become like their teacher (Luke 6:40). To be equipped is to conform to the words and ways of Jesus. To do this, God gives us His Word.

The Source: Jesus says, “I am the way, the truth and the life. No one comes to the Father except through Me” (John 14:6). Following Christ as a disciple is about learning a way of life laid out in the commands of God, but it is rooted in a relationship with our Savior who loves us. God’s Word points us to a person, Jesus Christ.

The Subject: “All Scripture is inspired by God and is useful to teach us what is true... God uses it to prepare and equip his people to do every good work” (2 Timothy 3:16-17). In other words, the Bible has authority, is without error, and is necessary and sufficient for disciples to learn and grow in their relationship with Jesus.

Disciples of Jesus are people of the Word! We are to be immersed in it. To do so is to be like a tree planted by streams of water that bears fruit in every season (Psalm 1). However, sometimes studying God’s Word can feel intimidating. Therefore, disciples should be equipped with a simple pattern for studying the Bible. FCA recommends using the Discovery Bible Study (DBS) method because it helps people to discover truths of God and apply them to their life.

The Word of God transforms lives. Knowing this, the most important question you can ask someone is, “Will you read the Bible with me?”

TAKE ACTION

Invite people from your E3 Map to read the Bible with you.

TOOLS

- The CORE (see page 32)
- Discovery Bible Study Training (see page 33)
- Discovery Bible Study Method (see page 34)
- Discovery Bible Study Sets (see page 35)



EQUIP IN COMMUNITY

SCRIPTURE

Matthew 5:1-2

Ephesians 4:11-16

Acts 2:42-44

Hebrews 10:24-25

When Jesus taught His disciples, He brought them together (Matthew 5:1-2). This is the primary setting in which He equipped them. We also see the way the believers gathered together in Acts 2:42-44. Among other things, they devoted themselves together to the teaching of the apostles.

One misconception about disciple-making is that it only happens 1-on-1. While it can happen 1-on-1, when we Equip in Community we see the greatest potential for Gospel multiplication. This is why we emphasize ‘Engage to Multiply’ and ‘Equip in Community.’

Group structure provides the opportunity for increased learning, encouragement, accountability, and diversity. Equipping happens most effectively within a group and the momentum of discipleship multiplication continues to build. Your time and energy multiplies when you Equip in Community.

FCA refers to this as the Huddle: *a consistent small group of coaches or athletes designed to Engage, Equip, and Empower them to make disciples who make disciples.*

Together, we spur one another on towards love and good deeds (Hebrews 10:24-25). There is great power in being in a relationship with Jesus and a community of believers. Let’s commit to being equipped and equipping others in community.

TAKE ACTION

Facilitate a Huddle using the Discovery Bible Study tools within your E3 Map.

TOOLS

- Discovery Bible Study Training (see page 33)
- Discovery Bible Study Method (see page 34)
- Discovery Bible Study Sets (see page 35)

EQUIP WITH A CLEAR PLAN

SCRIPTURE

Proverbs 15:22

Galatians 6:9

Proverbs 16:3,9

Philippians 4:8-9

Just like sports, discipleship has seasons. It is beneficial to define and assess the discipleship process in increments. Take a minute to consider the importance of defining healthy discipleship rhythms and routines. Use the following points to help you define expectations:

Duration: People want to know what they are committing to before starting something. Uncertainty can inhibit people from taking the next step forward. Invitations should define the duration of discipleship (for example, one semester) and the duration of each meeting (45 minutes). After faithfully fulfilling expectations, you can always invite someone into another season of discipleship. Defining duration in these ways can help with commitment and productivity.

Frequency: Consistency is key in developing relationships. Ensure that you define the frequency of meetings (once a week) and the frequency of assessment (once a month). Commit to meeting consistently and stay accountable to Gospel transformation and multiplication. Defining frequency in these ways shows your relationship has clear purpose.

Filter: It is so easy to get sidetracked from what is most important in the discipleship process. A filter keeps your energy going in the right direction. It removes obstacles in decision making, and it holds you accountable to what is most important. Defining what will filter your time, energy, relationships, and resources is crucial.

Huge benefits come from defining your expectations, but do not forget that flexibility is also important. Inevitably, conflicts will exist. How you respond can affect how quickly you get back on track. Finally, keep in mind that discipleship is hard work. Ensure that you build in time to have fun, laugh, and celebrate progress; it goes a long way in developing relationships.

TAKE ACTION

1. Define the duration of discipleship relationships.
2. Define the frequency of discipleship meetings.
3. Filter your time and energy using the principles in this playbook.

TOOLS

The Discipleship Filter (see page 36)



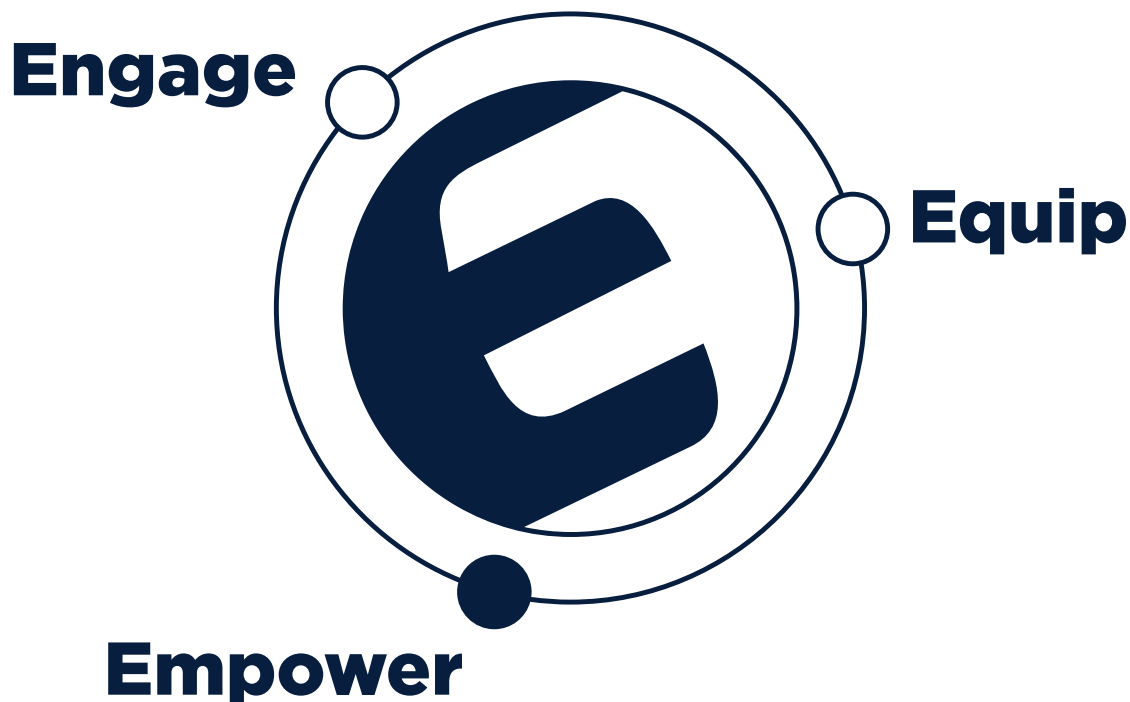
EMPOWER



“You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others.” — 2 Timothy 2:2

Once equipped, we Empower coaches and athletes to help others experience salvation in Jesus, grow in their faith, and share Him with others. We desire to Engage, Equip, and Empower coaches and athletes to make disciples who do the same to others.

1. Empower by Modeling
2. Empower by Assisting
3. Empower by Watching
4. Empower by Launching





EMPOWER BY MODELING

SCRIPTURE

Mark 3:13-14

Acts 20:18-21

2 Timothy 2:2

1 Corinthians 4:14-17; 11:1

Philippians 3:17

1 Thessalonians 1:4-7

Jesus' ministry revolved around 12 very ordinary young men called disciples. He called each of them by name with a simple invitation: "Follow Me." And they had the privilege of being with Him constantly (Mark 3:14). They observed His way of life and His teachings. Jesus was and still is the ultimate model.

Paul's ministry was the same. Paul modeled what it looked like to live a life devoted to serving the Lord. His life reflected the ways of Jesus so much that he was able to say, "Be imitators of me, as I am of Christ" (1 Corinthians 11:1).

As you begin empowering others in their E3 discipleship journey, realize that much of their training has already been received as they've watched you do it with them. Begin with the intent to multiply and ensure everything you do is reproducible. You've been using E3 to lead them in a growing relationship with Jesus Christ and His church. It's now time for them to take what they've heard and seen from you and pass it on to others (2 Timothy 2:2).

TAKE ACTION

1. Model multiplication by going with your disciples to Engage and Equip others.
2. Pray with your disciples for multiplication in and beyond their circle of influence.

TOOLS

- Reference the tools in the Engage section.
- Reference the tools in the Equip section.





EMPOWER BY ASSISTING

SCRIPTURE

Mark 6:35-44

1 Thessalonians 3:6

To an upperclassman, the pre-game or pre-practice warm up can become so routine that it can practically be performed without consciously thinking about it. However, to a rookie, it might be a different story. Everything can be new to rookies, which can warrant some assistance. Oftentimes, a coach will have the upperclassmen teach the team's routines to the rookies, which helps both groups improve.

In Mark 6, a large crowd gathered around Jesus. It becomes late in the day and people have had nothing to eat. The disciples want to send them away to get their own food, but Jesus says, "You give them something to eat." The disciples have been given the task of feeding the crowd, but they clearly need assistance. And Jesus steps in.

As you seek to Empower others in their E3 discipleship journey, begin giving away responsibilities. Challenge that person to begin the E3 process with those on their E3 Map by engaging them, starting a prayer plan, or leading a Bible study. Provide assistance along the way so that they can learn and improve. The right combination of challenge and support will cause a person to flourish. People grow when they do ministry, not just when they are ministered to.

TAKE ACTION

1. Assist your disciples by answering questions as they Engage and Equip others.
2. Co-facilitate a Huddle with your disciples and use the Discovery Bible Study method.

TOOLS

- E3 Map (see page 30)
- Discovery Bible Study Training (see page 33)
- Discovery Bible Study Method (see page 34)
- Discovery Bible Study Sets (see page 35)





EMPOWER BY WATCHING

SCRIPTURE

John 4:1-2

2 Timothy 2:2

In John 4:1-2, we get a quick glimpse of the work Jesus did with His disciples to baptize people as they came to Him in repentance. It is initially stated that Jesus is the one baptizing, but it was actually His disciples. Jesus is mobilizing His disciples to do ministry with Him. We know that He was with them, watching and supporting, but the disciples were the ones doing the work.

On a similar note, we see Paul's words in 2 Timothy 2:2. It sounds like a relay race. As a runner, the baton that I have carried, I now pass on to you, a teammate, so that you can go and pass it on to others, who will pass it on to others.

Pass the baton. Once you do, cheer your teammates on to the finish line.

As you continue the journey to Empower others, try to decrease the amount you're doing and increase the amount you're observing. This means you're giving away responsibilities to others. Stay active in the relationship by providing meaningful feedback, encouragement, and coaching. Hold others accountable to the principles of discipleship, and don't forget to celebrate the victories.

TAKE ACTION

1. Watch your disciples Empower others by holding them accountable to E3.
2. Empower your disciples through encouragement and positive feedback.

TOOLS

Reference the tools in the Engage section.





EMPOWER BY LAUNCHING

SCRIPTURE

Matthew 28:18-20

Acts 1:8-11

Acts 20:18-38

In Matthew 28, Jesus gives His disciples what is known as the Great Commission. After having taught them everything they needed to know, Jesus launches them out into the world to fulfill the mission of the Kingdom through the multiplication of disciples.

We see a similar moment in Paul's life in Acts 20. As he prepares to leave, he gives a confident charge to his friends to carry on the ministry that he has modeled and taught them.

The final step of mobilizing someone to carry on the disciple-making mission doesn't mean that you abandon your relationship with them. Jesus launches His disciples on the discipleship mission but promises to be with them until the very end. In this final step in the E3 discipleship journey, we confidently launch someone to do discipleship multiplication on their own, but the strength of our relationship with them continues. The E3 process never ends. We will continue to Engage relationally, Equip one another with God's truth, and Empower one another to reach others.

Imagine discipleship multiplication like a family tree extending into the third, fourth, and fifth generations. One person disciples another, who disciples another, who disciples another. The web of multiplying relationships has the capacity to reach the world, just like God designed. God desires each of us to be part of this disciple-making movement to reach all peoples and all places. To lead every coach and athlete in a growing relationship with Jesus Christ and His church. The call to make disciples, who make disciples, who make disciples is the greatest calling one could ever receive.

TAKE ACTION

1. Launch disciples to all peoples and all places until Jesus returns.
2. Start a new E3 Map to Engage new people and places.

TOOLS

E3 Map (see page 30)



W R A P U P

Anytime someone goes through new training and concepts, it's very important to reflect and evaluate. Let's take a few minutes to process the E3 discipleship training you just went through. Think about the training and tools, as well as some of the concepts that were new or maybe even challenging for you. Take a few minutes to answer the following questions:

1. Which principles are easiest for you to implement?
2. Which principles are more challenging for you to implement?
3. What sticks out to you most about discipleship multiplication?
4. What did God teach you about yourself?
5. What excites you most about starting the E3 journey?

In John 15:5, Jesus says, "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

This is the prominent truth for the entire *E3 Playbook*. Jesus produces the fruit, not us. Our primary role is to obey Jesus and He will take care of the rest. Our job is to simply point people to the words and the ways of the One who does the discipling. Jesus is the Good Shepherd, and He will lead others just as He is leading you.

CONGRATULATIONS!

Congratulations on completing *The E3 Playbook*! We hope you feel more excited and prepared to take the E3 journey. We are not designed to go on this journey alone. You are joining a global community of coaches, athletes, and many others who are pursuing the Great Commission of Jesus together. Welcome to the team!

May God give you wisdom and understanding as you grow in your discipleship multiplication efforts. As you seek to make disciples, don't forget that Jesus, God Himself, is the ultimate prize. He is the One that will satisfy all of your heart's longings.

"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore." — Psalm 16:11



TOOLS

PRAYER PATTERNS

Consider the following verse to help you learn how to pray:

“...praying at all times in the Spirit, with all prayer and supplication.” — Ephesians 6:18

1. PRAYING

- Is a sacred term for conversation with God.
- Is a two-way conversation, where you speak and listen to God.

2. AT ALL TIMES

- Derives from Greek words meaning “in every season” or always.
- Represents words that Jesus used consistently.
- Luke 21:36 is another example: “But stay awake at all times, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man.”

3. IN THE SPIRIT

- In literal terms this means “to be joined with.”
- This represents that God (or the Holy Spirit) lives in us and enables us to pray.
- Romans 8:15, 26 is another example: “For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, ‘Abba! Father!’ ... Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groaning too deep for words.”

4. WITH ALL PRAYER

- Use the Adoration, Confession, Thanksgiving, Supplication (ACTS) prayer pattern.
- Try this by recording your prayers on the ACTS chart below.

5. AND SUPPLICATION

- Has a root word of “supply.”
- Represents us receiving blessings from God and averting evils or fears.



A ADORE	Praise God for His character traits.
C CONFESS	Tell God what's affecting your relationship with Him.
T THANK	Praise God for what He has done.
S SUPPLY	Ask God to provide or meet your needs and desires.



HEART QUESTIONS

Everywhere in the world, athletes know when the coach blows the whistle, athlete's better pay attention. In the Bible, the word Shema has the same effect. It means "Listen!" or "Hear!" For example, Deuteronomy 6:4 says, "Listen, O Israel! The LORD is our God. The LORD alone." Statements like this are used to grab our attention, to make us listen, and to make us recognize the importance of the message.

Statements like these can spark a spiritual conversation in an instant. Like a seed, these statements or words start small, but if sown in the right soil, they can grow into a large, fruit-bearing tree. If you combine this kind of statement with a pointed question, you have a way to Engage someone's heart. We believe that the intersection of sport and faith can be fertile soil for spiritual conversations. Below are some examples of what we call Heart Questions for coaches and athletes. They're small statements packed with significance and coupled with a question to Engage the heart. Try one today or make up your own!

IMPACTFUL STATEMENT	HEART QUESTION
I spend time in prayer as part of my pre-game routine.	What does your pre-game routine look like?
I have a Bible verse that I keep in my locker.	What keeps you focused when you compete?
When I play, my faith is a source of confidence.	What gives you confidence as an athlete?
Ultimately, I hope to bring glory to God by how I coach [or compete].	What motivates you to coach [or compete]?
I feel poised in competition because no matter what happens, I know that God is in control and that He loves me.	How do you stay sensible and level-headed?
I know this injury has been devastating.	Can I pray for you?
Rest assured, God made you exactly as He wanted.	Do you ever feel inferior or incapable as an athlete/coach? Or maybe envious of others?
My identity is in Jesus Christ. This allows me to compete with freedom and joy.	Have you ever felt like that?
God is really teaching me about the importance of _____ as an athlete/coach.	What important lesson(s) are you learning right now?
I'm thankful that my worth and my value aren't based on what I do on the field or court.	Do you struggle with finding your worth or value in sport?



JESUS STORIES

Memorize a few of the stories listed below. Then, use the tips and examples below to help you share those stories in conversation with others. These stories are a strategic way to Engage someone's heart in deeper conversation. Use these to Engage someone today!

PARABLES OF JESUS		PASSAGE
1	The Mustard Seed	Matthew 13:31-32
2	Leaven and Bread	Matthew 13:33
3	Hidden Treasure	Matthew 13:44
4	Valuable Pearl	Matthew 13:45-46

GUIDED CONVERSATION TIPS

1. Create a lead-in sentence.
2. Share the story as best as you can and summarize or emphasize the main points.
3. Ask pointed, follow-up questions.

EXAMPLE 1

1. Let me tell you a story...
2. A man sowed a mustard seed in his field. Mustard seeds start small, but they grow to become a tree, so that birds can nest in its branches (Matthew 13:31-32).
3. What are you sowing into the hearts of your family, friends, or teammates?

EXAMPLE 3

1. That reminds me of a story...
2. There was a man who discovered a treasure that was so valuable, in his joy he went and sold all he had to get it (Matthew 13:44).
3. What's the greatest treasure in your life?

EXAMPLE 2

1. You know how...
2. A woman adds yeast to her dough, and it leavens the entire loaf (Matthew 13:33).
3. What impact does that have on you, your family, friends, or teammates?

EXAMPLE 4

1. Think about it this way...
2. There's a merchant searching for fine pearls. One day he finds a pearl so valuable that he sells all of his others to buy it (Matthew 13:45-46).
3. What's the most valuable thing that you're searching for right now?



PERSONAL TESTIMONIES

A testimony is a story or personal account of a time you encountered God. People who are in a growing relationship with Jesus will have multiple testimonies of what He's done in their lives. Testimonies can include trusting Him for the first time for salvation or one of the many other ways He's changed your life. Writing and sharing your own testimonies is easier than you think. Use this tool to help you share your own testimonies!

BEFORE

Describe your life before you surrendered to Christ:

- What things were most important to me?
- Where did I find happiness or security? List specific examples.

DURING

Here are some tips to describe your life as you were surrendering to Christ:

- What was my first reaction to The Gospel message?
- Why did I finally decide to stop living for myself and surrender to Christ?
- What decision(s) did I make when I turned away from sin and began to live for Christ?

AFTER

Here are some tips to describe your life after you surrendered your life to Christ:

- What are some of the specific changes in my life now? Give examples of those.
- Is my life problem-free now? If not, what is different?
- Reference or provide relevant Scripture examples in your personal testimonies.

TESTIMONY TOOL

DESCRIBE YOUR LIFE BEFORE JESUS
During this time...
DESCRIBE HOW JESUS TRANSFORMED YOUR LIFE
I felt Jesus...
DESCRIBE YOUR LIFE AFTER JESUS
Jesus changed me by...



THE FOUR

THE GOSPEL EXPLAINED IN FOUR SIMPLE TRUTHS

The FOUR is a simple repeatable way for FCA staff, volunteers, coaches, and athletes to clearly communicate the Gospel. To learn more, go to thefour.fca.org.



GOD LOVES YOU

God made you and loves you! His love is boundless and unconditional. God is real, and He wants you to personally experience His love and discover His purpose for your life through a relationship with Him.

Genesis 1:27, John 3:16



SIN SEPARATES YOU

Sin damages your relationships with other people and with God. It keeps us from experiencing the fulfilling life that God intends for us. The result: you are eternally separated from God and the life He planned for you.

Romans 3:23, Romans 6:23, Isaiah 59:2



JESUS RESCUES YOU

Jesus died, but He rose to life again. Jesus offers you peace with God and a personal relationship with Him. Through faith in Jesus, you can experience God's love daily, discover your purpose and have eternal life after death.

1 Peter 3:18, 1 Corinthians 15:3-8, Romans 5:8



WILL YOU TRUST JESUS?

You choose to trust Jesus when you believe and confess that Jesus is Lord and surrender your life to Him. Are you ready to place your trust in Jesus?

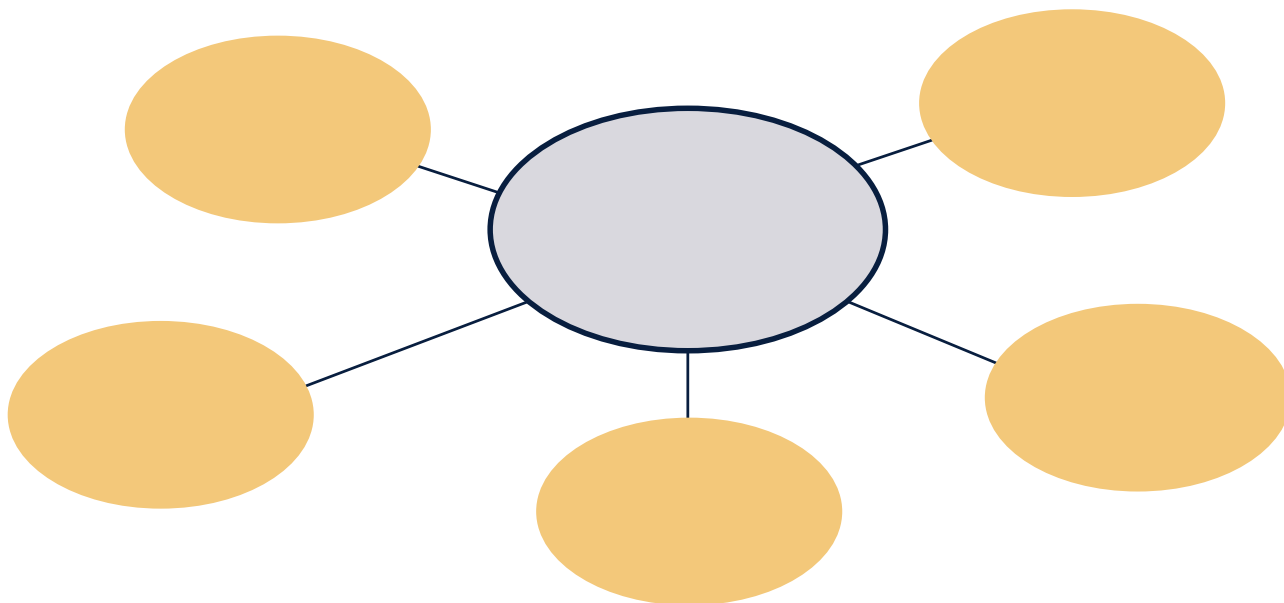
Romans 10:9-10, John 1:12, Rev. 3:20, Ephesians 2:8-9



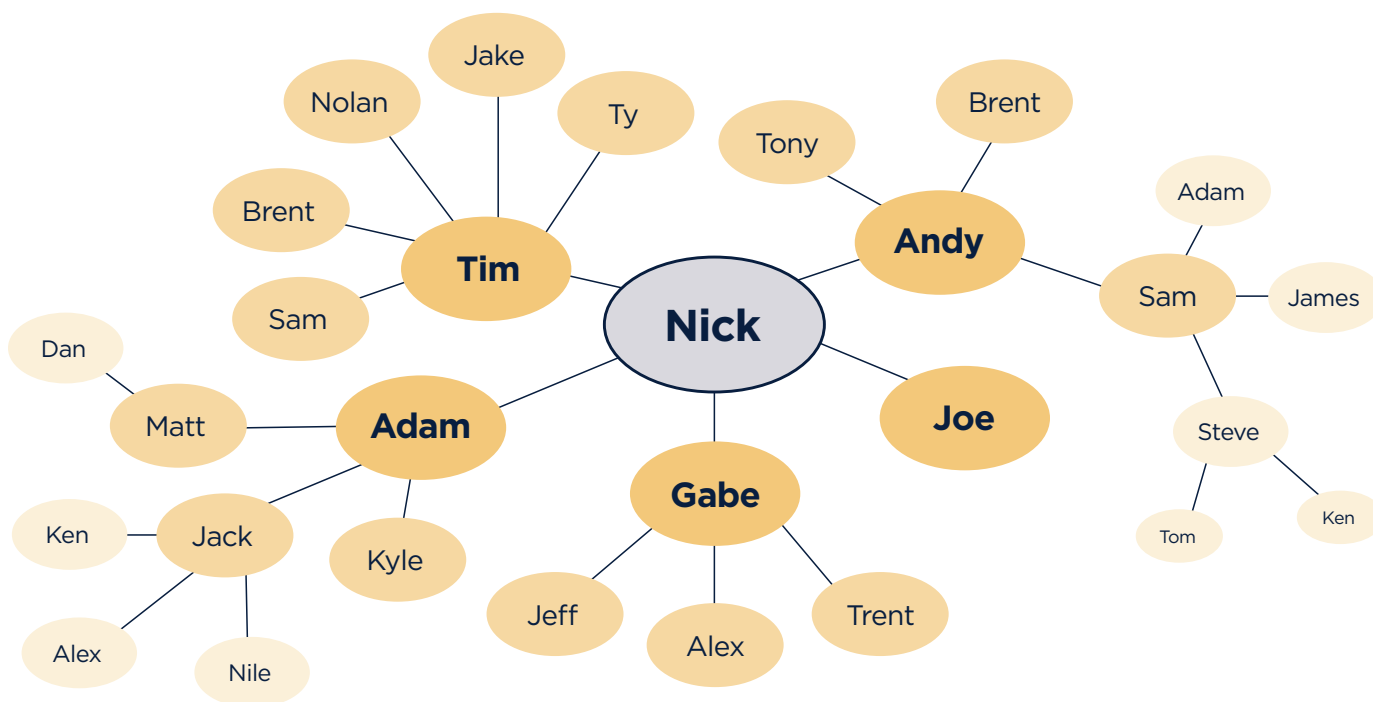
E3 MAP

In the diagram below, write your name in the middle circle. In the outer circles, write the names of five people who are close to you relationally but far from God. Then, begin to pray for these people regularly and find ways to Engage them with the Gospel.

Watch God move! Because circumstances and our relationships with others can change frequently, review and update this E3 Map each week. Review the sample map to see how your E3 Map might grow over time.



SAMPLE E3 MAP



PERSONS OF PEACE

The story of a great team often begins from a small spark of inspiration or momentum. The spark can represent a shared belief in a mission and a shared trust in one another. Along the way, the spark grows into a flame as others catch on to something special. Similarly, Jesus' team of disciples are sent out on a mission. The peace of Christ was the spark that they carried with them. As they went, they found others who were ignited by that same spark. Jesus calls them Persons of Peace (Luke 10:6). Through them, the flame grew.

QUESTIONS

What is a Person of Peace? Read Luke 10:1-12.

What are some characteristics of a Person of Peace? Think about characters like Cornelius, Lydia, or the Roman Jailer. Read Acts 10 and Acts 16:11-40.

PERSONS OF PEACE PATTERNS

Persons of Peace **receive** the messenger.

Persons of Peace **respond** to the message.

Persons of Peace **reach others** with the message.

PERSONS OF PEACE CHARACTERISTICS

Persons of Peace are eager to **interact** with you.

Persons of Peace are eager to **listen** to you.

Persons of Peace are eager to **introduce** you to others.

Persons of Peace are eager to **share truth** with others.



THE CORE



8 ESSENTIALS TO STRENGTHEN YOUR FAITH

FCA desires to make disciples who make disciples. To help our coaches, athletes, volunteers and staff make this happen, FCA has developed a brand-new resource called The CORE. This simple, relevant resource helps new believers journey through eight core essentials of the Christian faith.

WHERE TO FIND THE CORE

Visit thecore.fca.org to:

- Order The CORE booklets
- Access a downloadable PDF version of The CORE
- Start The CORE YouVersion reading plan

WHAT ARE THE CORE ESSENTIALS?

- CORE 1** Join God's Team
- CORE 2** Live With God's Power
- CORE 3** Train Spiritually
- CORE 4** Communicate with God
- CORE 5** Study God's Playbook
- CORE 6** Team Up With Others
- CORE 7** Know Your Role
- CORE 8** Share With Others

HOW TO USE THE CORE

1-ON-1: A 1-on-1 meeting occurs when two people commit to a mentoring relationship and go through the eight sessions together.

HUDDLES: Go through The CORE with a small group of athletes or coaches. Consistently meet to review each session and share what God is teaching everyone through the study.

INDIVIDUAL: The CORE can be used as a personal Bible study to grow in your walk with Christ.

START THE JOURNEY

Athletes know this best: when you strengthen your core, everything else benefits. You are starting a life-changing journey that will transform the core of who you are as a disciple of Jesus. In turn, you will be empowered to go and disciple others.



DISCOVERY BIBLE STUDY TRAINING

Use the model and information below to guide and lead your FCA Huddle.

WARM UP

Welcome and Quick Conversation Starters:

- What are you thankful for?
- What are you struggling with?

WORKOUT

Accountability from previous week (note, skip this if it is your first meeting):

- How did you obey last week? (“I will...” statement)
- Who did you share with?

Bible reading (choose a passage from the suggested story sets):

- Read the passage aloud, everyone follows along with their eyes.
- Read the passage a second time, but this time close your eyes and listen.
- Together, retell the story in as much detail as you can without looking at the Bible.

Bible study (reopen your Bibles and answer these questions verse by verse):

- What does this say about God?
- What does this say about people?

WRAP UP

Take Action:

- Consider the truths about God and people that you wrote down.
- Answer the following questions:
 - By God’s grace how will you obey God’s Word this week?
 - Pray and ask God what truth He wants you to focus on this week.
 - Write a one-sentence, “I will...” statement capturing this conviction.
 - Who will you share this scripture passage with this week?
 - Pray and ask God who needs to hear this.
 - Write down one name and be intentional about sharing with them.



DISCOVERY BIBLE STUDY METHOD

TODAY'S SCRIPTURE:

1. What are you thankful for?

2. What are you struggling with?

3. How did you obey last week?

4. Who did you share with last week?

5. What does it say about God?

6. What does it say about people?

7. By God's grace, how will you obey?

8. Who will you share this Scripture with?



DISCOVERY BIBLE STUDY SETS

The tables below provide you with study methods, topics/stories, and verses that can guide you as you read through the Bible.

CREATION TO CHRIST			
1	Creation	God Created the World	Genesis 1:1-2:3
2	Creation	The Creation of Man	Genesis 2:4-25
3	The Fall	First Sin	Genesis 3:1-24
4	The Fall	The Flood	Genesis 6:1-9:17
5	Redemption	God's Promise to Abram	Genesis 12:1-8; 15:1-6
6	Redemption	The Promise of Passover	Exodus 12:1-28
7	Redemption	The Ten Commandments	Exodus 20:1-21
8	Redemption	The Sacrificial System	Leviticus 4:1-35
9	Redemption	King David and the Coming Messiah	Psalms 22 and 110
10	Redemption	Isaiah Foreshadows the Coming Promise	Isaiah 52:13-53:12
11	Redemption	Jesus' Baptism	Matthew 3; John 1:29-34
12	Redemption	The Temptation of Christ	Matthew 4:1-11
13	Redemption	Jesus Forgives and Heals	Luke 5:17-26
14	Redemption	Jesus Calms the Storm	Mark 4:35-41
15	Redemption	Jesus Casts Out Evil Spirits	Mark 5:1-20
16	Redemption	Jesus Raises Lazarus from the Dead	John 11:1-44
17	Redemption	Jesus Betrayed and Condemned	John 18:1-19:16
18	Redemption	Jesus Crucified	Luke 23:32-56
19	Redemption	Jesus Conquers Death	Luke 24:1-35
20	Redemption	Jesus Appears and Ascends	Luke 24:36-53

PARABLES		
1	The Good Shepherd	John 10:1-18
2	Great Value	Matthew 13:44-46
3	Debt Forgiveness	Matthew 18:21-35
4	The Prodigal Son	Luke 15:11-32
5	Narrow Gate	Matthew 7:13-29
6	Four Soils	Mark 4:1-20
7	The Vineyard	Matthew 20:1-16
8	The Vine and Vinedresser	John 15:1-17
9	Physical and Spiritual Healing	Mark 2:1-12
10	Gerasene Demoniac	Mark 5:1-20
11	The Talents	Matthew 25:14-30
12	Woman at Well	John 4:4-26 or 4:4-45
13	Woman in Adultery	John 8:1-11
14	Rich Man and Lazarus	Luke 16:19-31
15	Two Responses	Matthew 21:23-32
16	Leased to You	Matthew 21:33-46

OVERFLOW		
1	DBS	Psalms 1
2	ACTS - Adore, Confess, Thank, Supply	Psalms 19
3	DBS	Colossians 1:1-20
4	DBS	Luke 10:38-42
5	DBS	Proverbs 3:1-12
6	DBS	Mark 3:7-16; Acts 4:8-14
7	ACTS - Adore, Confess, Thank, Supply	Matthew 22:1-14
8	DBS	Psalms 84
9	Pray Verse by Verse	Psalms 16
10	DBS	Deuteronomy 10:12-22
11	Any Method	Psalms 27
12	Any Method	Psalms 73
13	Any Method	Psalms 86

STORIES OF HOPE		
1	Sinful Woman	Luke 7:36-50
2	Who can come to God?	Luke 18:9-17
3	Who is your God?	Matthew 18:21-35
4	Who is your God?	Matthew 16:21 - 17:9
5	Jesus before Pilate and Herod	Luke 22:66 - 23:25; 23:32-43
6	Cost of following Christ	Luke 24:1-20, 36-50
7	Merciful King	Luke 15:11-32

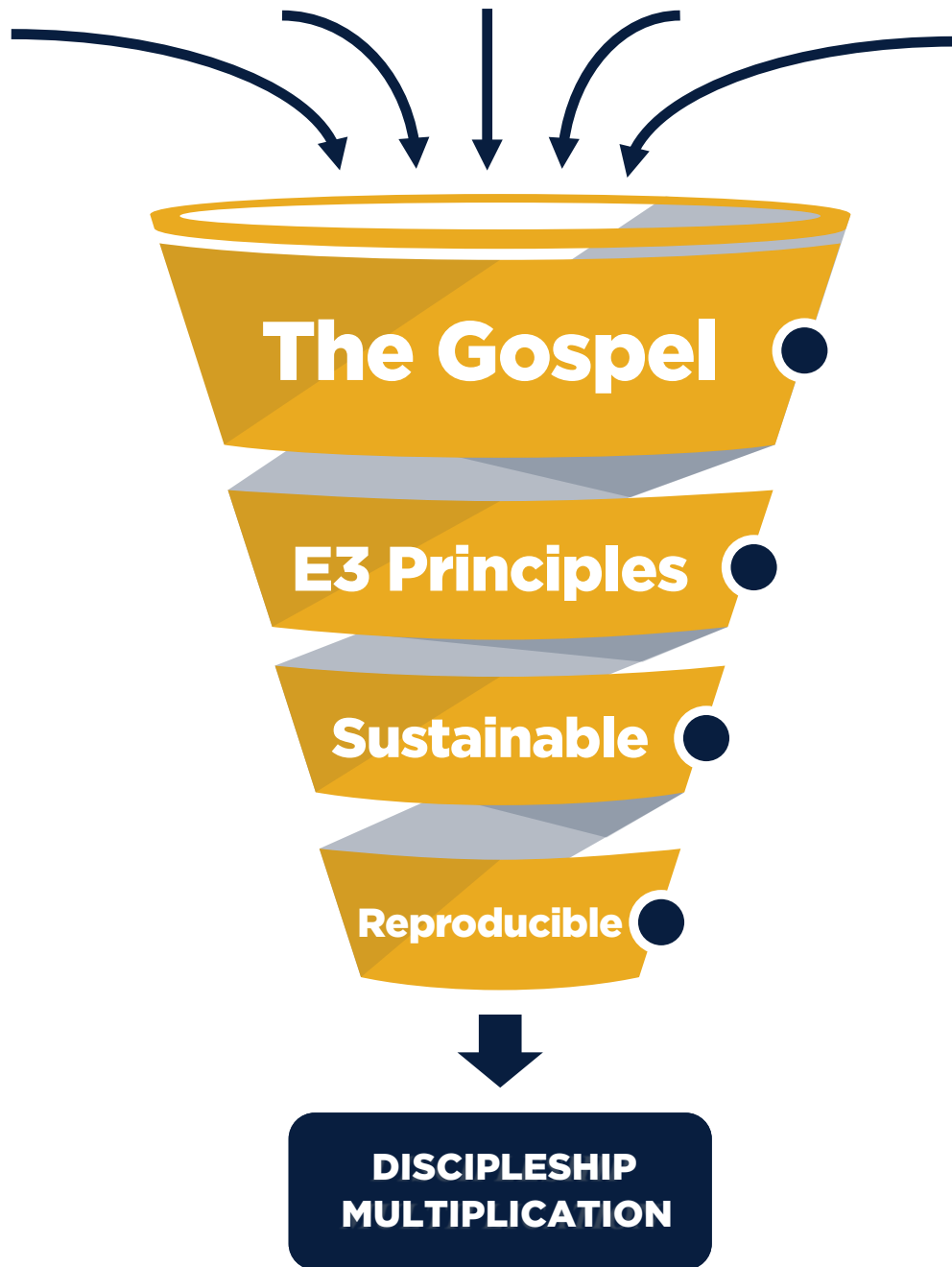
OTHER SUGGESTIONS

- Choose a Book of the Bible and study one chapter per meeting (For example, the Book of John).
- Choose a reading plan from the Bible App. FCA has several that you can choose from.
- Visit www.fcaresources.com to access thousands of studies, devotionals, and other content.



THE DISCIPLESHIP FILTER

When thinking about discipleship, how do you make decisions? Specifically, when it comes to making disciples, who, what, when, where, and how you Engage or Equip others can affect multiplication. The Discipleship Filter is a tool that helps you make decisions for discipleship. Filter where you invest your time and energy! Use the following filter to help you make decisions for discipleship multiplication:



FCA VISION

To see the world transformed by
Jesus Christ through the influence
of coaches and athletes.

THE FELLOWSHIP OF CHRISTIAN ATHLETES

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AN E3 RESOURCE
