

The Discipleship Game Plan

Whether you're taking a class, doing a job, or raising a family, success begins with defining what it means to WIN. For Christians, "winning" isn't just going to church, being more religious, or even "becoming a better person." It's making disciples of Jesus Christ, period. But what is a disciple? And how do we make them? In the New Testament, Jesus and the first Christians left us a discipleship game plan, and everyone - from brand-new believers to life-long Christians - has a part to play in it. Throughout this series, you'll discover new ways that you can win people for Jesus Christ, so join The Story every Sunday in August as we explore the X's and O's of making disciples.

August 10, 2025 - Part 2 - Win in the Weightroom!

Last week, with part one of this series, we introduced an "official" definition of discipleship:

The INTENTIONAL process of INTEGRATING Jesus into every facet of your life

Today, we're working with an *unofficial* definition of discipleship:

The _____ of doing _____ for _____

Why can't you *make disciples* without *being* one first? What's wrong with the "Do as I say, not as I do" philosophy?

Today, we'll focus on three principles of discipleship training:

PRINCIPLE #1 - DO HARD THINGS!

1 Timothy 4:7-8 - Have nothing to do with godless myths and old wives' tales; rather, *train yourself to be godly*. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

The word "train" in this passage comes from the Greek word *gumnazo*, the root word of "gymnasium." **What does this tell you about Paul's intended meaning here? How did he approach discipleship?**

Why is it so important to get in the habit of doing hard things?

PRINCIPLE #2 - BE THE EXAMPLE!

1 Timothy 4:10-14 - That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe. Command and teach these things. Don't let anyone look down on you because you are young, but *set an example for the believers in speech, in conduct, in love, in faith, and in purity...* devote yourself to the public reading of Scripture, to preaching and to teaching.

Paul encouraged Timothy to set an example in four ways. **What are they, and what do each of them mean?**

What is one way in which you have set a Christlike example for others to follow and/or one way that you have failed to set the right example?

PRINCIPLE #3 - PERSEVERE!

1 Timothy 4:15-16 - Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. Watch your life and doctrine closely. *Persevere in them*, because if you do, you will save both yourself and your hearers.

What does the word *persevere* mean?

How does it apply to the everyday life of a disciple?

In what area(s) of your life so far have you lacked perseverance? Why do you think that has been the case?

How do you plan to *persevere* today and tomorrow in ways that you didn't yesterday? What different "inputs" will result in different "outputs"?

Your Notes:



TODAY: Student Fall Kickoff!

All 6th-12th Grade Students are invited to Sessions in The Loft at 11am - right after the back-to-school blessing in the sanctuary. We also have a fun bowling event next Sunday, August 17th from 5-7pm! Register on **thestory.church/events**



Register for Groups

Registration for all of our fall adult classes is open through the month of August! Stop by the lobby today to learn more at our Groups table, or visit **thestory.church/groups** to view our offerings online and register digitally.



Serve with Jubilee Prison Ministry This Fall

We have several opportunities to serve with this transformative ministry this season! Visit **thestory.church/events** to save the dates for upcoming weekends & their trainings, or to learn more about serving either on inside or outside teams.