



FELLOWSHIP
OF CHRISTIAN
ATHLETES



E3 WORK BOOK



TABLE OF CONTENTS

E3 TRAINING OVERVIEW.....	2
FCA FOUNDATION	3
STRATEGY & DISCIPLESHIP.....	4
METHODS	5
ENGAGE	6
EQUIP	10
EMPOWER.....	14
FCA OVERVIEW	18

Before you begin, it's important to note that *The E3 Playbook* is the primary training content. This *E3 Workbook* is a supplemental resource as you participate in E3 discipleship training.

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E3 TRAINING OVERVIEW

PURPOSE OF THE TRAINING

To _____ every volunteer to lead every coach and athlete into a growing relationship with Jesus Christ and His church.

INTRODUCTION TO DISCIPLESHIP

Discipleship is about: Personal _____ and Public _____.

BIBLICAL FOUNDATION

- _____
- _____
- _____
- _____



FCA FOUNDATION



FCA FOUNDATION

From the beginning, FCA has been committed to _____, transformation and multiplication.

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

MISSION To lead _____ coach and athlete into a growing relationship with Jesus Christ and His church.

VALUES Integrity | Serving | Teamwork | Excellence



STRATEGY & DISCIPLESHIP

STRATEGY

_____ and _____ the Coach

DISCIPLE

Someone who is in a _____ relationship with Jesus Christ and His church.

HUDDLE DISCUSSION

- Were you disciplined by someone? If so, who was it and how did they disciple you?
- Were you able to reproduce how they disciplined you with others? Why or why not?

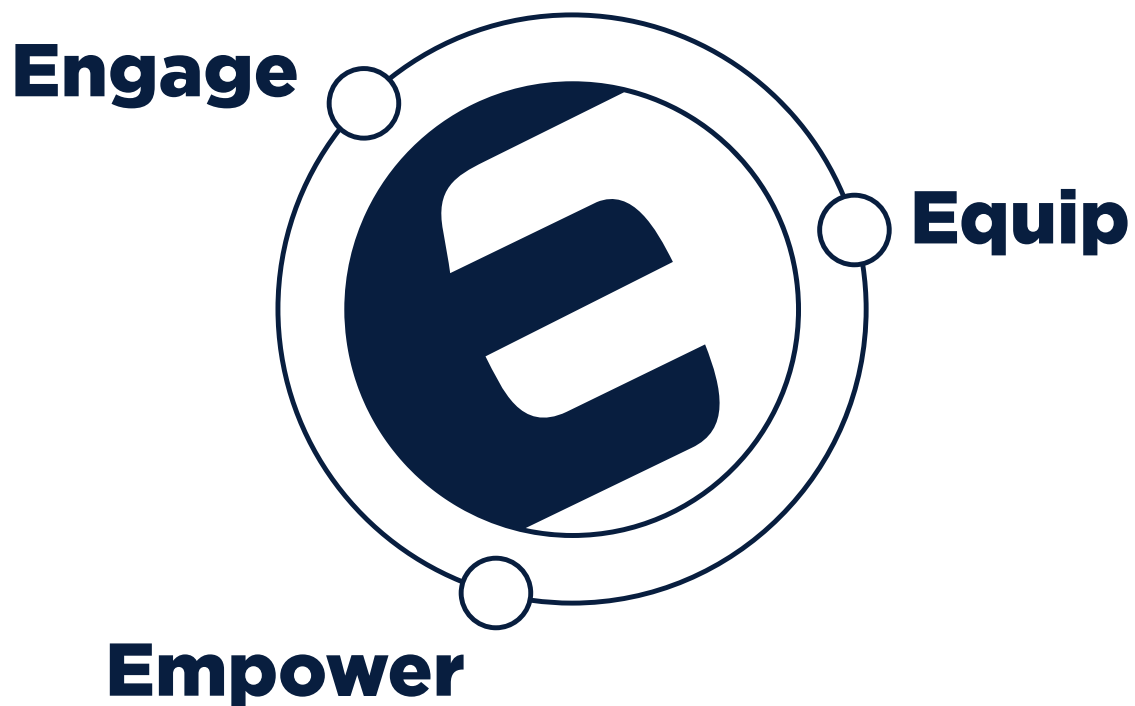
THE PROCESS

We need a _____ process to make disciples.



METHODS

Our Methods are placed around the visual of a circle because discipleship is ongoing.

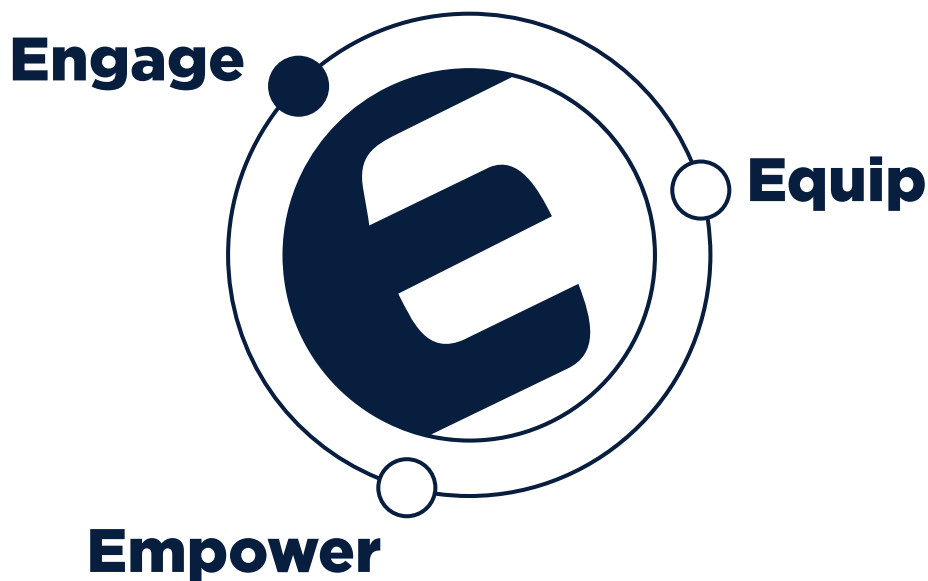


ENGAGE



“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 _____
2. Engage the _____
3. Engage with the _____
4. Engage to _____



ENGAGE



HUDDLE DISCUSSION

Read each Scripture out loud with your Huddle and start looking for the principle of Engage God First. Write down what stands out to you.

Matthew 6:33

John 15:5

John 17:6-26

1 Corinthians 2:11-16

1 Timothy 2:1

James 5:13-16

ENGAGE GOD FIRST

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

INDIVIDUAL TIME

- See page 25 in *The E3 Playbook*.
- Fill out the ACTS Prayer Pattern.

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.

25



ENGAGE



ENGAGE THE HEART

What can we learn from Jesus about how to Engage the Heart?

- Ask _____ Questions.
- Share _____ Stories.
- Sow Seeds _____.

See Pages 26-27 in *The E3 Playbook*.

ENGAGE WITH THE GOSPEL

Share the Gospel by leading with Scripture.

- Are we afraid of _____?
- Are we concerned that it will negatively affect the _____?
- What keeps us from sharing the Gospel with our _____ of influence?



ENGAGE



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God _____ You.

Sin _____ You.

Jesus _____ You.

Will You _____ Jesus?



ENGAGE TO MULTIPLY

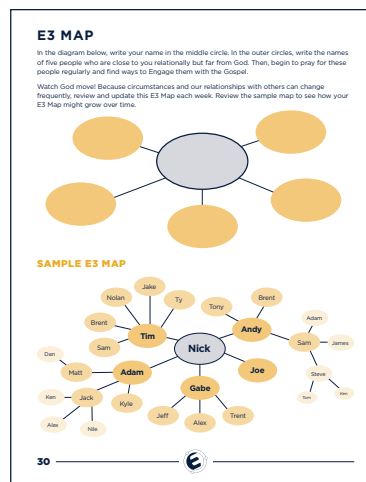
Let's read Luke 9:1-10

Jesus consistently engaged an _____ and their circle of influence.

This is a _____ of multiplication that we can implement too.

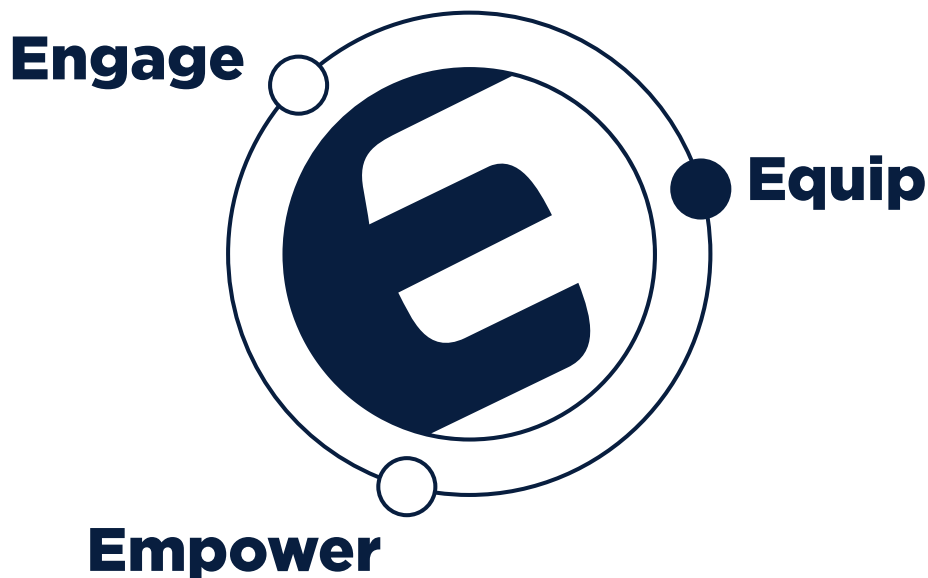
INDIVIDUAL TIME

- See page 30 in *The E3 Playbook*.
- Fill out your E3 Map.



“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 _____
2. Equip with _____
3. Equip in _____
4. Equip with a _____

EQUIP



EQUIP WITH PRAYER

Before we begin to Equip others, we need to _____ and pray.

Prayer is our first _____ in the discipleship process.

EQUIP WITH SCRIPTURE

Let's read 2 Timothy 3:16-17

God's Word is the most important component for equipping others. His Spirit and His people (the church) will help Equip as Scripture is read and believed.

THE CORE


See page 32 of *The E3 Playbook*.



DISCOVERY BIBLE STUDY METHOD

See pages 33-35 of *The E3 Playbook*.

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?

34 





EQUIP IN COMMUNITY

Take 30 seconds to look at the next slide (view slide on PowerPoint).

Take one minute to write down everything you remember from the picture.

How much better would this assignment have been if you could have done it with others?

We learn more about God when we _____ His Word together.

We are better _____.





EQUIP WITH A CLEAR PLAN

_____ - When you start and when you finish

_____ - Routine and rhythm of meeting together

_____ - Your plan should be sustainable and reproducible

INDIVIDUAL TIME

Take two minutes to look at your calendar this week and answer the following questions:

1. Does it reflect discipleship multiplication?

2. What can I adjust to make this happen?

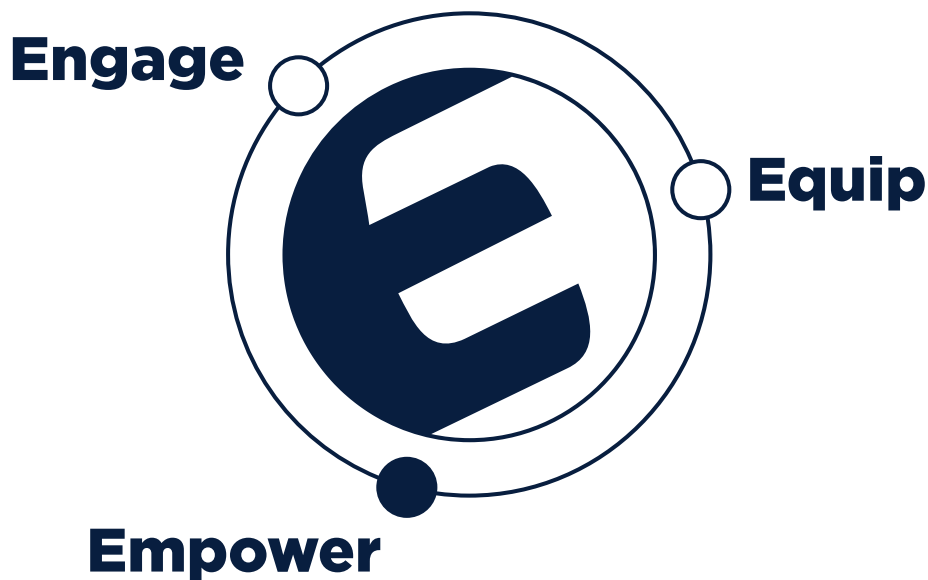


EMPOWER



“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 _____
2. Empower by _____
3. Empower by _____
4. Empower by _____



EMPOWER



EMPOWER changes discipleship from _____ to _____.

It's about _____ people out, not just _____ people in.

EMPOWER BY MODELING

...is less about modeling the _____

...and more about modeling the _____

1 Corinthians 11:1 - "And you should imitate me, just as I imitate Christ."

The word imitate at it's origin means "_____."

Modeling begins at the first _____

You are always modeling something to _____

INDIVIDUAL TIME

- What words/actions do you hope the people you are discipling will imitate?

- Are any of your words/actions hindering transformation and multiplication?



EMPOWER



EMPOWER BY ASSISTING

The _____ was sent to _____ us.

If we only _____, the kingdom _____ multiply.

THINGS TO AVOID

1. Doing _____ for the disciple.
2. Leaving without _____ the disciple.

EMPOWER BY WATCHING

What does this look like for the disciple maker? For the disciple?

In many ways, this is the most difficult principle of all because of our tendency to be “doers.”

We love to do! This requires us to trust the Holy Spirit and release control of the disciple to the One who created him/her.

You are no longer doing....but now, you are watching.



EMPOWER



INDIVIDUAL TIME

- Identify 1-2 things that you need to stop doing for your disciples and start watching.
- If you aren't currently discipling someone, use this time to pray for someone to Engage.

EMPOWER BY LAUNCHING

- For the _____ it's time to Empower by Launching your disciples.
- For the _____, it's time to Engage others.

HUDDLE DISCUSSION

- Read John 4:1-42 out loud with your Huddle.
- Write down every E3 principle you see within this story.





VISION

MISSION

VALUES

STRATEGY

METHODS

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

Our relationships will demonstrate steadfast
commitment to Jesus Christ and His Word
through Integrity, Serving, Teamwork
and Excellence.

INTEGRITY (Proverbs 11:3)

We will demonstrate Christ-like wholeness,
privately and publicly.

SERVING (John 13:1-17)

We will model Jesus' example of serving.

TEAMWORK (Philippians 2:1-4)

We will express our unity in Christ in all
our relationships.

EXCELLENCE (Colossians 3:23-24)

We will honor and glorify God in all we do.

METHODS

As FCA matures, we seek to make disciples
through our methods of engaging, equipping
and empowering coaches and athletes to know
and grow in Christ and lead others to do the same.

ENGAGE (1 Thessalonians 2:8)

We engage coaches and athletes through
genuine relationships sharing our lives
and the gospel.

EQUIP (Ephesians 4:12)

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

EMPOWER (2 Timothy 2:2)

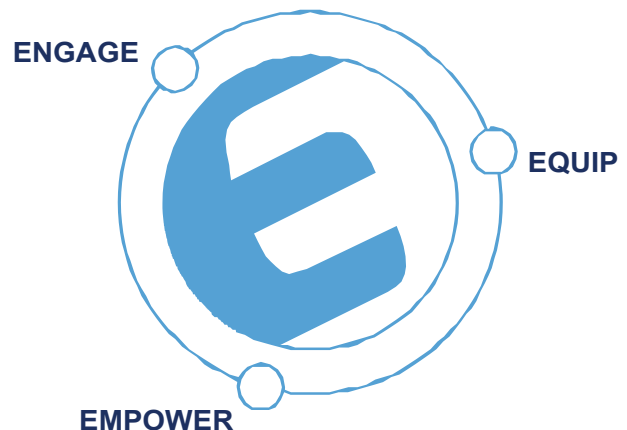
We empower coaches and athletes to engage
and equip others to know and grow in Christ.

STRATEGY

To and Through the Coach

We pursue our vision and mission through the
strategy of to and through the coach. We seek
ministry first to coaches hearts, marriages and
families. Then, when ready, we minister through
coaches to their fellow coaches, teams and
athlete leaders.

Billy Graham said, "A coach will impact more
people in one year than the average person will
in an entire lifetime." With the influence of a
coach, FCA recognizes the most strategic way
to reach more athletes is to first reach the coach.



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
