



Using your answers from the "I am a disciple" worksheet, consider your own discipleship race and how you might be able to commit more time to God. Using the sections below, can you think of creative ways that will help you grow as a disciple of Jesus and deepen your relationship with Him?

DIET: Like athletes, Christians must look also after body and minds...

What can you do to keep your relationship with Jesus healthy and balanced?

CHRISTIANITY WITHOUT
DISCIPLESHIP IS
CHRISTIANITY WITHOUT
JESUS CHRIST
DIETRICH BONHOEFFER

TRAINING: Athletes plan their days around their training regime...

What can you do to ensure that you connect with God more on a daily basis?

EVERY SINGLE DAY
WE DECIDE THE
DEGREE OF OUR
DISCIPLESHIP
NEAL A. MAXWELL

SUPPORT: Athletes rely on their coaches for advice and support...

Who do you know that can challenge/encourage you in your discipleship?

LUKE WARM PEOPLE CALL
'RADICAL' WHAT JESUS
EXPECTED **ALL** HIS
FOLLOWERS TO DO
FRANCIS CHAN

DEDICATION: Athletes are passionate about their sport through the highs, lows...

What creative ways can you think of that can help you remain passionate about Jesus especially during tough times?

DISCIPLESHIP IS THE
PROCESS OF BECOMING
WHO **JESUS** WOULD
BE IF HE WERE YOU
DALLAS WILLARD

FOCUS: There are times when athletes are tempted to avoid training...

How can you stay focused on Jesus when faced with all sorts of temptations?

PRAY FOR THE HOLY
SPIRIT DAILY. HE GUIDES
US ALONG THE PATH
OF **DISCIPLESHIP**
POPE FRANCIS

SACRIFICE: Athletes sacrifice so much to fulfill their ambition and win the prize...

What sacrifices might you need to make to follow God's plan for your life?

SALVATION IS FREE, BUT
DISCIPLESHIP COSTS
US EVERYTHING WE HAVE
BILLY GRAHAM