

A Complement to the R12 DVD Series



study guide

a growth resource from
Fellowship of Christian Athletes

Becoming A Romans 12 Coach



To live as authentic disciples of Jesus



Becoming a Romans 12 Coach **Study Guide**

A growth resource from
Fellowship of Christian Athletes



true spirituality according to Jesus

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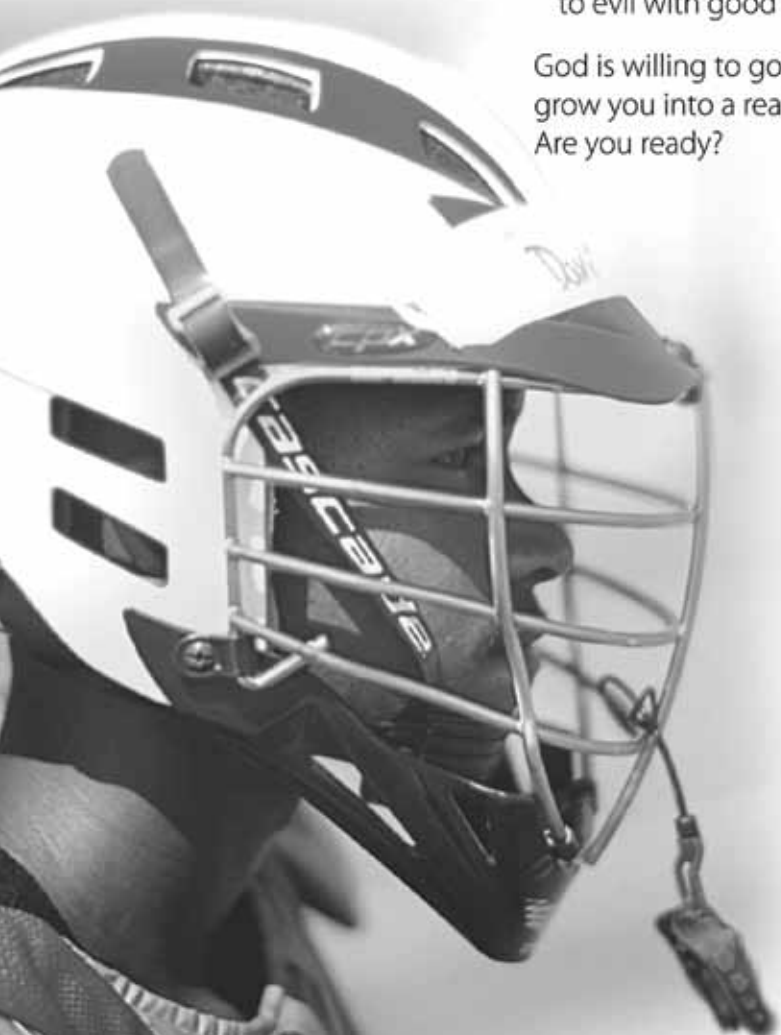
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are you an **r12 Coach?**

Being a genuine disciple of Christ flows out of relationship with Him. It's about experiencing God's grace, not earning His love through performance. Romans chapter 12 provides a relational profile of an authentic disciple. A coach who lives out this kind of lifestyle is what we call a r12 Coach....

- **surrendered** to God
- **separate** from the world
- **sober** in self-assessment
- **servng** in love
- **supernaturally** responding to evil with good

God is willing to go deeper and grow you into a real disciple. Are you ready?





r12 resources designed to help individuals, small groups, and local churches grow as disciples of Jesus Christ include...

r12 media resources

- dvd series
- study guide

the r12 online experience...FREE!

- video Q&A
- life teaching
- interactive study guide
- online journal
- leader resources
- r12coach.com



to get r12 resources or learn more,
go to r12coach.com today!





a word from Chip Ingram

Coach,

We are all spiritual. Whether we embrace it or run from it, God has hard-wired spirituality into our DNA. We are living in a time where there is much intrigue and interest surrounding spiritual realities. Believers and non-believers alike are looking for ways to find spiritual meaning in their lives.

It is not enough for us to search for spirituality, we must pursue TRUE spirituality. Yet, for many of us who are Christ-followers, true spirituality seems illusive. Many believers describe their Christian life as “stuck” and “not working” in spite of all the books, seminars, church programs and religious activity. We know that something is wrong and that God has more for us than what we are experiencing in today’s coaching culture.

This series is a starting place in beginning to define what an authentic disciple looks like in the 21st century. The goal of this series is to strip away all the clutter and help us rediscover the essence of the Christian life. During these 6 sessions we will take a journey together to answer the question, “What is a disciple?”

Romans 12 provides a clear picture of an authentic follower of Christ. This one chapter is Paul’s executive summary of a disciple. The Bible has a lot to say on this topic, but this is a great place to begin.

I am excited that you, coach, are joining me on this journey. As Dr. Billy Graham has stated, “one coach will influence more people in one year than the average person will do in a lifetime.” The issue is: how will you influence them? What does it look like to be the kind of coach that has a huge impact and leaves a legacy? I really believe that these weeks together will bring TRUE spirituality into focus and help your next steps in being an authentic Christian coach.

Let’s get started!

A handwritten signature in black ink, appearing to read 'Chip' with a stylized flourish underneath.

Teaching Pastor, Living on the Edge

how to start your own r12 Coach group

The fact that you are even reading this page says a lot about you. It says that you are either one of those people who has to read everything, or you are at least open to being used by God to lead a coaches small group.

Leading a small group can sound intimidating, but it really doesn't have to be. Think of it more as gathering a few coaches to get to know each other better and to have discussions about spiritual matters.

Here are a few practical tips to help you get started.


- 1. Pray.** One of the most important principles of spiritual leadership is to realize you can't do this on your own. No matter how long we've been leading, we need the power of the Holy Spirit. Lean on Him...He will help you.
- 2. Invite some friends.** Don't be afraid to ask coaches to come to your group. You will be surprised how many people are open to such a study, especially when you let them know that the study is only for six weeks. Whether you have four or fourteen in your group, it can be a powerful experience. You should probably plan on a maximum of one hour for your group meeting.
- 3. Get your materials.** You will need to get a Game Filme DVD of the teaching done by Chip Ingram. You can get the DVD from www.fcagear.com. Also, it will be helpful for each person to have his/her own copy of the r12 Coach study guide.
- 4. Be prepared to facilitate.** Just a few minutes a week in preparation can make a huge difference in the group experience. Each week, preview the video teaching and review the discussion questions. If you don't think your group can get through all the questions, select the ones that are most relevant to your group.
- 5. Love your group.** Maybe the most important thing you bring to the group is your personal care for them. If you will pray for them, encourage them, call them, e-mail them, involve them, and love them, God will be pleased and you will have a lot of fun along the way.

Thank you for your availability. May God bless you as you serve Him by serving others.

how to get the most out of this experience

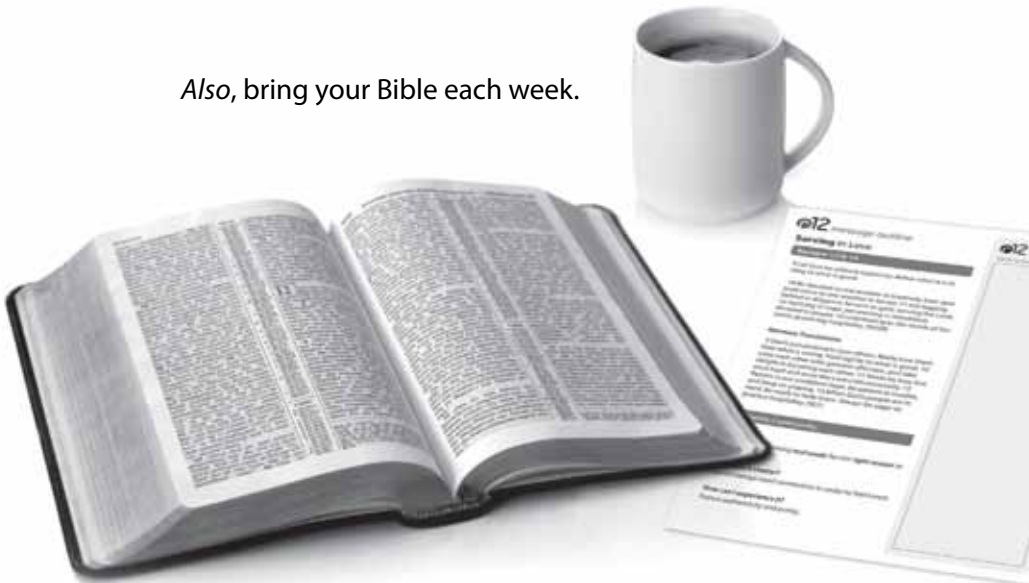
You and your group are about to begin what could be a life-changing journey in your small group. This powerful study of true spirituality in the life of Jesus provides some breakthrough teaching about what it means to be an authentic follower of Jesus Christ.

Listed below are the segments you will experience each week, as well as some hints for getting the most out of this experience.

 **GAME FILM** (During this section you will watch the video teaching)

Each teaching segment is 12-15 minutes long. A teaching outline with fill-ins is provided for each session. As you follow along, write down questions or insights that you can share during discussion time.

Also, bring your Bible each week.



HUDDLE UP

- Several discussion questions are provided for your group to further engage the teaching content. Keep the following guidelines in mind for having a healthy group discussion.
- Be involved. Jump in and share your thoughts. Your ideas are important, and you have a perspective that is unique and can benefit the other group members.
- Be a good listener. Value what others are sharing. Seek to really understand the perspective of others in your group and don't be afraid to ask follow-up questions.
- Be courteous. Always treat others with utmost respect. When there is disagreement, focus on the issue and never turn the discussion into a personal attack.
- Be focused. Stay on topic. Help the group explore the subject at hand, and try to save unrelated questions or stories for afterwards.
- Be careful not to dominate. Be aware of the amount of talking you are doing in proportion to the rest of the group, and make space for others to speak.
- Be a learner. Stay sensitive to what God might be wanting to teach you through the lesson, as well as through what others have to say.

MAKE A PLAY

These simple suggestions help the lesson come to life. Don't ignore them; give them a try! Check in with another group member during the week and ask how it's going.

OVERTIME

This bonus section raises additional questions. At the end of each session there are three additional questions that Chip has briefly answered on video. These answers can be seen online at www.r12coach.com.

THE COACH'S MANDATE

Pray as though nothing of eternal value is going to happen in my athletes' lives unless God does it.

Prepare each practice and game, giving my utmost for His highest.

Seek not to be served by my athletes for personal gain, but serve them as Christ served the church.

Be satisfied not with producing a winning record, but with producing winning athletes.

Attend carefully to my private and public walk with God, knowing that the athlete will never rise to a standard higher than that being lived by the coach.

Glorify Christ in my coaching, trusting the Lord will then draw athletes to Himself.

Desire to have a growing hunger for God's Word, a transformed heart and daily obedience.

Depend solely upon God for transformation, one athlete at a time.

Live out Christ's word in a Christ-like manner, on and off the field of competition.

Recognize that it is impossible to bring glory to both myself and Christ at the same time.

Allow my coaching to produce the fruit of the Spirit, thus producing athletes who are authentic followers of Christ.

Trust God to reveal to my athletes His chosen purposes, regardless of whether the wins are clearly visible.

Coach with humble gratitude, as one privileged to be God's coach.





A Romans 12 Guide
For Coaches To Live As
Authentic Disciples
of Jesus Christ

Being a genuine disciple of Christ flows out of a relationship with Him. It's about experiencing God's grace, not earning His love through performance. Coaches have a platform to influence their teams, communities, and even the world. The issue is, how will coaches use this influence? What does it look like to be a coach that has a huge impact and leaves a legacy? This series will bring TRUE spirituality into focus and help you be an authentic Christian coach.

r12 Coach

Romans 12 provides a picture of how an authentic disciple of Jesus Christ lives out his or her faith...

Surrendered to God	Romans 12:1
Separate from the world	Romans 12:2
Sober in self-assessment	Romans 12:3-8
Serving in love	Romans 12:9-13
Supernaturally responding to evil with good	Romans 12:14-21



Fellowship of Christian Athletes
8701 Leeds Road
Kansas City, Missouri 64129
fca.org/r12coach.com

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Chip Ingram's passion is to help Christians really live like Christians. As a pastor, author, coach, and teacher for twenty-five years, Chip has helped people around the world break out of spiritual ruts to live out God's purpose for their lives. Today, he serves as senior pastor of Venture Christian Church in Los Gatos, California, and president of Living on the Edge – an international teaching and discipleship ministry. He is the author of eleven books, including *Overcoming Emotions That Destroy* and *Good to Great in God's Eyes*. Chip and his wife, Theresa, have four children and eight grandchildren.