



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