

E3 Study Plan



DETAILS:

- 12 Weekly Meetings
- One hour long
- Zoom or in person

FCA's mission is to lead every coach and athlete into a growing relationship with Jesus Christ and His church . The E3 Discipleship Strategy engages coaches and athletes with the Good News, equips them with God's Word and empowers them to live out the Great Commission as disciple makers, generation after generation .

DIRECTIONS:

Provide your coaches and athletes with the E3 Playbook ahead of time or send them a digital link/copy. Encourage them to look through the Overview of Discipleship portion and consider the big vision of FCA and E3 Discipleship.

WEEK 1: E3 Overview and Engage God First

- Pray
- Review the E3 Overview section (pg 7) and ask if they had any questions about the foundation of FCA and Discipleship.
- Opening question: Who taught you to pray? Do you remember how you learned or what your perspective on prayer was?
- Read the Engage God First scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Engage God First page aloud
- Go over the FCA resources mentioned in the E3 Playbook
 - How might you use the resource? How would it be helpful in leading someone into a growing relationship with Jesus?
- Closing Question: how do you want to grow in engaging God through prayer this week?
- Pray



E3 Study Plan



WEEK 2: Engage the Heart

- Pray
- Opening question: Who in your life is really good at asking you questions about life and making you feel seen? Share about how they do it. What kind of questions do they ask or what do they do that makes you feel that way?
- Read the Engage the Heart scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Engage the Heart page aloud
- Go over the Heart Questions, Jesus Stories, and Personal Testimony pages (if time constrained, discuss Heart Questions and Personal Testimony page and have them review the Jesus Stories page at home).
 - How comfortable are you asking people heart questions about life or faith? Have you ever shared your testimony? How comfortable are you sharing your faith story?
- Closing Question: How do you want to grow in asking people good questions and sharing your faith in Jesus?
- Pray

WEEK 3: Engage with the Gospel

- Pray
- Opening question: who first shared the Gospel with you? What was your initial response to the good news of Jesus?
- Read the Engage with the Gospel questions scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Engage with The Gospel page aloud
- Go over the FOUR
 - How would using the FOUR help you share your faith?
- Closing Question: what part of sharing the Gospel do you want to grow in the most?
- Pray



E3 Study Plan



WEEK 4: Engage to Multiply

- Pray
- Opening question: Has anyone taught you how to make disciples of others? What does it look like to you?
- Read the Engage to Multiply scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Engage to Multiply page aloud
- Go over the E3 Map and the Person of Peace resources
 - How would the E3 map be helpful in sharing your faith?
 - Why are persons of peace important in sharing our faith?
- Closing Question: who would be on your E3 map? Who is the person most interested in hearing about Jesus or growing in faith?
- Pray

WEEK 5: Equip with Prayer

- Pray
- Opening question: what does your prayer life look like right now? How do you pray for those on your E3 map?
- Read the Equip with Prayer scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Equip with Prayer questions page aloud
- Go over the Prayer Patterns resource page?
 - How does the Prayer Patterns page help you understand what prayer is about?
 - How could the ACTS tool help shape your prayer time?
- Closing Question: Have you ever taught someone else to pray? What could this look like for you?
- Pray



E3 Study Plan



WEEK 6: Equip with Scripture

- Pray
- Opening question: Who taught you how to read God's word? What was your first experience with the Bible like?
- Read the Equip with Prayer scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Equip with Scriptures page aloud
- Go over The Core and DBS outlines
 - Which of The CORE topics would you want to learn more about? Why?
 - How would the DBS study help you read the Bible more
 - Why is it important that we spend time in God's Word daily?
- Closing Question: What does your time with God reading the Bible look like right now? How do you want to grow in spending time in the scriptures this week?
- Pray

WEEK 7: Equip with Community

- Pray
- Opening question: have you ever grown in faith alongside a group of other people? What was it like? Who are the people helping you grow in your faith right now?
- Read the Equip with Community scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Equip with Community page aloud
- Review the DBS study template as a resource to help you grow in community:
 - Why is community hard to commit to sometimes? What keeps us from growing with other people in faith?
 - What makes you most excited about growing with others?
- Closing Question: Do you have a local church family that you're a part of? How would being a part of a local church family help you grow?
- Pray



E3 Study Plan



WEEK 8: Equip with a Clear Plan

- Pray
- Opening question: have you ever had a hard time committing to meeting with a group of Christians to grow in your faith? Committing to church fellowship, small group, FCA, etc... Why can it be hard?
- Read the Equip with a Clear Plan scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Engage to Multiply questions page aloud
- Go over the Discipleship Filter mentioned in the E3 Playbook
 - How are the people in your community helping you stay focused on the Gospel and growing in faith? Are you learning how to make disciples of others too?
 - How does having a clear plan for discipleship with your community help you stay on track?
 - How do we create a clear plan while also being led by the Holy Spirit?
- Closing Question: Do you have a clear plan for discipleship in your life right now? What would look like for you to disciple someone else?
- Pray

WEEK 9: Empower by Modeling

- Pray
- Opening question: Who has modeled discipleship for you in a way that you wanted to replicate and why? What excites you most about discipling someone else? What scares you about discipling others?
- Read the Empower By Modeling scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Empower By Modeling page aloud
- Consider the E3 principles and resources discussed in the E3 Playbook
 - Which E3 principles are you most comfortable modeling for someone else (Engage God first, Engage with Heart Questions, Engage with the Gospel, Equip with prayer, Equip with Scripture... etc)? Why?
 - Which E3 principle do you want to grow in learning to model?
- Closing Question: How can you practice the E3 principle you want to grow in most this week?
- Pray



E3 Study Plan



WEEK 10: Empower by Assisting

- Pray
- Opening question: share about a time you learned a skill in your sport by actively doing it with someone better than you. How did that process help you learn?
- Read the Empower by Assisting scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Empower by Assisting page aloud
- Consider the E3 principles and resources discussed in the E3 Playbook
 - What principle or resource would you like to learn more about by practicing it with someone else?
 - How would this help you grow in this specific topic?
- Closing Question: Who can you invite to assist you in living out one of the E3 principles this week? What would it look like?
- Pray

WEEK 11: Empower by Watching

- Pray
- Opening question: Why is it sometimes hard to give away responsibility and let others lead?
- Read the Empower by Watching scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Empower By Watching page aloud
- Consider the E3 principles and resources discussed in the E3 Playbook
 - How comfortable are you offering encouragement and feedback? What scares you about offering feedback?
- Closing Question: What's one area in your walk as a Christian leader that you'd like encouragement and feedback in? How can you provide that encouragement and feedback to someone else?
- Pray



E3 Study Plan



WEEK 12: Empower by Launching

- Pray
- Opening question: Have you ever taught someone to do something that you then watched them do on their own? How does it feel?
- Read the Empower by Launching scriptures aloud with the group (appoint others to read)
 - Before reading, ask everyone to pay attention and take notes of words/phrases/ideas that stand out to them
 - What do these scriptures tell us about God? About people?
- Share the words/phrases/ideas that stood out to you and why?
- Read the Empower by Launching page aloud
- Go over the FCA resources mentioned in the E3 Playbook
 - How might you use the resource? How would it be helpful in leading someone into a growing relationship with Jesus?
- Closing Question: Consider your E3 map from the beginning – who can you invite into the discipleship journey with you? What would a first step look like?
- Pray

