

How Do We Minister to the Endurance World?

Luke 10:25-28

I think the big question here is: How do we show God's love to those He has put in our lives, in this case our "endurance world," in a real, tangible way so that they may actually feel and experience Christ's love through us. There are certainly endless ways that we can love people, but I've put down some ideas that fall into FCA Endurance's "GO" and "COME" Strategies. The overlying theme here is genuine kindness, serving, and loving.



How you practice these activities will depend on your personality, spiritual gifts, and comfort level, but we all can and should all do something. Whether it's simply wearing positive, thought provoking gear as you reflect Christ to others, or actively engaging and leading people in spiritual discussions, we can all do something as we're led by the Spirit. Also, it should be a goal for each of us to step out of our comfort zone from time-to-time in order to make others feel valued and loved.

"GO" Strategies:

The point of "Go" Strategies is to go where others already are so you may serve them and build genuine relationships. Building these relationships will enable you to love people on a deeper level and engage them in "Come" Strategies (see below). General, non-triathlon-specific Christian love and service certainly apply in our "endurance world," but let's brainstorm and list some endurance-specific ways to love and serve.

- Pray for others, for opportunities, and for strength and boldness
- Live the Creed (FCA Competitor's Creed)
- Look for opportunities to train with others (individuals and groups or clubs)
 - While with others, be "salt and light", showing genuine Christ-like love and kindness to **ALL**
 - Serve the individual and/or group you're training with:
 - "take the nasty headwind" if you're able (for the group or individual)
 - Fall back and give someone you're wheel if they're struggling to stay on
 - Be full of encouragement / don't participate in gossip, aggression, or negativity
 - Participate with the slowest person in the group, offering fellowship and encouragement if they are struggling or just plain "slow"
 - Offer any constructive advice if you've got some expertise or experience
 - Bring extra food or fluid in case someone runs short
 - If someone needs to stop (bathroom, breakdown, hurt, needs to rest, etc.), stay with them and either help them get back with the group or finish the training with them so they're not alone
 - Help someone change a flat tire
 - Bring a spare tube to give out if needed
 - Borrow or give newbies extra gear you have
 - Pass on encouraging literature (Aid Station, Linc's book, tracts :-)
 - Give people rides to/from training sessions
- Share and answer questions in non-threatening ways when given the opportunity

- Wear positive clothing (FCA-E Gear). Decals. Tattoos
 - Have body marker put a “Jesus Fish” on your other calf
- Humbly serve others through clubs, possibly taking on club leadership, or volunteering for jobs/tasks/needs that are unmet
- Help with events: set-up/tear-down a course, work/run an aid station, stuff packets, etc.
 - Bring extra TP – they always seem to run out
 - Be a volunteer mechanic
- Offer race-related services:
 - onsite pre-/post- race prayer service
 - onsite or church praise and prayer service
 - if allowed, put up scripture signs along course
 - sign- “need prayer” – then pray with them before/during race.
 - offer rides to/from race hotel
 - booth/table at expo/event- network, fellowship, ministry as able.

"COME" Strategies:

John 13: 34-35

Once relationships are established or built, you can invite individuals to come and be a part of your life individually or collectively as a member of another Christian group (church, Huddle, etc.). This gives further and more personal opportunity for one-on-one service and kindness as you become genuine friends. It also presents opportunity for them to experience Christian love and community in a group setting.

- Pray about how to be used, for opportunities, for people to reach
- Invite people:
 - To train with you individually
 - To train with your Christian group
 - Offer a non-training social time (BBQ, watch an event together, picnic, etc.) for fellowship
 - Offer a Bible study
 - To come to church with you
 - To serve with you
 - _____
 - _____
 - _____
- Use service ideas listed above one-on-one or in a Christian group
- There are lots of other ideas that can be done effectively by groups (expos, Iron Prayer-type events, other larger service projects) but that’s another topic.

Below is an example of a “Go Strategy” being implemented by FCA staff and FCAE Teammate, Joey Williams

Steps - identify several endurance athletes intersted in doing an upcoming race and invite them to train as a team. FCA's E3 discipleship model is used as a training curriculum.



FCA ENDURANCE

Dallas Spartan TRIFECTA Weekend

October 17-19, 2025 | Twin Canyons Ranch – Granbury, TX



**LET US RUN WITH
ENDURANCE THE RACE
THAT IS SET BEFORE US**
HEBREWS 12:1



EVENT DETAILS

Race Options:

- Sprint 5K 10 Obstacles
- Super 10K 25 Obstacles
- Beast 21K 30 Obstacles
- Ultra 50K 60 Obstacles

Location: Twin Canyons Ranch, 7631 Hayworth Hwy, Granbury, TX

Departure: Friday, October 17 @ 7:00 AM (from McAllen)

Return: Late Sunday night, October 19

Lodging: Group hotel stay (info to follow)

Cost Includes: Race registration, hotel, meals, and gas

SPIRITUAL FOCUS

We'll walk through FCA's E3 Discipleship Pathway, designed to:

- **Engage** – Introduce Christ-centered identity
- **Equip** – Grow in faith, knowledge, and endurance
- **Empower** – Live boldly for Christ in our circles of influence

INTERESTED?

1

Complete E3 Overview Training

<https://university.fca.org/courses/e3/>

or google FCA E3 OVERVIEW

2

Attend 3 HUDDLE MEETING WORKOUTS
(One per month)

August 2 6:30-8:00 AM

September 6 6:30-8:00 AM

October 4 6:30-8:00 AM

EACH WORKOUT INCLUDES:

FCA E3 Bible Study
Spartan-based workout
Brotherhood breakfast to follow at PVC



**WE ARE
BETTER
TOGETHER!**

GLORY