

FCA ENDURANCE

ENGAGE ~ EQUIP ~ EMPOWER



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E3 Discipleship

Jesus gives a clear command: His disciples are to make more disciples. The command gives direction along with the authority necessary to fulfill the task.

We define discipleship in two parts: personal transformation and public multiplication.

The E3 journey will provide a framework to Engage, Equip, and Empower athletes with principles for personal transformation and public multiplication.



ENGAGE

We ENGAGE with the Good News

- **BE PRESENT:** Spending consistent time at parks, trails, lakes getting to know other riders and building relationships.
- **HOST TRAINING DAYS:** Organize casual meetups to bike, ride, or swim together. Can include tailgating, short devotional, and prayer.
- **USE SOCIAL MEDIA:** Share videos, testimonies, and event details to connect with nationwide teammates.
- **SERVE THE COMMUNITY:** Volunteer at races (aid stations, bike courses) and build positive relationships with local authorities.
- **PERSONAL TESTIMONIES:** Share faith authentically through conversations and relationships, not in forced preaching.





EQUIP ————— We EQUIP With God's Word

- Host small group Bible studies at the park, a local coffee shop, or homes.
- Provide devotionals tailored to endurance athletes (utilize YouVersion).
- Help them develop leadership skills and biblical knowledge.
- Train them to see endurance sports are a mission field.
- Pair up with mentors who can walk alongside newer believers.
- Link athletes to local churches.

EMPOWER

We EMPOWER With The Great Commission

- Encourage athletes to lead their own Bible studies or prayer groups.
- Challenge them to share their testimony at endurance events.
- Equip them with resources to disciple others in their training circles.
- Help them organize outreach events that serve their local community.



ENDURANCE MINISTRY RESOURCES



www.fcaendurance.org



YouVersion

Becoming IronFit

Bibles

E3 Bible

Resources

21 Days With God

The FOUR - Wristbands and Stickers

Training

E3 / Huddle Leader Training

COMMISSIONING

**GO, THEREFORE, AND MAKE DISCIPLES OF ALL
NATIONS, BAPTIZING THEM IN THE NAME OF THE
FATHER AND OF THE SON AND THE HOLY SPIRIT,
TEACHING THEM TO OBSERVE EVERYTHING I HAVE
COMMANDED YOU. AND REMEMBER, I AM WITH YOU
ALWAYS, TO THE END OF THE AGE. MATTHEW 28:19-20**