

## The Nuts and Bolts of Successful Training

**Purpose:** To inspire the students to give their all during this training cycle and commit themselves to excellence in the process.

**Objectives:** By the end of this lesson the student will

1. Be motivated and challenged to give their all during the training cycle.
2. Understand the attitudes and behaviors necessary to have a successful training experience.
3. Sign the “Ministry Development Commitment.”

Key Verses: 1 Corinthians 9:24-27

### I. Introduction

If you like to watch Olympic sports, what are some of your favorite events and why?



Have you ever participated in sports? Which one(s)?

What does it take to be an Olympian?

The Apostle Paul tells us in the above verse that the Christian life and ministry are much like that of an athlete.

In this training - **our #1 priority** is to see that you learn - and get experience in doing - personal evangelism and discipleship. We want you to be **equipped for a lifetime of ministry!**

If we want to succeed in life and in our ministry, we need to exercise self-control in all things. We will draw analogies from an Olympic athlete’s life of self-control and apply them to our own.

### II. Self-control and Success

There are several keys to being successful in ministry. They are each related to self-control. Following are some keys that we have discovered that are crucial to your success in this training.

- A. By concentrating, focusing themselves and not spreading themselves too thin:** 1 Timothy 4:16; 2 Timothy 2:3-7.

You may recall some years ago when Michael Jordan – probably the greatest basketball

player ever – tried to play professional baseball. He was great in basketball, but not in baseball.

A good athlete says “no” often. He says no to those things that will not help him achieve his goals. He says yes only to a few things and concentrates his efforts on them.

During this training cycle you will need to focus, especially the first few months, on the training program (Hebrews 12:1,2). If you already have many extra things going on, you may want to consider dropping some of them.

**B. By doing their preparation: 2 Timothy 2:15**

Many coaches will say, “The key to winning is, “Practice, practice, practice.”

Athletes study their sport and their opponents. (*Just think of all the facts and figures that baseball teams have on individual batters and pitchers*) Do your homework and try to complete checkout on time. You will want to be proficient in skills that will help in reaching your target areas. Skills that you learn here are also transferable to your work place. There will be approximately two to four hours of homework per week on top of the eight hours work time devoted to ministry and instruction. Be sure your top priority homework is being done first (#1 is ministry phone calls; then preparations for follow-up or discipleship Bible Studies, then checkout preps, then the readings). If you have done four hours of homework in a week – according to this priority list – then you are finished with homework for the week.

Some students in the past who didn’t keep up with the checkout, would later lament, “I wish I knew this skill earlier – I could have used it in my target area last week.”

It is suggested that you begin memorizing the Four Spiritual Laws.

**C. By practicing till they get it right: 1 Timothy 4:14-15**

Drills, drills, drills. In any sport, you practice it over and over until you get it right.

There are many checkouts in the training. Some work on your abilities to do ministry, others on your understanding of ministry. They are designed to help you become proficient in the skills necessary to have a good ministry. Class attendance, field participation and homework are designed to improve your proficiency. Proficiency in these activities is what Campus Crusade for Christ is all about.

As you are preparing for and completing the checkouts, don’t just go through the motions. God tells us to do all for His glory, and that whatever we do, we should do it with all our might.

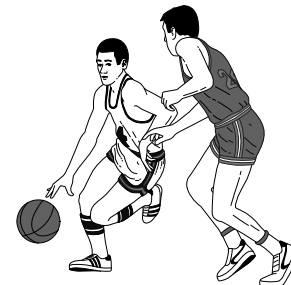
We recognize that there are times when schedules need to be changed. We will gladly work with you on this. If you’ll be absent from class, your mentor will go over the material with you. If you’ll be absent from field ministry, you’ll have to somehow make it up - nothing can replace experience.

**D. By pushing themselves beyond their comfort zones so they can win:** 1 Corinthians 9:26-27

Great athletes don't "just get by." They aren't satisfied with doing the minimum expected of them. They push themselves into uncomfortable areas so they can be the best. As Christians this most certainly should characterize us. We need to be willing to suffer hardship for the sake of those who are being saved (2 Timothy 2:10). This may need to be applied in such areas as making occasional random contacts in the target area and in making phone calls from filtered contact cards.

**E. By their willingness to work within the rules:** 2 Timothy 2:5

We all know examples of athletes who became disqualified because of drug use. One example was Ben Johnson. He broke the 100-meter dash record. Then it was found out that he had taken steroids to help his performance.



Good athletes learn to work within the rules. They don't look for exceptions for themselves. They don't make excuses when they violate the rules. They don't say, "That doesn't apply to me" or "I have my own way of doing it."

One of the most common areas that this shows itself is arriving late for scheduled events. From time to time, we all show up late. But regular tardiness communicates disrespect for everyone else involved.

Another common area this shows up is in incomplete assignments. Again, from time to time things happen, but consistently incomplete assignments communicate a low priority for the assignment. This impacts everyone in the program and is selfish.

**F. By their teachability.**

Vince Lombardi, coach of the first Superbowl champions, started practice with new players by holding up a football and saying, "Gentlemen, this is a football." Imagine one of the players responding, "Duh coach!" Lombardi may have thrown the guy off the team – and that guy would have missed being on a Superbowl Champion team.

Great athletes learn from their coaches - even in basic skills thought to be mastered long ago. Teachability, a willingness to learn, is a hallmark of a great athlete. The basic meaning of the word disciple is learner. If we are disciples of Christ, then we, more than anyone else, must be characterized by teachability.

Some of the things you will learn this year may be familiar to you. Don't respond, "been there, done that." Rather, approach it as a learner, try to see it from a new perspective.

### III. Summary

An evangelist, teacher, pastor, or lay worker, like an athlete, must exercise self-control in all things

if he is to win the prize. He must focus his attention and not allow good things to push out the best things.

He/she must not spread themselves too thin, do their homework, practice till they get it right, push themselves beyond their comfort zones, work within the rules, and be teachable. Then we can say with the Apostle Paul, “I have finished the course, I have kept the faith. There awaits for me a crown of righteousness.”

Will you commit to exercising self-control in regards to this training? It will be a challenge. But all worthwhile things are challenging. The teachers and mentors are here to serve you and help you successfully complete the program. We will teach you what you need to know, show you how to do it, pray for you often, talk about trouble spots, and listen to what troubles you.