

## 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.”

*(This talk may work best if communicated by the mentor to his/her disciples – perhaps informally in the target area – rather than in a class setting. The mentor could use stories listed here, or use their own stories that help to make the point.)*

*\*\*Note to training administrator: In point II.B there are various time requirements listed for homework, field time, etc. These are for a training that completes the 60 class hours in one year. If your training will do just 30 class hours in the first year, consider decreasing the time requirements listed for homework and field in II.B.*

*\*\*Note to training administrator: When producing the student notes to give to the students, you may want to just have the notes up to section III “Summary.” The page “**Ministry Development Commitment**” could be handed out separately toward the end of class, or if it is to be covered in the field by the mentor – it could be given by the mentor to the student.*

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?

*Instructor could ask the students what they wrote.*

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

*Instructor could ask the students what they wrote.*

What does it take to be an Olympian?

*If not mentioned, the instructor could say, “talent/gifted, dedication, hard work, sacrifice, some luck.”*

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!**

*The instructor could mention, “We’re excited to be participating with you to see lives changed for Christ in these next nine months of training. We’re also excited about how God is going to work and bring about change in your life and in mine.”*

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.

*Instructor can ask if the students have any questions or comments on any of the preceding points.*

*Instructor could also ask, “Which of these points has shown you a need to trust God and perhaps adjust your attitude or life?”*

**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.

*(Hand out “MINISTRY DEVELOPMENT COMMITMENT” sheet. For each student, there should be a copy for the mentor, and one for the student. Go over it and sign each other’s.)*

## MINISTRY DEVELOPMENT COMMITMENT

*I recognize that the goal of my ministry is to help fulfill the Great Commission of our Lord (Matthew 28:19, 20) and to share the love of Christ from a pure heart, a good conscience, and a sincere faith (1 Timothy 1:5).*

*I will, through Christ who strengthens me (Philippians 4:13), faithfully fulfill my commitments as a disciple, conducting myself as an example, in my speech, conduct, love, faith and purity (1 Timothy 4:12).*

*As a servant of Christ, I will always seek to be found trustworthy in my relationship with my mentor, in my agreed upon responsibilities, and especially in my relationship with God (1 Corinthians 4:1-2).*

*If, at any time, I find it difficult to trust Christ to develop and uphold these principles in my life, I will inform my mentor, and together we will work out a solution (Philippians 1:6; Galatians 2:20).*

---

*Signature of Disciple*

---

*Date*

*As your mentor, I hereby pledge to faithfully and regularly pray for you, and to be devoted to you in brotherly love, giving preference to your spiritual growth, model ministry skills development for you and a close walk with the Lord, and encourage you to godliness in every area of your life (Romans 12:10).*

*If, at any time, I fail to demonstrate that love (2 Peter 1:7), especially in my availability, I ask you to boldly and lovingly bring it to my attention so that I can change what needs to be changed and together we will determine ways to correct the situation.*

---

*Signature of Mentor*

---

*Date*

Following are a few Athletic Illustrations for you to use:

**Focus...**

- Listen to what former Olympic pole vault champ Bob Richards had to say:  
“You show me someone who has no inspiration, and I’ll show you someone as good as dead. Show me someone with no challenges, no goals, no great aspirations, and I’ll show you someone who won’t do anything in life. You’ve got to be inspired.”
- The ’84 Summer Olympics were held in Los Angeles, California. The women’s marathon was held on a particularly hot day. The finish line was inside the Olympic Coliseum. Runners entered the stadium on one side and had to run a lap around the track before crossing the finish line. Spectators had witnessed numerous runners enter the stadium and cross the finish line before the Swiss runner, Gabriella Anderson Schiess, came into view. Something was very wrong. The woman was staggering back and forth between lanes and dragging one of her legs as if partially paralyzed. She was obviously suffering from an acute case of exhaustion and heat stroke. Within moments of entering the stadium, a paramedic team spotted her, and rushed over to her to administer first aid. Then an amazing thing happened. Rather than allowing the paramedics to help her, she motioned them to stay away from her. Despite her intense pain, she was determined to finish the race. After dragging her tortured body around the track, she crossed the finish line, and she collapsed in a heap. The crowd gave her a standing ovation. Even though Gabriella did not come in first place that day, I would argue that she was very definitely a winner because of her focus on the finish line.

**Labor...**

- Jeff Blatnick, the 1984 Olympic Gold medallist, said that, “...the difference between success and failure is the ability to hang in there five minutes longer.”
- Emil Zatopek, one of the stars of the ’52 summer Olympic games, won 3 gold medals. He held almost every world record for distances over 5000 meters. He also trained 6.5 hours each day. When asked what the key to his success was, he replied, “I run until I hurt. That’s when I begin my training program... I’ve learned that if I can just get beyond fatigue, there is a reserve of power that I never dreamed I had, and then I go on to run my best races.”

**You...**

- A man named Glen Cunningham was the world record holder in the mile back in the 20’s and 30’s, running it in 4:06. What few people know though, is that he was never supposed to walk, let alone run. You see, as a child he was severely burned in a household fire. As a result, he lost all of the toes on his left foot as well as much of the muscle tissue in his legs. Doctors told him he probably would never walk again. Refusing to give up, Cunningham decided that he would not only walk again, but that he would run. You know the rest of the story.
- Glen Cunningham overcame incredible obstacles and did what he did because he took responsibility for himself. He could have easily taken the easy way out and blamed his inability to walk on his childhood injury, but he didn’t. Instead, he made the decision to take responsibility for himself, set high goals, and work hard. There’s no telling what we could do

if we did the same.

**Desire...** You need to want to be a winner.

- Listen to what former Olympic pole-vault champ Bob Richards has to say..."You show me someone who has no inspiration, and I'll show you someone as good as dead. Show me someone with no challenges, no goals, no great aspirations, and I'll show you someone who won't do anything in life. You've got to be inspired."

What do you want to be known for?

- Boston Red Sox Hall-of-Fame slugger Ted Williams knew what he wanted. He said, "All I want out of life is that when I walk down the street folks will say, 'There goes the greatest hitter that ever lived.'"

How about you? What's your desire?

**Dedication.**

- Bobby Knight, who has coached Indiana University to 3 NCAA basketball championships had this to say about dedication, "The will to win is the most overestimated phenomenon in sports. It's not the will to win, everyone wants to win. It's the will to prepare to win that makes winners."
- As a youngster he was more ferocious at the dinner table than on the football field. You can try to be polite and say he was plump or chubby, but why beat around the bush? He admits he was short and fat. Something happened within this 150 pound 12 year old, however. Suddenly he decided to make a change. Here's how. Sports Illustrated described his new drive to become a successful athlete:  
"He began running to and from school. He lifted weight – two cases of beer bottles filled with dirt and attached to the ends of a mop handle. He converted the family bathroom into a steam box by turning the hot water on full force; then, encasing his body in air tight plastic cleaning bags, he did jumping jacks until the plastic melted on his back. And on hot summer days he pulled on three sweaters, climbed into the family's disabled station wagon, rolled up the windows and did sit-ups while dreaming of dancing down the sideline.  
Soon – with all the excess weight trimmed off – this young athlete was anchoring sprint relays for his junior high track team. Next, through continued hard work, he became a starter on the high school football team as a sophomore. By his senior year he made all state and received scholarship offers from more than 150 colleges.  
This athlete's collegiate career was even more outstanding. Still pushing himself hard in every practice and game he set a new record for yards gained by a major college back. He led Ohio State to four Rose Bowl appearances. He made All-American three times. His name, of course, is Archie Griffin. He is the only man to twice win college football's top individual honor – the Heisman Trophy."

You need to ask yourselves: Do I have the dedication to succeed?

**Discipline.**

What does discipline mean to you?

It means taking responsibility for yourself, your conduct, your level of play, and your grades.

You know, it takes a strong person to accept responsibility and bounce back better.

Did you know that Michael Jordan was cut from the basketball team his sophomore year? Or that Joe Montana was benched at every level he played...high school, college, and pro? I'm certainly glad they refused to make excuses. They learned from their setbacks, accepted personal responsibility, and the rest is history!

Someone once said, "The difference between success and failure is the ability to hang in there 5 minutes longer."

Ask yourself, "Do I have the discipline to succeed?"

Dave Wannstedt, head coach of the Chicago Bears once said that talent gets you to the top, but character keeps you there.

## **Endurance**

- By 1992, Dave Johnson was ready for the ultimate athletic challenge: the Olympic Games. But just before the trials, Dave began to feel sharp and unpredictable pain in his right foot. Pounding on it at the trials had made it worse. The doctors told Dave he had a stress fracture in his ankle. There was no chance of it healing before the Olympics, which was only several weeks away. It was time for a critical decision. Dave decided to go for it, hoping that he'd somehow be able to endure the pain. It would be the greatest challenge of his life – physically, emotionally, and spiritually. In the first event of the Olympic competition, Dave regretted his decision. Halfway through the race he suddenly felt a stabbing pain in his right foot, as if he'd stomped on a dozen knives. It forced him to let up on his speed. He finished the day with mediocre scores. His dream was fading. Dave didn't stop. The second day he ran the hurdles and pop! – a second stab of pain brought tears to his eyes. His fractured ankle had cracked even further. The physical pain was bad enough, but worse was the emotional pain of knowing he wouldn't reach one of his life's goals. Somehow, Dave found the strength to hang on. He went on to complete the pole vault and the rest of the competition. Dave finished the Olympic Games and won a bronze medal – on a broken foot.