

**athlos**

**Volume 2**

# Welcome to Volume 2 of Athlos

Welcome to Athlos 2, the second in a series of sport and fitness discipleship resources.

In this volume entitled Stories, we hear from people about their personal discipleship stories and the impact that sport has had.

Through connecting with each other on our discipleship journeys, we can explore our everyday searching questions about life using the sporting stories in this resource to trigger our thoughts and conversations.

We want Athlos to provide the opportunity to join together in discussion, encourage people to think about their own story, how their faith is and whether they are willing to share it, develop it and live it out in their everyday life.

If we disciple people well, missional thinking and action will grow. Mike Breen (Building a Discipleship Culture) writes: 'If you know how to actually make disciples, you'll reach people who don't know Jesus. Because that's simply what disciples do. If you disciple people, as these people do mission in their everyday comings and goings, with the work and shaping of the Spirit, the future of the Church will emerge.'

As you continue to read on and watch the videos, be prepared to be challenged, inspired and moved by God, as you consider through reflection the faith journey you are all about to go on.

# Support

IAN RICHARDS



**'Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us'**

HEBREWS 12:1

If you could compete in any Olympic event, what would it be?

What examples of commitment do you see around you in your everyday life?

Where have you seen improvement in your life over a long period of time?



What examples of commitment do you see around you in your everyday life?

Why do you think community is so important in difficult times?

How have you seen sport bring people together? Are there examples of how it can help build community, bridge gaps and give a common ground?

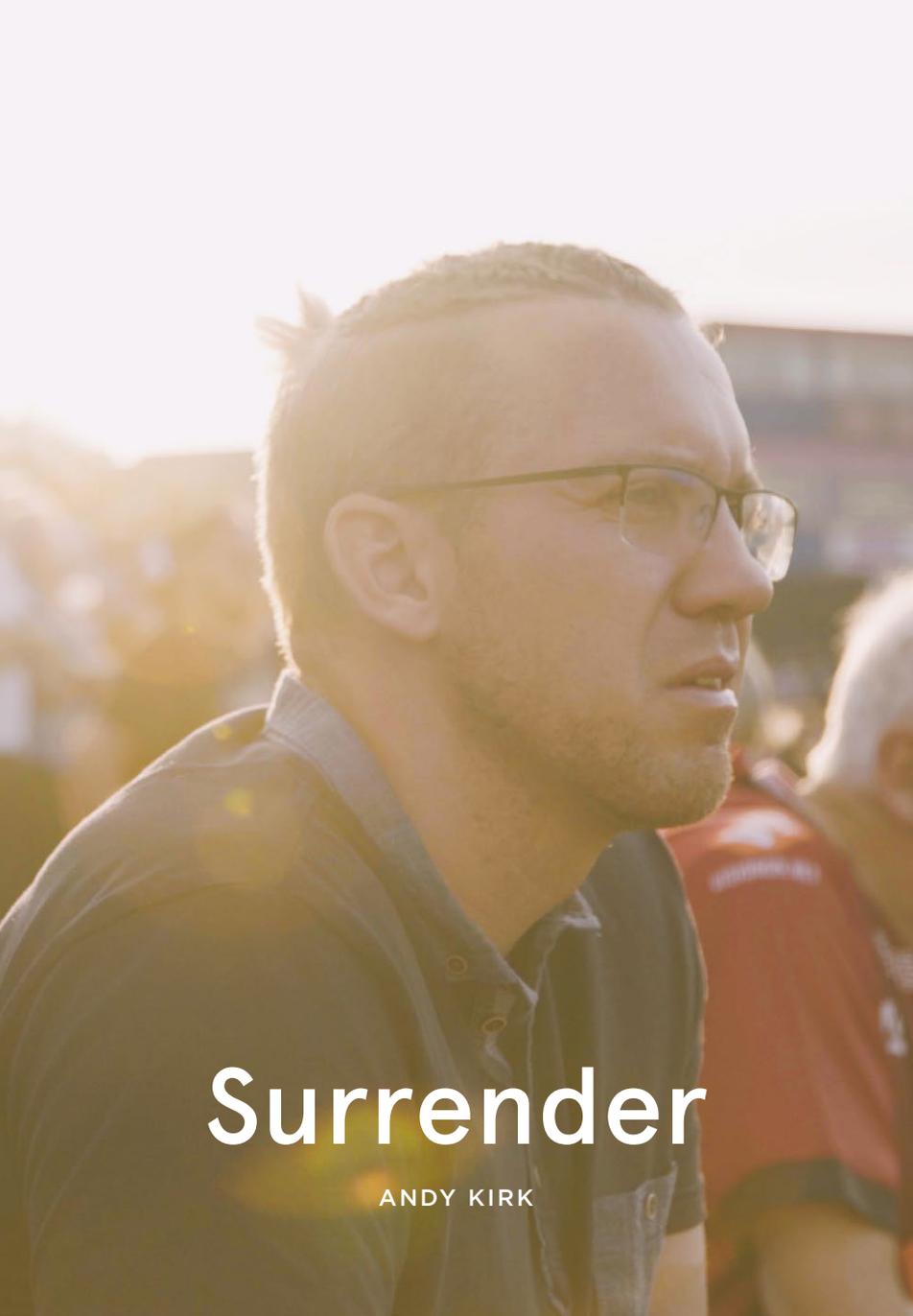
What would the world be like if we worked together and supported each other? Is it possible to model those ideals in the places we live?



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Sport has the power to communicate and break through barriers that other things don't seem to be able to touch at times

IAN RICHARDS



# Surrender

ANDY KIRK

Is there something that you think you just couldn't live without?

Have you seen somebody achieve something that you were pretty sure was almost impossible?

What have you not been able to do without the help of God?



My chains are gone  
I've been set free  
My God, my Saviour  
has ransomed me  
And like a flood his mercy reigns  
Unending love, amazing grace'

CHRIS TOMLIN

In what situations around you or in the world have you seen God at work?

Lyrics from Chris Tomlin's song 'Amazing Grace (My Chains Are Gone)' state:

*'My chains are gone  
I've been set free  
My God, my Saviour has ransomed me  
And like a flood his mercy reigns  
Unending love, amazing grace'*

Are there things that are holding you back from being able to fully and freely follow Jesus?



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God I can't do this on my own, I've tried so hard in my own strength. I need you to help me.

ANDY KIRK

Andy's friend Tommy showed true dedication in his commitment to sharing the gospel.

How easy is it to show the kind of dedication that we put into our sports training into our spiritual and evangelistic life too?

What would you  
give to see a trophy  
handed over to the  
team you support?

Listen for God's voice in everything  
you do, everywhere you go; he's  
the one who will keep you on track

PROVERBS 3:6 MSG



# Commit

COLIN SLATER



Have there been times in your sporting life where you have really struggled to stick at something?

What evidence have you seen of results/achievements due to dedication and commitment in the sporting world?

Are there further non-sporting examples that you can think of too?

How are you being Jesus' hands and feet in all areas of your life? Are there certain environments where you find it easier and others where it is more of a challenge?

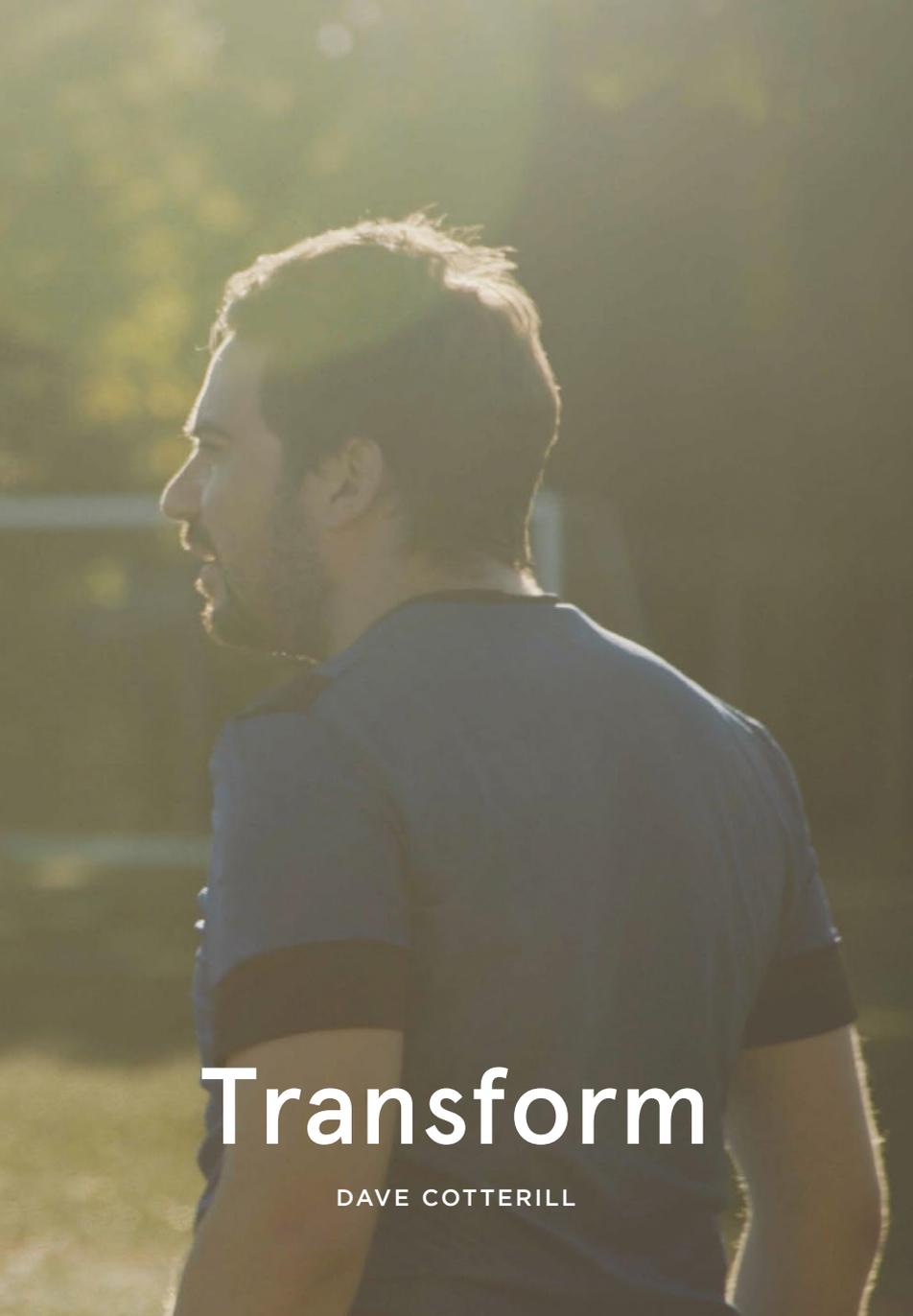
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I needn't think, 'Oh is it today that I'm a Christian?' I know it's everyday

COLIN SLATER

How could you commit to being there for others?

Are there things you could do or ways that you could make yourself available?



# Transform

DAVE COTTERILL

What keeps you awake at night?

Do the things that stop you from sleeping feel as scary or challenging when you think about them in the day?

How does sport help you in difficult times?

We all experience struggles and challenges which, if left unchallenged, can build up and up in our minds. What could you put in place to help address problems before they reach tipping point?

Have you experienced or been a witness to the transforming power of Christ?

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The thing  
that I love  
about sport  
is that it's  
making  
memories

DAVE COTTERILL

'So here's what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking-around life – and place it before God as an offering'

ROMANS 12:1 MSG

If we saw every single moment of our life as an offering to God, would it affect the way we felt, thought and responded to situations?

# Chosen

AMANDA JACKSON

**'Therefore encourage one another and build each other up, just as in fact you are doing.'**

1 THESSALONIANS 5:11

What are the things in your life that make you who you are?

Where do you find your worth? Is it in the things you do, the skills and talents you have, your possessions, or a combination of all these things?



If you are more comfortable on the sidelines that doesn't mean you're excluded, that doesn't mean you can't have an impact

AMANDA JACKSON

How does the knowledge that you are made in God's image make you feel?

Do you ever consider how we all have a role/place/position in God's Kingdom?

1 Corinthians 12 talks about unity and diversity in the body. What are you doing to celebrate and develop your own gifts and talents? Do you look for opportunities to work together with others to utilise each individual skill?

Does the truth of 1 Thessalonians 5:11 come naturally to you? Is there more you could do to help build up those around you?

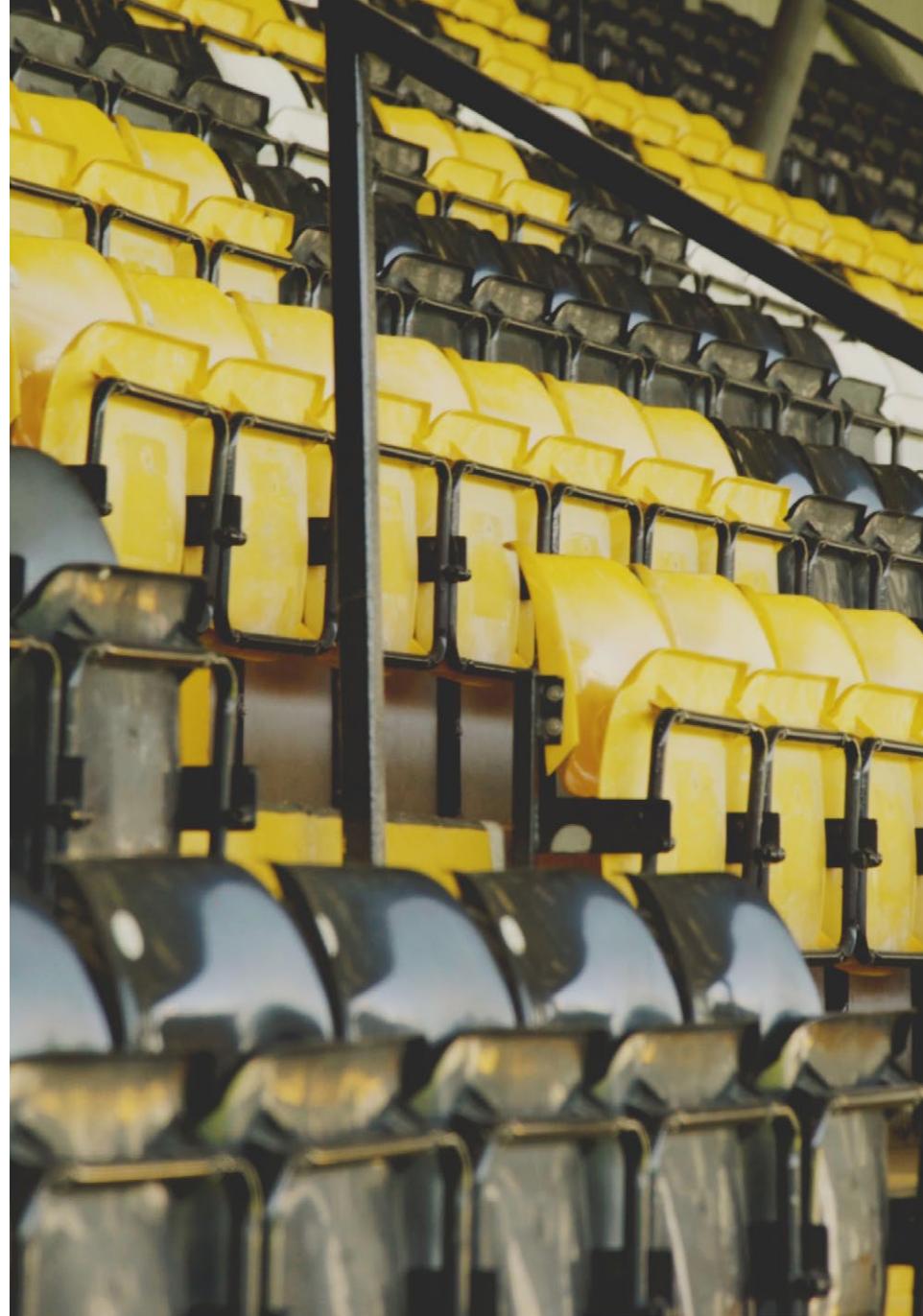
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