



R U r12?

Coach' Em Up Principle:

A spiritual win is producing an authentic follower of Jesus Christ.

Training Value:

Ministry Programs (Excellence)

Game Plan:

Overview

Are you r12? When we say r12, we are talking about Romans 12. Being an r12 Christian is being an authentic follower of Christ. FCA's way of discipling coaches and athletes is a discipleship process based on the five relationships defined in Romans 12. Over the years, FCA has developed a clear, powerful way to share the Gospel called *More than Winning*. We have the *More Than Winning* tracts, we have it in our Bibles and we have a website. When it comes to Gospel presentation, *More Than Winning* is FCA's way. When it comes to discipleship, what is the FCA way? It is r12!

We recognize that discipleship is a life-long pursuit. In FCA, discipleship starts with r12. This allows us to create consistency throughout our ministry. r12 Coach is a discipleship process developed from a coach's perspective and is based on Romans 12. Paul explains in Romans 12 what it means to be a real disciple! Being a genuine disciple of Christ flows out of a relationship with Him.

Chip Ingram is the teacher for r12 Coach, and Chip shares with us why it is important for FCA staff to be r12 Christians. Chip first heard the Gospel message at an FCA basketball camp in 1972. As a former college basketball player who has played around the world, Chip is a huge FCA supporter and ambassador. His passion for Jesus and coaches makes him a perfect communicator for r12 Coach.

It is one thing to get people in the game, but it is another thing to win. Chip challenges us to get spiritual wins. What does a spiritual win look like? A spiritual win is producing disciples. Therefore, the discipleship process is essential. A win is not how many we get to camp or how many campuses we are reaching. Those are important in FCA, but a win is making a disciple. If we are committing to r12, then we need to be an r12 Christian ourselves. It is how we mature in our faith. It becomes a part of our spiritual leadership training. Imagine what our ministry will look like five years from now if we make disciples. In order for this to happen, we need to be r12.

What is r12?

What does it mean to be a disciple? If we asked FCA staff this question, we would get many good, but varying, answers. In FCA, we want to clearly define what a follower of Christ looks like. It's about experiencing God's grace, not earning His love through performance. A real relationship with Jesus Christ will produce a follower whose life looks progressively more like His life. Romans 12 provides a relational profile of an authentic disciple.

Christians who live out this kind of lifestyle are what we call r12 Christians and for coaches...r12 Coaches. God is willing to go deeper and grow you into a real disciple. The goal of r12 is to fulfill what is commonly known as The Great Commission in Matthew 28:19: "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

Before Christians could be effective disciples, they first had to be healthy disciples. But that begs the question of what does a healthy disciple look like? Unfortunately, in today's Christian culture, many Christians believe that a disciple is a person who reads their Bible, prays and engages in multiple religious activities. But genuine discipleship flows out of relationship. It is grace-based, not performance-oriented. This is hard for many coaches to fully understand. Coaches who live out this kind of lifestyle are what we call r12 Coaches.

Romans 12 Christians are the types of disciples that turned the world upside down in the first century church. God always uses ordinary people to do extraordinary things. FCA is committed to challenging coaches to be an r12 Coach. We believe that FCA is perfectly positioned to disciple coaches at every level of sports. How do we do that? FCA seeks to influence everyday coaches through transformational teaching and online discipleship. We instruct and inspire coaches with teaching that is designed to move them to an ever-deepening commitment through a practical and authentic understanding of authentic discipleship.

What is the r12 Game Plan?

FCA's passion is to help everyday Christian coaches become authentic disciples of Jesus Christ through teaching that is Biblically-based, culturally relevant and applicable to the real life challenges. Romans 12 provides a picture of how an authentic disciple of Jesus Christ lives out their faith. Here is an executive summary of r12:

<i>Surrendered to God</i>	<i>Romans 12:1</i>	<i>Relationship with God</i>
<i>Separate from the world</i>	<i>Romans 12:2</i>	<i>Relationship with the World</i>
<i>Sober in self assessment</i>	<i>Romans 12:3-8</i>	<i>Relationship with Self</i>
<i>Serving in love</i>	<i>Romans 12:9-13</i>	<i>Relationship with Others</i>
<i>Supernaturally responding to evil with good</i>	<i>Romans 12:14-21</i>	<i>Relationship with Enemies</i>

Now What?

John Wesley said "Give me a hundred people who love God with all their hearts, and fear nothing but sin, and I will move the world." Wesley's words were written at a time of widespread moral decay, hypocrisy in the church, when children were slave laborers and the slums of England were marked by poverty, prostitution and alcohol. God raised up Romans 12 Christians under Wesley that changed the world! Solving today's problems in and outside the church begins with you and me. When Christians actually live like Christians, God changes people, families, businesses, government and society. In 2 Chronicles 16:9, we read, "For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him."

As a staff person, you are expected to go through r12 Coach personally before you implement it in your area. Chip Ingram told us that if we do not go through it ourselves, it would be just another resource instead of a transformational process. We cannot pass on what we have not received ourselves! Once you have done it, begin identifying several coaches who you can pull together and begin the r12 Coach process. Visit r12coach.com for more details.

Make a Play:

It's time to make a play. Circle up with staff and ask each other these questions.

1. Have you personally gone through the r12 study? If so, how did it impact you? If not, commit to someone on FCA staff that you will do r12 and finish by a certain time.
 2. Why is it important for FCA to have systematic, comprehensive discipleship process? What impact can that have?
 3. How can you strategically implement r12 in your area? What are three specific ways that you can mobilize a discipleship movement with your coaches?
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