

CHIP PUGH
MADE

*Six Practices
of Jesus* **TO** *for a Life
on Mission*

WIN

SHARPEN YOUR SKILLS
EXERCISES

Sharpen Your Skills

The *Made to Win* Assessment

Training Exercise #1

Our first exercise is an assessment to help you measure and observe your progress in learning to win. As you rate yourself on this series of statements, it will shed light on your current capacity to win and indicate which areas of your life may need further development. After completing the assessment, consider the reflection questions that follow and share your answers with a trusted friend.

On a separate sheet of paper, rate yourself from 1 (low) to 5 (high) in each of the following areas:

1. I am fully committed to following Jesus as the Champion of my heart.
2. I believe God made me to win at life.
3. I have a strong sense of purpose, and I am confident that my life is headed in a positive direction.
4. I tend to make good choices that are influenced by what I value, not by what others think.
5. I have a clear vision of what God expects of my life five years from now.
6. I have specific, written goals for all major areas of my life.
7. When I am given a task, I work until it is completed and am not easily distracted.
8. I have a daily plan that helps me achieve my goals.
9. My devotional time is vital and a major factor in energizing my life.

10. I am surrounded by a strong community of like-minded people who add value to my life.
11. I often think about helping others succeed and reach their goals.
12. When I encounter adversity or setbacks, I find ways to keep moving toward my goals.

Each of these twelve statements tells us about our expectations for winning at life and our potential to win others to Jesus. Notice that they are not based on results but on our attitude toward God, ourselves, and others. This evaluation can help us assess what may be holding us back from winning.

Total up your score and reflect on where your score fits within the following rubric and what you can do to grow:

- 47 or below: I need a plan to follow and a coach to guide me. I will learn to win by looking to the Champion, Jesus Christ, and his love for me. I will commit to learning the practices of Jesus, and I will focus on what I can implement immediately. This will help me maximize my potential in the mission.
- 48–53: I have room to grow, but I am on the right track in growing as a winner at life. I must evaluate who is mentoring me and stay open to those who have demonstrated positive results in their lives. I can reflect on what areas need the most improvement in this next season of life and be strategic about my growth in these areas to help me maximize my potential in the mission.
- 54–60: I have been intentional with my personal growth and have received solid mentorship. I can reflect on what has helped me develop to this point. I will continue what has served me well, and I will remain open to one more way to grow in my aim to maximize my potential in the mission.

Don't worry about how to address the challenges this evaluation may reveal. As you continue to learn the principles in this book, I will

walk you through God’s plan for success. For now, it’s helpful to simply reflect on where you are today. Then, I encourage you to meet up with a friend or a group that can help you see yourself from a different perspective. You can use the discussion questions in the “Huddle Up Questions” section to win at life together.

Winning Expectation

Training Exercise #2

We can expect to win because of our identity in Jesus Christ. He saves us and gives us everything we need to win at life (2 Pet. 1:3). Once we access this salvation through trusting in Jesus as Savior and Lord, he uses unique life experiences and relationships to shape us for winning. As you reflect on what you have experienced and endured in life, and on what God has placed in your hands to use for his mission, your expectation to win will grow even more.

Answer the following questions:

1. What life experiences have shaped you to win? *Don’t just think about the common experiences we all share as human beings. Take special note of the unique things that have happened to you.*
2. Whom have you known who has shown you how to win? How have you seen what it takes to win, and how has their example motivated you? *Think about your family, teachers, coaches, and mentors.*
3. What adversities in life have you already overcome? How could these experiences also be ways that God is preparing you to win at life?

Now that you have reflected on these items above, try to find a word (or phrase) that summarizes the qualities you have learned through these experiences and examples. For instance, you might represent a challenge you endured in life with the word “perseverance,” or you might summarize the example you learned from a mentor with

the word “excellence.” Imagine you are writing these words on foundational bricks that God stacks to build your life. Then actually write them on a separate piece of paper or journal. This exercise will compile evidence that helps you solidify your expectation to win. Not only has God designed you to win through saving you, but he has also shaped you through your unique life story.

Winning Vision

Training Exercise #3

Let’s begin to clarify God’s vision for your life, the snapshot of your ideal future. Writing things down is how your vision becomes memorable. This process will keep your goals before you and help you align your actions to God’s winning ways in your life. You will have a target to aim for as you seek to maximize your potential in his mission. The time frame I recommend you use when crafting your vision is five years. However, if this does not fit your current stage of life, feel free to adjust accordingly. Aim for a time frame long enough to push you to dream big but short enough to keep things practical.

Use the guide below to help you craft your vision and set your goals the Champion’s way. Pray to God for wisdom as you begin this process. Then reflect on the following questions from the four steps of Jesus:

1. **Skillful steps.** What do you want to accomplish in the next five years to honor God through your work and service in this world? Be bold! What would winning look like if you had all the money, time, and resources you needed?
2. **Physical steps.** How could your work and service be enhanced or limited by your physical health and fitness? How would you define winning health and fitness for your life?
3. **Relational steps.** What relationships has God placed in your life that matter most? Begin with family, then think about close

friends. Who are your best partners in the mission of Jesus during this next season of your life?

4. **Devotional steps.** How would you describe your relationship with Jesus right now? How would you like to grow closer to him? What would it look like to team up with Jesus in winning others to him?

When you combine your answers from these four categories, they contain the contents of your winning vision. With this information, you can begin to write the description of the life you were made for. A great vision statement sounds like a story that is written about your life. When you read the statement, it should make you excited to take the practical steps you need to grow.

The Skillful Warm-up

Training Exercise #4

Athletes begin every training session with a proper warm-up to prepare the body for the challenges of the workout. As we aim to win, we know that training will bring challenges that help us grow, but they will also be difficult. I have found it's helpful to do a "warm-up" for the mind and spirit as we prepare for a season of training. It opens our hearts to what God envisions for our lives and keeps us in a mindset of expectation.

Below, each of the six practices is stated in the form of an affirmation to help us envision what it will look like when we embody each one. Read each statement out loud and see yourself becoming more like Jesus through practicing these skills. Repeat this every morning for the next month as you begin your day. As you speak these truths out loud, remember this is what Jesus promised in his invitation. This is what he made you to do. He made you to win.

1. **Speak Your Purpose.** I am clear on God’s vision for my life, and I can confidently express what is true about my identity. This empowers me to maximize my potential in his mission.
2. **Know the Word.** My daily time in the written Word empowers me to distinguish between the voice of the Lord and the distracting messages of the world, the enemy, and the events of my sinful past. I follow the One who always wins.
3. **Invest in the “1.”** I expect Jesus to grow his kingdom through my life, so I see every person I meet as having world-changing potential and look for ways to help them win.
4. **Lift Your Heart.** I live free to receive the Lord’s assignment because I have a regular habit of openly sharing my feelings and hopes with God in prayer and worship.
5. **Live in Community.** I win because I have authentic, supportive relationships that help me learn to be more like Jesus and where I can also encourage others to be more like him.
6. **Share the Message.** I am confident and equipped to share how the Lord’s message of victory gave me freedom to live the life I was made for. I win others to Jesus!

Speak Your Purpose

Training Exercise #5

Through the power of the spoken word, followers of the Lord confidently declare the truth about their identity and his assignment for their lives.

As you learned in this chapter, confusion usually arises when we are listening to too many voices. Since “God is not a God of confusion” (1 Cor. 14:33, ESV), there must be a way for followers of Jesus to know what he desires for our lives. We need a way to receive his instruction for our specific circumstances in life. It all begins with learning to practice the skill of speaking your purpose.

This exercise will get you started in practicing this powerful skill of Jesus. You will look in three directions: *look up* to claim your calling, *look in* to cultivate your character, and *look out* to clarify your code. For additional coaching in this powerful skill, check out the resources at MadeToWinBook.com/tools.

Follow these three steps to help you get started in speaking your purpose.

Step 1: Claim your calling. Look up the definition of your name. How does your name help you understand more about what God sees in you? Who did God say you were before you did anything right or wrong?

Step 2: Cultivate your character. Read the list of spiritual gifts in Romans 12:4–8. Also, consider taking a spiritual gift inventory. We recommend using the free Spiritual Gifts Assessment found here: healthygrowingleaders.com/spiritual-gifts.

Step 3: Clarify your code. Think more about your calling and character. What are some action words that describe how your gifts can serve the world around you? Look for key scriptures or biblical examples that describe these gifts in action. Try to summarize in two or three sentences.

Know the Word

Training Exercise #6

Through the power of the Holy Spirit, followers of the Lord live their purpose by listening to his voice.

Are you ready to practice the skill of knowing the Word? Begin, if you haven't already, learning this powerful skill by spending one-on-one time with God in your intentional solitary space. Jesus often found this time by rising "very early in the morning, while it was still dark" (Mark 1:35). This pattern has been replicated by his followers for centuries. Our busy schedules make it difficult to find time, so we must make time. Whether it is in the morning, on your lunch break, or

before bed at night, carving out space in your daily schedule is critical to hearing the voice of God.

Consider the following principles and tips to help you begin this practice—or to refine your current routine.

- **Choose the time.** When is the best time in your daily schedule to give undivided attention to reading the written Word of God?
- **Commit to a routine.** Begin reading the written Word today. Don't wait for a new month, new year, or the perfect time. Start now!
- **Conclude in prayer.** As you finish up your reading, spend time in prayer and ask Jesus to speak directly to your heart. It's not your responsibility to make him speak; it's your responsibility to prepare your heart so you can hear when he does. Trust his timing. He always has the right word at the right time.

If you are looking for a Bible reading plan, consider using one of the forty-day “Know the Word” plans found at MadeToWinBook.com/tools.

The “1” Daily Prayer

Training Exercise #7

*Through the power of purpose-filled action,
followers of the Lord look for opportunities to
connect others to his purpose for their lives.*

The man who disciplined me taught me to pray for my “1” every day. This prayer will help you begin your day with the expectation that God will use your life to win others to Jesus and that he designed you to multiply his kingdom on this Earth. The prayer begins with you

asking God to supply you with everything you need and to give you awareness of the ones along your path who are ready to follow Jesus.

Commit to praying this prayer every day for the next month and watch what the Lord will do:

Lord, give me eyes to see what you see today. Prepare my hands to do what you have designed me to do. Prepare my feet to go where you send me. Please send me to the “1” who is ready to follow you and fill me with the skill to win them to you. In the name of Jesus, amen.

Lift Your Heart

Training Exercise #8

Through the power of daily prayer and worship, followers of the Lord are free to receive his assignment.

Are you ready to develop the practice of lifting your heart? Begin by linking this practice to the practice of knowing the Word. Read and meditate on the written Word of God. As you conclude your time in the Word, answer the following questions and follow the steps provided.

1. **Listen to your heart.** What do you feel today? Write down any emotions or thoughts that come to mind.
2. **Invite the Lord to sit with you in your feelings.** Imagine he is literally sitting beside you. He instructs you to cast “all your cares on him, because he cares for you” (1 Pet. 5:7).
3. **Feel God’s presence by breathing deeply and calming your mind.** Don’t worry about getting it right. The Lord will help you learn the method that serves you best as you practice this skill every day.
4. **Take action to obey God’s plan for your life.** Return to the verse you have been reading during your time in the Word. What action steps do you see in this verse? Then, ask Jesus to

remind you of anything else he wants you to do in response to the feelings in your heart. Don't get in a hurry. Wait for an answer and expect to hear his voice. No action is too small. He simply wants you to trust him.

Live in Community

Training Exercise #9

Through the power of authentic relationships, followers of Jesus help one another become more like him.

The best place to start the practice of living in community is by forming a life huddle. This is usually a group of two to five people who share life with you regularly. Some people call this a discipleship or accountability group. Together, you help one another win at life. Use the following questions to help you take this valuable step. If you have already established a huddle, look for others who may be ready to join you or pray about how you can multiply your group to make space for others.

1. Start a list of people who are potential members of your life huddle. List the five people with whom you spend the most time daily.
2. Review the four community spaces. List three individuals whom you see regularly in each of these spaces.
3. Add anyone who has served as a mentor in your life.
4. Now, filter your list with the following criteria:
 - Which of these people helps you win at life? Consider all four of your goal categories from chapter 3: skillful steps, physical steps, relational steps, and devotional steps.
 - Which people are committed to following Jesus or have shown interest in following him?
 - Which ones seem to be encouraged by your presence?

5. Pray to God and ask him for wisdom as you continue to review your list. Invite those who are on your list to meet with you regularly. If possible, form a huddle with all of them together.

For helpful resources in leading a huddle, check out [MadeToWinBook.com/tools](#).

Share the Message

Exercise #10

Through the power found in our Champion's message, his followers are confident in sharing how he set them free.

To share the message, you need to discover how Jesus' story changed your story. Use the following steps to write your life story so you will be prepared to give an answer as questions arise from those who are open to following Jesus.

1. How would you describe your life before following Jesus? What was most important to you? What were you looking for?
2. What was it about Jesus that compelled you to commit your life to him?
3. Whom did God use to help you learn the message of victory?
4. What words would describe your new identity? Review what you wrote in the Speak Your Purpose exercise in chapter 5.
5. Compare your answers for question 1 in this exercise with your answers to question 4. How has the message of victory changed your story?
6. Find a key Bible verse that articulates your new story.
7. Practice sharing your story in your life huddle.

Bonus Exercise: Next Steps

Training Exercise #11

Congratulations on completing the other *Made to Win* training exercises. You have laid a foundation that positions you for success; you have designated a clear target to aim for; and you have taken the next steps of training in the six practices of Jesus. You are truly on the path toward winning at life. Now it's time to put everything together, so you can continue moving toward the life you were made for.

Winning at life is following the One who has won our hearts—Jesus. And as we commit to following him, he leads us to win others to him (Matt. 28:19–20). This training has been intended to help you maximize your potential in this mission. As you finish up this training, make sure to review the *Made to Win* assessment in the first exercise (first action item below). Then, I hope you will commit to taking your next steps of training. The following questions will help you review and discern how to move forward. Let's go!

1. Review the *Made to Win* assessment. Where have you already seen growth in your life through this training process? Where do you want to see more growth?
2. In what areas of your life have you taken steps in maximizing your potential? How has your daily routine changed?
3. Which of the six practices of Jesus would you like to learn more about?
4. Have you established a life huddle yet? Review Training Exercise #9. What would be the next step in starting a huddle (or enhancing) your huddle?
5. Consider the tools and resources at MadeToWinBook.com/tools.