

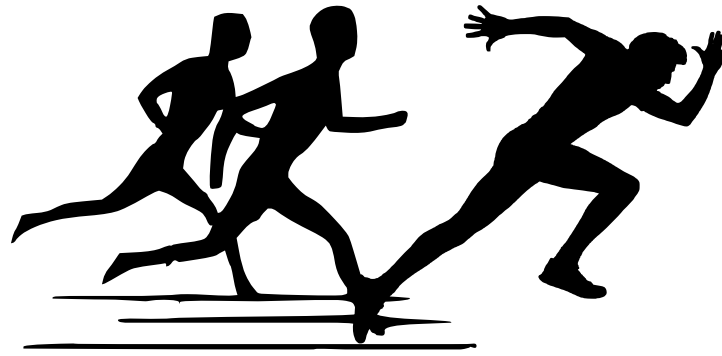
THE F.I.T.

CHRISTIAN

A RESOURCE FOR FUTURE AND
CURRENT LEADERS TO EXPLORE
THREE QUALITIES OF
LEADERSHIP: FAITHFULNESS,
INTENTIONALITY, AND
TEACHABILITY.



LEADERSHIP GUIDE



THE PREMISE

F.I.T. is an acronym used to describe qualities looked for in Christian leaders. It stands for faithful, intentional, and teachable. A person trying to stay physically fit will devote themselves to regular exercise, healthy eating and make other specific lifestyle choices to benefit their goal. In the same way, a Christian leader who desires to have F.I.T. qualities will commit to making life choices that assist their ambitions. These may include regularly reading the scriptures, praying, attending a local church, asking questions to godly mentors, serving people, and witnessing.

The Bible puts a high value on spiritual growth. 1 Timothy 4:7-8 says, "Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." Christian leaders should continue to train their hearts and minds and grow in F.I.T. characteristics because those are part of godliness. Do not be mistaken, though. Works will not save you - only faith in Christ can do that (Ephesians 2:8-10). As you have received the grace of salvation through faith, your desire to grow and mature in your relationship with Jesus will produce godly characteristics.

Faith actively calls you to walk in a new life that will often challenge and stretch you to new limits. The apostle Paul referred to the Christian faith as a race with a prize worth all of your efforts (Hebrews 12:1; 1 Corinthians 9:25). Christian leaders should keep this goal in mind as they pursue a F.I.T. life while fixating their eyes on the glory of Christ that awaits them in heaven. Philippians 3:14-15 says, "I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you."

In the F.I.T. leadership guide, you will walk through the expectations placed on you as a leader in a ministry position. While these standards are significant to Christian leadership and are serious, we recognize no one is 100% perfect. Just like with physical training, mistakes will happen. However, what makes you "fit" for leadership is your willingness to persevere as you pursue spiritual growth in yourself and others. If you can humbly recognize something you are doing does not lead to life, choose to repent (change your mind), and follow after Jesus while depending on His grace, you are ready for leadership.

Now, let's begin your journey towards becoming a F.I.T. Christian leader by exploring these characteristics at a closer glance!

FAITHFUL

A faithful leader puts their commitment into action and stays the course. Their willingness to do the challenging tasks even when they may not feel up to it confirms their dedication. Faithful leaders remember why they chose to be in leadership and use that as fuel to continuously devote themselves to Christ, the betterment of others, and their ministry position.

CONSIDER

Why have you chosen to be in leadership?

STUDY

Context: In this passage, Jesus is sharing a parable, also known as a story, with His followers. The purpose behind His parable is to answer His disciples' questions about when the end of time will occur and when He will come back. In the story, Jesus is not focused on the when but on who will be ready for His return.

Read Matthew 25:14-30

1. Below, describe what each servant did and how their master responded to them. Why do you think the master responded to each servant in that way?

- First Servant:

- Second Servant:

- Third Servant:

2. How have you related to the first two and the third servant?

3. In verse 15, the master gave "to each his own ability." Think about your personality, talents, life experiences, and passions. What kind of abilities has God given you and how are you using it for His glory? If you aren't using the abilities God has given you to love Him and others, what is holding you back?

FAITHFUL LEADERS

Read Hebrews 12:1-3

4. Using the verses you read, describe how a faithful person should live their life.

5. What do you learn about Jesus' faithfulness in verses 2-3? How should that affect how you see leadership?

REFLECT

1. After completing the study portion, how would you describe a faithful leader? Does your description fit you? Explain.

2. What is something you can do to help you remain faithful to God and those around you?

PRAY

Take a moment to pray for faithful qualities in your own life. Consider how God has been faithful to you and ask Him for help remaining loyal to Him and others.

GROUP DISCUSSION

Sponsor(s): Use the questions below during a meeting with your current or future leadership team or individual so they can better understand your ministry's expectations.

1. Summarize the passage.
2. What was your favorite question you answered from the consider, study, or reflect section? Explain.
3. How would you define faithfulness?
4. Why is faithfulness a valuable characteristic in your role as a leader?
5. How are you currently displaying the qualities of a faithful leader, and how would you like to develop this quality better?
6. After reflecting on the abilities and life experiences God has given you, what are some of the talents you want to use to glorify Him in this ministry and personally?
7. **Sponsor(s):** Take a moment and explain your expectations of a faithful leader as it applies to the ministry and position you are discussing.
8. What questions or additional thoughts do you have about faithfulness or leadership in this ministry?

INTENTIONAL LEADERS

INTENTIONAL

Intentional leaders are purposeful in their commitments to others and their responsibilities; they come prepared to give their all in any circumstance. Leaders with this quality follow through with what they say they would and put forth thoughtful effort in their relationships and work.

CONSIDER

Who do you know that is intentional in what they do? What makes them intentional?

STUDY

Context: Moses, who God used to lead the Israelites out of Egypt, part the red seas, deliver the ten commandments, and wander the desert for 40 years with his people, has died. Now, Joshua has just been declared a new leader by God and will lead the Israelites from the wilderness to the land God promised His people long ago.

Read Joshua 1:1-9

1. Describe Joshua's role as a leader. How do you suppose Joshua felt taking on this responsibility? How would you have felt?

2. List out the instructions God gives Joshua as he begins his new leadership role.

3. Why do you think God wants him to be intentional in following those particular instructions?

4. What will the result be if Joshua obeys God?

5. God told Joshua not to turn from His commands by looking to the right or the left but to stay focused. What kind of distractions can cause someone to become less intentional in their commitments? What distractions are prone to pop up in your life?

REFLECT

1. After completing the study portion, how would you describe an intentional leader? Does your description fit you? Explain.

2. What can you do to be more intentional in the way you serve God and others?

PRAY

Take a moment to pray for intentional qualities in your life. Ask God to give you insight into how you can be more purposeful in your leadership role.

GROUP DISCUSSION

Sponsor(s): Use the questions below during a meeting with your current or future leadership team or individual so they can better understand your ministry's expectations.

1. Summarize the passage.
2. What was your favorite question you answered from the consider, study, or reflect section? Explain.
3. What did the passage have to do with intentional leadership?
4. How would you define intentionality?
5. Why is intentionality a valuable characteristic in your role as a leader and what should it look like?
6. How are you currently displaying the qualities of an intentional leader, and how would you like to develop this quality better?
7. **Sponsor(s):** Take a moment and explain your expectations of an intentional leader as it applies to the ministry position you are discussing.
8. What questions or additional thoughts do you have about intentionality?

TEACHABLE

A teachable leader is humble in their approach to learning and has a hunger to grow. They are often slow to speak and quick to listen because they value what others have to say and look to glean new perspectives and insights. Teachable leaders recognize that learning is a lifetime pursuit, and they joyfully admit they have areas to grow and mature. Leaders with this quality do not stagnate and desire to become better in their leadership role by pushing themselves out of their comfort zone and taking correction from those who have their best interests in mind.

CONSIDER

What role do pride and humility have in the life of a teachable person?

STUDY

Context: The book of Proverbs consists of Israelite wisdom literature; King Solomon is attributed as one of the primary writers of the book. Practically applying wisdom is a central theme for most of the writings in Proverbs. The authors often compare the ways of a fool to the practices of those who are wise.

Read Proverbs 18:2

1. What is the meaning of the proverb?

2. Why does this description make someone foolish?

Read Proverbs 15:31-33

3. According to these verses, what defines a wise person?

TEACHABLE LEADERS

4. Why are life-giving corrections and discipline necessary to a teachable person?

5. What type of person or source should you take instruction from to grow as a Christian leader?

REFLECT

1. After completing the study portion, how would you describe a teachable leader? Does your description fit you? Explain.

2. What can you do to be more teachable in a leadership role?

PRAY

Take a moment to pray for teachable qualities in your own life. Ask God to reveal any pride or slothfulness you may have, and repent from those things.

GROUP DISCUSSION

Sponsor(s): Use the questions below during a meeting with your current or future leadership team or individual so they can better understand your ministry's expectations.

1. Summarize the verses.
2. What was your favorite question you answered from the consider, study, or reflect section? Explain.
3. What did the passages have to do with teachable leadership?
4. How would you define teachability?
5. Why is being teachable a valuable characteristic in your role as a leader, and what should it look like?
6. How are you currently displaying the qualities of a teachable leader, and how would you like to develop this quality better?
7. **Sponsor(s):** Take a moment and explain your expectations of a teachable leader as it applies to the ministry position you are discussing.
8. What questions or additional thoughts do you have about teachable leadership?