



FCA Proven – Athlete's

John 15:8, "My Father is glorified by this: that you produce much fruit and prove to be my disciples."

1. 8/25/26 – Intro
 - a. Prayer
 - b. Receive books
 - c. Go over the Four Topics: Connect, Cultivate, Choose, and Commit) (Page 2)
 - d. Go over "**The Four**" (page 3) and ask if anyone would like to make a first-time decision or recommit their life to Christ. We will give them another opportunity next week during Connect Part 1.
 - e. Discovery Bible Study (DBS) Training (page 4-5)
 - f. Homework Assignment
 - i. Complete a DBS on John 15:4
 - ii. Students should be prepared to share their answers to the DBS questions next week.
2. 9/01/26 – Connect Part 1 (Pages 6-8)
 - a. Prayer
 - b. Go over last week's DBS on John 15:4
 - i. What are you thankful for?
 - ii. What are you struggling with?
 - iii. How did you obey John 15:4 last week?
 - iv. Who did you share it with?
 - v. What does John 15:4 say about God?
 - vi. What does it say about People?
 - vii. By God's grace, how did/will you obey God's Word?
 - viii. Who did you share this verse with?
 - c. Warm-Up
 - d. Workout
 - e. Wrap-Up
 - f. Key Action
 - g. Homework due next week – DBS on 1 Corinthians 10:31
 - h. Prayer



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3. 9/08/26 – Connect Part 2 (Pages 9-11)
 - a. Prayer
 - b. Go over last week's DBS on 1 Corinthians 10:31
 - c. Warm-Up
 - d. Workout
 - e. Wrap-Up
 - f. Key Action
 - g. Homework due next week – DBS 1 Timothy 4:7-8
 - h. Prayer
4. 9/15/26 – Cultivate Part 1 (Pages 14-16)
 - a. Prayer
 - b. Go over last week's DBS on 1 Timothy 4:7-8
 - c. Warm-Up
 - d. Workout
 - e. Wrap-Up
 - f. Key Action
 - g. Homework due next week – DBS John 15:11
 - h. Prayer
5. 9/22/26 – Cultivate Part 2 (Pages 17-21)
 - a. Prayer
 - b. Go over last week's DBS on John 15:11
 - c. Warm-Up
 - d. Workout
 - e. Wrap-Up
 - f. Key Action
 - g. Homework due next week – DBS John 15:12
 - h. Prayer
6. 9/29/26 – Choose Part 1 (Pages 22-24)
 - a. Prayer
 - b. Go over last week's DBS on John 15:12
 - c. Warm-Up
 - d. Workout
 - e. Wrap-Up
 - f. Key Action
 - g. Homework due next week – DBS Luke 15:20
 - h. Prayer



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7. 10/13/26 – Choose Part 2 (Pages 25-29)
 - a. Prayer
 - b. Go over last week's DBS on Luke 15:20
 - c. Warm-Up
 - d. Workout
 - e. Wrap-Up
 - f. Key Action
 - g. Homework due next week – DBS John 15:19
 - h. Prayer
8. 10/20/26 – Commit Part 1 (Pages 30-32)
 - a. Prayer
 - b. Go over last week's DBS on John 15:19
 - c. Warm-Up
 - d. Workout
 - e. Wrap-Up
 - f. Key Action
 - g. Homework due next week – DBS John 15:26
 - h. Prayer
9. 10/27/26 – Commit Part 2 (Pages 33-37)
 - a. Prayer
 - b. Go over last week's DBS on John 15:26
 - c. Warm-Up
 - d. Workout
 - e. Wrap-Up
 - f. Key Action
 - g. Homework due next week – DBS Student Choice – Just need all verses to be studied by at least one student
 - i. Jeremiah 29:13-14a
 - ii. Deuteronomy 31:8
 - iii. James 4:8
 - iv. Isaiah 41:10Prayer
 - h. Prayer



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10. 11/03/26 – Training Time 1 (Pages 38-39)

- a. Prayer
- b. Ready
- c. Set
- d. Go
- e. Workout – Go over last week's DBS:
 - i. Jeremiah 29:13-14a
 - ii. Deuteronomy 31:8
 - iii. James 4:8
 - iv. Isaiah 41:10Prayer
- f. Homework due next week – DBS Student Choice – Just need all verses to be studied by at least one student
 - i. John 15:4-7
 - ii. Psalm 42:1
 - iii. Galatians 5:22-23
- g. Prayer

11. 11/10/26 – Training Time 2 (Page 40)

- a. Prayer
- b. Ready
- c. Set
- d. Go
- e. Workout – Go over last week's DBS:
 - i. John 15:4-7
 - ii. Psalm 42:1
 - iii. Galatians 5:22-23
- f. Homework due next week – DBS Student Choice – Just need all verses to be studied by at least one student
 - i. John 8:1-32
 - ii. Colossians 1:10
- g. Prayer



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12. 11/17/26 – Training Time 3 (Page 41)

- a. Prayer
- b. Ready
- c. Set
- d. Go
- e. Workout – Go over last week's DBS:
 - i. John 8:1-32
 - ii. Colossians 1:10
- f. Homework due next week – DBS Student Choice – Just need all verses to be studied by at least one student
 - i. Psalm 23:1-4
 - ii. John 14:1-6
 - iii. 1 Peter 4:12-19
- g. Prayer

13. 11/24/26 – Training Time 4 (Page 42)

- a. Prayer
- b. Ready
- c. Set
- d. Go
- e. Workout – Go over last week's DBS:
 - i. Psalm 23:1-4
 - ii. John 14:1-6
 - iii. 1 Peter 4:12-19
- f. Prayer