

Battle Zone Ministries Group

What is Battle Zone Ministries?

- Battle Zone Ministries was started in 2002 by founder and author, Michael Pouliot of Clovis, California. From 2002 – 2007 developing Battle Zone Study. The workbook was first printed in 2007 and reprinted with new editing in 2010.
- The **vision** of Battle Zone Ministries is to coach every willing man to live victoriously in Christ.
- The **goal** of Battle Zone Ministries is to train, equip, and multiply effective disciples for Christ.
- The **mission**: Battle Zone Ministries develops discipleship – based resources using Biblical principles and assist the local church in equipping men to live victoriously in Christ.

What can each man expect to gain from this study?

- To have a complete understanding of his identity in Christ.
- To understand the power, and the role, of the Holy Spirit within each believer in Christ.
- To understand God's grace, and mercy, and know the difference between grace, and mercy.
- Learn how to read, interpret, personalize, and apply, God's Holy Word to his life.
- Identify and examine his repetitive sin/confession cycle and learn how to live victoriously through techniques, coupled with God's Holy Word.
- Have a greater understanding of the man that God has called him to be.

What is the commitment level required by the Battle Zone Study?

- A willing heart to be obedient to God's calling towards living victoriously over repetitive sin nature.
- The cost is \$50 for the study book and Grace Pocket Keeper.
- There will be approximately 1-2 hours of homework and 2-3 hours of group time each week for 11 weeks. Homework and group time will vary.
- Each man will commit to being on time to the group and having completed all of the required homework each week.
- Only 1 group meeting may be missed. ***This is for an emergency only.*** One of the teammates will have to go over that week's missed lesson, with the absentee, prior to the following scheduled group meeting. ***The second missed meeting will result in the absent teammate, being dropped from the team.***

- ***A postponed meeting will be considered a missed meeting by the teammate causing the postponement.***
- Every teammate will agree, sign, and adhere to the rules of the ***“Confidentiality Agreement”***. A husband may share **only his personal battle zone** with his wife, as God leads him to do so. **What is shared in the group; stays in the group!**
- Each teammate will develop a prayer team of not less than 3 men outside of this group, that will for 11 weeks pray daily for:
 1. Protection for him and his family.
 2. Guidance as he tackles his personal battle zone.
 3. The captain’s or coach’s faithfulness to remain diligent in his walk and preparation.
 4. God’s clear guidance for whom he is to disciple, following the course.
- Each teammate will courageously and wholeheartedly participate in this study with transparency, honesty, and integrity.
- Each teammate will support, encourage, and pray for each teammate and coach.

What do the wife’s think of the Battle Zone Study?

- ***“The Battle Zone study was a great experience for me as a wife, as I watched my husband let the Lord speak to some deep areas in his heart. As he heard clearly what they were and shared them with me, I saw some freedom come over my husband as well as a new direction for him to pursue with Our Lord. I loved the brotherhood it fostered and how that makes me feel as a woman and a wife to feel protected and cherished. When the men in our lives and in our church family intentionally draw near to Our Lord we all are very blessed. In my opinion...it doesn’t get any better than men diving into God’s Word, applying it to their lives, linking shields, and standing firm for our family and our church... Battle Zone definitely scored a touchdown in our family!”***
- ***“My husband was involved with Battle Zone studies for men last year. When he told me his Sunday evenings would be tied up for 4 months in order to devote himself to the commitment of the process, I was skeptical. Study has always been hard for David but it has been my prayer and yearning for David’s heart to be bonded together with other men in a way that challenged him and held him accountable. He did not talk a lot each week about his experiences as the material and what was shared in the group is confidential. This allowed the men to trust each other and open up. Everything about the results was positive for David and our marriage. He could hardly wait to share the experience with other men and has just completed being a co-captain of a group. As I talked to the other wives at Battle Zone graduation, they all had the same experience as I did. Their husbands grew in their faith and developed relationships with other Godly men to help strengthen them for their own battle zones ahead.”***



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"Pre-Season"

1. What enters your mind when I say the word coach?
 - A coach is an encourager and someone who helps each man to be the best that they can be.

2. Page 18: Read the Battle Zone Poem:

Two natures war inside my chest
This struggle within is my greatest test;
The fight rages - old vs. new
Forcing me to choose between the two.

Tempting my fleshly desires above all,
Satan will not rest until he sees me fall.
He laughs with delight with an evil grin,
He wants nothing more than for me to sin.

Too often the old nature comes out on top.
This must cease - Lord, please make it stop.
Christ's blood covers my sins forever
Does this mean I should go on sinning?
No, not ever.

Enough excuses - I must not give into temptation
But execute God's will without hesitation.
God's will alone brings true satisfaction
The nature I train will determine my reaction.

Praise God in heaven for His divine plan
Accomplishing so much by sending one Man.
Through discipline, obedience and God's loving grace
I must train unto holiness to win the race.

This intense struggle will never go away
But Jesus sent the Holy Spirit to help me obey.
Yes, the Spirit's indwelling holds the key
By yielding to him I am guaranteed victory.

By His Grace - For his Glory
Michael Pouliot

3. Sin has kept us from being the man God wants us to be.
 - The next 10 weeks, we will find out what repetitive sin is keeping us from being the man God wants us to be.
 - This pre season will help you understand what you're going to learn the next 10 weeks.
 - Our goal will be to transform our mind and to pursue holiness.
4. What we want to accomplish in the pre - season is 5 things.
 - (1) Familiarize yourself with the Battle Zone Training Course on page 8 & 9. We will do hands on training today before this session is through.
 - (2) Pair with your teammate for the duration of this course.
 - (3) Share your testimony. So that each teammate will know a little about you and where you come from.
 - (4) Sign the confidentiality agreement. (Don't take this lightly, because I don't). I need you to read it and sign it.
 - (5) Finish the Independent Practice for week one and be prepared to lead a play.
 - (6) Glossary of Battle Zone Terms.
5. Turn to page 13: Battle Zone Pre-Season objectives.
 - Read objectives.
- 6. Turn to Page 8&9**
 - Read and explain training cycle.
7. Pair up with a teammate.
 - Exchange Email and contact phone numbers with entire team.
8. Each man will tell two things.
 - What is your favorite football team?
 - Give us your testimony. (Your Christian story)
9. Turn to page 19: Confidentiality Agreement
 - Read and understand this so each man can know that he will be safe in this group. (Coach will read this to the men)

- You are committing to the rest of the team and your teammate that you will show up one time, you're going to do your homework, and that you will be prepared for yourself and for them. You are their teammate and they need you and you need them.
 - Sign it and have your captain sign it.
 - Hand it in to the captain.
10. Turn to page 21: Battle Zone Training Course
- Each week read the objectives so that you will know what you are going to learn each week.
11. Turn to page 23: Strength Training Cards.
- These cards are for you to preempt your mind and to wash your mind through the scripture of God's word, so that you will be prepared in what God has to teach you each week.
 - You can tear these cards out so that you can carry them with you to read during the day.
 - You can also rewrite these cards in the translation that you are most comfortable with.
 - If you see one scripture that is meaningful to you, you can memorize it and hide it in your heart.
12. Turn to page 25: Battle Zone Victories
- Read these each week so that these stories will inspire you to continue in your pursuit for holiness.
13. Turn to page 26 & 27: Weekly Plays
- Every week there will be 4 to 5 plays.
 - Each week you need to be prepared to teach one of these plays.
 - Make sure that you are prepared on each play.
 - Read the scripture at the top of the page and where it is found.
 - Highlight or underline sections of the play that is meaningful to you.
 - Read each of the highlights on the next page.
 - Read each question and answer it in the way that you wrote it.
 - Crunch Time – In a nut shell, what did God want you to learn from this play?
 - The Captain will lead the first play on the first week as a demonstration.
14. Turn to page 34 & 35: Pain Points – Play 5
- Go on line to take the Battle Zone Challenge
 - The "Pain Point" is something that you will most likely wrestle with.

- You need to stay in prayer about this to allow God to lead you to your pain point.
 - The pain point is what drives your Battle Zone.
 - Write out your “transformational Goal”. Your Goal. Personalize it to fit your own Battle Zone.
15. Turn to page 36 – Player Assessment for Personal Temptation.
- 4 Zones:
 - Attitude Zone – Addictive Zone – Sexual Zone – Verbal Zone
 - The list is overwhelming but God will have you go through one Battle Zone at a time.
 - By week 4 you must know your Battle Zone and Pain Point.
16. Gold and Burgundy on the perimeter of pages.
- Gold is for captains – Burgundy is for team
17. Turn to Page 37: Captains Guide
- Warm up activity. Briefly explain.
18. Turn to page 40: Chalk Talk
- Start with Prayer
 - Sign the confidentiality agreement
 - Go over some terms
 - Go over the plays
 - Other aspects (this week is pain points)
 - Crunch time
 - Go over the independent practice for the week
 - Battle Zone Glossary of Terms on page 270 – 274
 - Time to come clean with this week’s sin in your life and have a time of prayer.
19. Independent Practice: Homework
- Read the course introduction
 - Visit the Bible Application Quotient Quiz - Go to resources on line
 - Read and do all 5 plays
 - Take the Battle Zone Challenge on line
 - Read the strength training cards daily
 - Call your teammate and captain once a week
 - Pray for teammates and captain daily
20. Page 11 & 12 Prepare for battle – Recruit prayer team
- Recruit at least 3 people to pray for you for the entire 11 weeks
 - Satan does not want you to have victory over your Battle Zone.

- Satan will come against you. Stay prayed up!
 - Give it everything that you humanly possibly can.
 - Be the best teammate, best player and pursue holiness in a way that you never have before.
 - You know that you are in God's will if you are pursuing Holiness and Satan starts his attacks.
21. Two things about victory:
- 1. Pursuit of Holiness – 2. Drive out any sin in your life.
22. Jesus came to make disciples.
- He told us to go and make disciple. But first we need to be a disciple before we can make disciples of others.
23. Pray – Study – Fight the Good Fight – Live Victoriously



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Independent Study for Week 1

1. Read the *Course Introduction* (Page 4-12)
2. Visit Battle Zone website.
<http://battlezone2.echurchnetwork.net/default.aspx>. This will not work with Macintosh. Take the *Bible Application Quotient (BAQ)* located under Resources.
3. Read all 5 plays (Pages 26-35). Be prepared to talk to the team, focus on how God spoke to you as you read and meditated on His truths.
4. Take the *Battle Zone Challenge* on the website and either email or fax the results to your Captain and keep a copy for yourself. Email to mrshelton@sbcglobal.net or fax to (209) 578-3575. This will assist in the process of finding your Pain Points and Battle Zone(s).
5. Read and think about Week 1's *Strength Training Cards* (Pages 22&23) as often as possible. Allow these scriptures to wash over you mind and meditate on them. If you find a verse that speaks to you, memorize it and hide it in your heart. At least 1 verse will be expected to be memorized by week 5 that pertains specifically to your Battle Zone.
6. Call or text your teammate and Captain at least once a week for encouragement.
7. Pray for each teammate and captain daily.
8. Recruit at least 3 Men for your Prayer Team. Use the *Prayer Form* (Page 12) to give to each man on your prayer team. Just fill in their name and your contact numbers.



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Battle Zone Training – Session 1

1. **Start with prayer**
2. **Turn to page 21:**
 - Read the “week 1 objectives”
3. **Turn to page 38:**
 - Each week you’ll have a warm up activity to help set the pace.
 - Activity time today is to throw baskets to explain execution point.
 - Use trash can and paper wads or small rubber football.
 - Explain how to execute a play. After they make their first goal they have a (100% Execution Percentage).
 - If you miss twice at the same spot it becomes your XT (Execution Threshold).
 - Ask question number 4.
 - Ask Question 5. Have them talk about factors affecting X% - (Execution Percentage) LOOK AT PAGE 39
 - Ask question 6.
 - Ask question 7. If your heart is close to God how will this affect your X%? If your heart is not close to God how will that affect your X% and how well will you handle your Battle Zone?
 - Ask question 8. Talk about how a hurt or wound could affect your X%.
 - Ask question 9.
 - Ask question 10. Is everyone’s XT (Execution Threshold) the same? (NO) Is everyone’s skill level the same? (NO)
 - Read passage in Gold Print.
 - Read Definition of the Battle Zone.
 - Read Battle Zone’s are different everyone.
4. **Turn to page 40: Caulk Talk**

- Start with prayer to ask the Holy Spirit's direction in this session towards God's agenda.
 - Sign the "Confidentiality Agreement". Warning that anything said in this room is between teammates only. The risk can be high for all men to have something slip to a wife or anyone else.
 - Tell the men to be transparent to your teammates. God will honor those who honor Him.
 - Quick review of Battle Zone Terms.
 - Have one man read all of the "Rotational Reading"
5. Turn to page 26 (PLAY 1)
- Look at you teammates lesson to make sure that he has highlighted the text and answered the questions.
 - Captain – Explain the process by example.
 - It is execution not knowledge that God is looking for. Execution not Knowledge!
 - Explain what the 3C Christian is: **"Being conformed to the Character of Christ"**.
6. Play 2:
- Lead by Teammates
 - Temptation is the onramp to every sin.
 - Temptation is what lies between us and holiness.
7. Play3: Explanation of Diagram.
- There are 3 oppositional forces: Flesh – Enemy – World (Sin Trinity)
 - Red man is covered by the blood of Christ.
 - The shadow represents the fleshly desires that we all have.
 - Matt. 26:39b – "Yet not as I will, but as you will". We want to allow the Holy Spirit to guide us towards God's will not our will.
 - Where does the opposite desire of God's desire come from? (Fleshly desires or Sinful desires) We need to call it what it is!
 - You have to make a Battle Zone Decision. The wide path leads to destruction, the narrow path leads to life.
 - Go over questions.
8. Play 4: Execution Threshold (XT)
- We live by God's Grace and experience God's grace every day.
 - Our Execution Threshold is when you can no longer execute God's will consistently in your battle Zone.
9. Play 5: Pain Points
- Explain Sin Cycle: Temptation, sin, confession, temptation, sin confession.

- Unless you are willing to look at the sinful desires in your life and what is causing it, you will never be free from that sin or battle zone.
- By week 4 every man will need to determine his Battle Zone and Pain Point.
- Did you take the Battle Zone Challenge on line? Was that helpful for you to find your Battle Zone and Pain Point?
- Battlezoneministries.org. – Click on Battle Zone Challenge which is the red button. This is best run on Internet Explorer on a PC however you might try Firefox if you are a MAC user. There will be an extension on there for Internet Explorer.

10. Crunch Time:

- Pick one thing that God wanted you to learn this week.

11. Independent Practice

- Go over homework on page 41
- If you did not do your assignment this week, you need to have that done for next week. Your teammate partner needs to go over it with you prior to the next meeting. Teammate partner must hold you accountable.

12. Iron Sharpens Iron

- Demonstrate confessional prayer looks like. Time for each man to confess any sin this week and ask for the prayers of the other teammates.

13. Close in prayer.



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Independent Study for Week 2

1. Wrestle with your **Pain Point** and ask God to show you what He wants you to work on, using the **Battle Zone Challenge** and the **Player Assessment Form for Personal Temptation**. Set a goal for this course based on your **Pain Point** and personal **Battle Zone**. You must have these in writing by week 4.
2. **Read all 5 Plays** and be prepared to teach a lesson to the team next week. Remember to circle, highlight or underline key truths as you read.
3. Set aside time daily for a **personal devotion**.
4. Read and meditate on the **Strength Training Cards** (Page 44 & 45) as often as possible.
5. Call your teammate and captain at least once a week for encouragement.
6. Display the **Battle Zone Diagram** (Page 273 & 274) in your car or mirror as a reminder.
7. Pray for your teammates and captain **daily**.
8. Be Prepared – Get plenty of rest - Stay Prayed Up - Encourage Each Other - Pursue Holiness.



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Battle Zone Training - Session 2

1. Prayer:

- Open in prayer to invite God to be with us.
- Ask the Holy Spirit to guide us.
- Protection for the men and their families.
- That the men will be transparent and humble themselves.
- That lives will be changed and families will be changed as a result of their obedience.
- That they will become better Fathers, Husbands, and Servant Leaders for God's glory.

2. Read one or two of these scriptures:

- 1 John 1:5-10 – “This is the message we have heard from Him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with Him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins, and purify us from all unrighteousness. If we claim we have not sinned, we make Him out to be a liar and His word has no place in our lives”.
- Col. 1:10-14 - “And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to His glorious might so that you may have great endurance and patients, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints of the kingdom of light. For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in whom we have redemption, the forgiveness of sin”.
- Eph. 5:8 - “For you were once darkness, but now you are light in the Lord. Live as children of light, for the fruit of the light consists in all goodness, righteousness and truth, and find out what pleases the Lord”.

- Psalms 119: 105 – “Your word is a lamp to my feet, and a light for my path”.
 - It is God’s word that transforms us through the spirit of God. Not any one or program or study. It is by the Holy Spirit and the Word of God and our obedience that we are transformed into the likeness of Christ.
3. Turn to page 43: Flesh vs. Spirit
 - Read the Week 2 objectives.
 4. Turn to Page 65:
 - Read #2 Quick Review: Oppositional forces
 5. Turn to page 62 & 63
 - Have the men write their name 3 times with their dominate hand.
 - Now have them write their name 3 times with the other hand.
 - Read: “You get good at what you practice” on page 62.
 - Go to Page 63 –
 - Read question 1. Have them answer. (your old nature, because that is the one that you have been practicing)
 - Read question 2. Discuss.
 - Read question 3. Based on your battle zone now how would you score?
 6. Read Old vs. New Technique
 - Read question 1. A.=(Flesh) B.= (Spirit)
 - Read question 2. Discuss. Now what would you have to do so apply this to your battle zone? If someone is willing to help you to be the best you can be in your profession why would you not allow them to help you? If someone is willing to help you in your spiritual life would you allow them to? Would you be defensive or have a wall up? Men we need to break down the barriers that are keeping us from spiritual purity and living godly lives. We have to be coachable and experience humility in order to grow in Christ.
 - Read question 3. Discuss
 - Why would you want to switch back? Because this is uncomfortable doing it this way, and it is much easier to do it the old way. Think about when you became a Christian and had to change some of your behaviors. Was it uncomfortable? Did the change in your habits come easy?
 - Read question 4.
 - The good news is God has given us a new nature. You are no longer slaves to your old nature but you have a new master of righteousness. If you are going to be the man of God that He wants you to be you will have to be able to say I will handle correction and allow other men to help guide me in the way that I should go. We have to humble ourselves and become obedient to His word.

7. Turn to page 65: #3 Week 2 Plays.

- **Read For week 2 you...**
- We will allow 5 minutes to go through play 1 and discuss. Before we do, make sure all teammates have finished their homework. It is the duty of all teammates to call and encourage each other to be ready each week. We need to not let our teammates down, but encourage them and lift them up.
- Did you remember to do your strength training cards this week? You need to read these every day, just as though you were exercising.

8. Play 1: Conflicting desires Page 48

- 2 natures –Old & New. Your desires are never free from this conflict! Your choices are never free from this conflict! Your desires are always in constant conflict as Christ followers. Before you were a follower of Christ you had no conflict when you sinned.
- Highlight passage of C.S.Lewis in the black box on page 48. In the middle of this statement it says: *“After all, you find out the strength of the German army by fighting against it, not by giving in. You find out the strength of the wind by trying to walk against it, not by lying down. A man who gives into temptation after 5 minutes simply does not know what it would have been like an hour later”.*
- Men we need to humble ourselves and call on each other for prayer and encouragement in time of temptation. Don’t hesitate! We all need to lift each other up as teammates. We are all in this together regardless of our own personal battle zone.

9. Play 2: Sinner or Saint?

- Have the men do this play.
- I believe that we as men walk around in the bondage of our sin because we believe our identity is our sin, vs., that Christ paid the price for our sin so that we can be one with Christ.
- Have them repeat after me: “I am one with Christ. I no longer desire to sin. But my old nature only wants me to sin. I am always responsible for my choices. It is important for you to hear and understand this so that it is clear. The devil did not make me do it. We are responsible of our own sin.
- Realize that you no longer have to obey that old man anymore, because as it says in *2Cor. 5:17 – “Therefore if anyone is in Christ he is a new creation; the old is gone the new has come!”* We are a new creation! No longer bound by our

sinful nature! Christ has redeemed us. We are no longer a slave to sin. So let's live victorious in Christ.

- So if the next time you are tempted to sin. You can say, **SHUT UP! I am no longer bound by sin! I have been set free! I don't have to do that anymore! I am one with Christ!** Would that give you confidence the next time that you were tempted? If you practiced this and meditated on God's word, do you think that would help you in your battle zone?
- How many of you feel that you will have to suffer to be set free? But if we have to suffer for our freedom isn't it worth it, to be set free from the bondage of sin?
- If we suffer out of obedience to Christ we have suffered for His sake. Christ suffered a brutal death on the cross. So how much it for us to suffer when something promiscuous comes on the TV and we have to change the channel, or to apologize to your wife or kids when you have hurt their feelings, or when you have to report the cash you made from a side job. When we are obedient to Christ's teaching we will have to suffer!
- **James 1: 2-4 – "Consider it pure joy my brothers when you face trials of many kinds, because the testing of you faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything."** This does not necessarily mean that you will be happy or joyful as you are going through the trial but if you handle it in an appropriate way it will bring you joy in the end.

10. Play 3: Retraining Program

- Have the men go through the play and then interact.
- The scripture 1 Tim. 4 talks about spending your time and energy for spiritual fitness. All of us only have so much time and so much energy. We need to make sure that we discipline ourselves as though we have a budget of time and a budget of energy. If we don't carve out the time, we won't work at our spiritual training.
- If we get good at hearing God's voice we get good at yielding to the Holy Spirit and being obedient. Remember, whatever we practice we get good at. Pursue sin or pursue holiness.
- The Holy Spirit is the only one that will keep us from sin when we are tempted. Remember in **1 Cor. 10:13 God said that He will provide a way out so we can stand up under it.** But if we have a fuzzy view of who we are in Christ we start to compromise between our old nature and our new nature. **Compromise** always leads us to **disobedience** and **disobedience separates** us from the **Spirit filled** living.

- God cannot tolerate any sin at all. That is why he sent his son Jesus to pay the penalty for our sin. Even though we have been washed in the blood of Jesus, we still are responsible to be obedient to him. Yes we all fall short, but when we sin, we confess. **1 John 1:9 "If we confess our sin, He is faithful and just and will forgive us our sins, and purify us from all unrighteousness"**.
- We have to train our spirit to become stronger because, we have trained ourselves in the past with a natural override system. That is, we justify our sin and believe the lie that we can handle things ourselves. (ie: TV shows, drinking in moderation, course joking, occasional anger, cursing).
- Remember any sin is sin. There is no such thing as a small sin. God is holy; He can tolerate no sin at all. They are all the same to Him.
- Men let's stop compromising, and let's Pursue Holiness and drive out sin.

11. Play 4: Coachable Spirit

- Have the men read and discuss.
- **1 Peter 5:5-6 – "Young men, in the same way be submissive to those who are older. All of you clothe yourselves with humility toward one another, because God opposes the proud but gives grace to the humble. Humble yourselves under God's mighty hand that he may lift you up in due time, cast all your anxiety on Him, because he cares for you."**
- **Matthew 12. "To those who are open to my teaching, more understanding will be given"**.
- The questions is, are you coachable? Are we teachable? Will you be held accountable?
- Are you prideful? Satan was kicked out of heaven because of pride. God really hates pride fullness. It is time to humble ourselves men.

12. Play 5 Get Real

- **James 5:16 – "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective"**. How many of you need to be healed tonight?
- We are in such a performance driven culture that we sometimes project an image of who we want others to see. Sometimes we hide behind an image that we project. Whether it is in our professional lives or in our Christian walk many of us are hiding behind an image. If we lay our character out there others will know who we are and we become vulnerable. But if we project an image we can shape it and hide behind it.
- Men I got tired of hiding behind an image. For the most part it was true, but there were areas in my life that I could not reveal because they were too painful to deal with.
- That's why **in James 5, it tells us to confess it to each other**. So we can start the healing process. Not by ourselves, but with God's help and the help of our teammates.

13. Turn to page 66

- Do number 5 Dominate Reaction

14. Do number 6: Reaction Trainer Cards.

- Read first paragraph.

15. Turn to page 58

- You're going to create Reaction Training Cards based on you on battle zone.
- **Captain:** Read section with the helmet.
- Formation is where you are physically, when you are tempted in your on battle zone. (ie: office, on the road at motel, in the shower, on the job.)
- What is your reaction in this situation? How do you react in this environment? (ie: tempted to steal, lie, cheat, masturbate, curse, drink, over eat)
- Scripture or Counter Verse.
- **Matthew 4:1-11** Jesus is our greatest role model for us when we face temptation. If we have a willing and obedient heart and commit scripture to memory as he did, God can show us the path to follow.
- The word of God is always the counter action for all oppositional forces.
- Scripture stored in your heart helps us to identify particular temptations for what they really are and gives us the strength to overcome them as the spirit marries the memorized word, to our consciousness and delivers us from evil.
- **Captain:** Give a real life demonstration and how to handle it along with scripture.
- Go to bible gateway.com. – It's in the book. Type in your sin and it will give you some scriptures you can use. At this point you need 2 scriptures committed to memory for your battle zone. Whether it is before, during or after you pull out you formation recognition card and say, this is the formation I was in(Good or Bad) write it down and say, this is the counter verse that God gave me.

16. Crunch Time:

- What is one thing that God wanted you to know this week?
- Men there is not one time that I want to go before my accountability group that I am comfortable. But the thing I know is that they love me, I can trust them, and they will hold me accountable and pray for me. Men, there is nothing like a band of brothers that you can confess you sin to and get prayer and acceptance.

17. Turn to page 66 Independent Practice.

- Week three finish you Pain Point, Battle Zone and Goal.
- Have you completed the Battle Zone Challenge on Line? If not, you need to complete it this week.
- Read and internalize the objective for week 3. Page 68 &69.

- Read and meditate on the set of Strength Training Cards. Page 70 & 71.
- Use your Reaction Trainer Cards. The ones we just went over.
- Read all 5 plays and be ready to teach.
- Call your teammate several times this week, to pray and encourage him. If you don't put in the time and learn, you won't have anything to give to others.
- Get with your teammates and confess your sins to one another.
- Close in prayer



Battle Zone Ministries

Independent Study for Week 3

1. Finish finding your **Battle Zone**, **Pain Point** and writing your personal Battle Zone Goal.
2. Read and internalize the objectives on next week's cover page. (Page 69)
3. Read and meditate on Strength Training Cards (Page 70 & 71) for the week as often as you can. You can print these out online at www.battlezoneministries.org >Resources > BZ Course > Strength Training.
4. Use your **Reaction Trainer Cards** to determine your immediate responses in **your Battle Zone**. Be sure to look up "**counter verse**" based on your temptation situation.
5. **Read all 5 plays** and be ready to teach a lesson to the team next week. Share with your team how God spoke to you.
6. Call your **teammate** and captain for encouragement.
7. Pray for your teammates and captain **daily**.



Battle Zone Ministries, Inc.

Oppositional Forces – Session 3

1. **Page 69.** Read all 7 Objectives.
2. **Turn to page 88.** Warm up. (Captains Guides)
 - Have one man read the Formational Recognition.
 - Have the same man take the teammates through the exercises.
 - Question one: Satan knows our formations and knows where we are weak.
 - Question two: Yes, he loves to see our formation, so he knows how to attack and catch us by surprise. He watches for when we are most vulnerable to make his attack.
3. **Page 89:** Read Oppositional Forces at the top of page. (Captain Reads)
4. Read Oppositional Forces #2 (page 89) (Captain Reads)
5. **Play 1:** Oppositional Forces: **First man teaches lesson.** (7-10 Minutes)
 - Remember there are 3 oppositional forces coming up against us. **1.The World – The Flesh - Satan and his demons (Sin Trinity)**
 - Men if we feed our sinful desires, and the lies of Satan, it will win. But if we train ourselves to feed on God's truth and Love, it becomes the dominate nature....Our new nature, and it will win.
6. **Play 2:** Scouting Report: **Next man teaches lesson.**
7. **Play 3:** Formation Recognition: **Next man teaches lesson.**
8. **Play 4:** The World: **Next man teaches lesson.**
9. **Play 5:** Should we hate sin? **Next man Teaches lesson.**
10. Turn to page 89: **Reaction Trainer Cards. (Page 60)**
 - Turn to your teammate and share one **Trainer Card.** What was your **formation, reaction** and **counter verse** for that temptation?
11. Page 89: #5 Scouting Report/ Formation Recognition
 - **Captain read question 1.** Have them fill in their answer.
 - **Captain read question 2.** Have men fill in their answer.
12. **Turn to page 91.** Formation Recognition Simulation.
 - You're not solving your situation; you're just going through the process of analyzing it.

- **Captain read** through this whole formation to men.
- This is a practice exercise in awareness. It is exercise in how you can I see in a way that is going to help you understand when you sin against God.
- Practice this exercise in your real life situations.

13. **Page 92:** Crunch Time

- What hit you this week? What one thing did God speak to you about this week?
- Men, our old nature is dead. Sometimes we will have things that will remind us of our old nature, maybe something that you see or hear that will tempt us. Remember the old nature is gone the new nature has come.

14. Independent Practice:

- Go through the home work

15. Iron Sharpens Iron.

- Confession and prayer. Remember **James 5:16** **“Therefore, confess your sin to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.”**



Battle Zone Ministries

Independent Study for Week 4

1. Read and meditate daily on the **Strength Training Cards**.
2. Use the **Formation Recognition Form** (Page 111-112) to help you to understand your temptation situations as they relate to your internal and external patterns in your Battle Zone.
3. **Read all 4 Plays** and be ready to teach and discuss them with your teammates.
4. **Call your teammate** at least once this week to encourage him.
5. By Next Week. **You must have:**
 - A. **Pain Point** nailed down and in writing.
 - B. **Battle Zone** nailed down and in writing.
 - C. **Transformational Goal** in writing.

This Form is on **page 35**
6. **Pray daily** for your teammates and captain.
7. **Scouting Report** on **page 85** if not done yet.



Battle Zone Ministries, Inc.

Jesus Christ: Lord and Savior – Session 4

1. Turn to **page 95: Captain** read the Week 4 Objectives.
2. Turn to **page 114** God's "Game Plan" – Jesus Christ: Lord and Savior
 - **Captain read #2** God' Game Plan for Victory and Holiness.
 - **Rotational Reading:** Have one teammate read to the bottom of the page.
3. **Play 1** (Page 100): Jesus Took the Hits
 - Have the first teammate teach and discuss. **(7 minutes)**
 - There is nothing I can do to earn salvation. Would you all agree?
 - We can enter into God's presents because Jesus died for us. **Read Hebrews 10:20 on the bottom of page 100.**
 - The blood of Jesus shed on the cross freed us from guilt and wrath.
 - When you feel guilty from a sin you have committed and confess it to God, the sin is forgiven. When you continue to have guilt after confession, the condemnation is coming from Satan.
4. **Play 2** (Page 102): The Rule Book Still Applies.
 - Have the second teammate teach and discuss.
5. **Play 3** (Page 104): Salvation = Obedience = Holiness
 - Have the third teammate teach and discuss.
 - Read verse 4: discuss. It is important to know that this is talking about willful, habitual sin.
 - If we are telling people that they are saved no matter what they do, we may be steering them away from eternal salvation.
6. **Play 4** (Page 106): Twelve Tests on Assurance
 - Have the fourth teammate teach and discuss.
7. Turn to **page 108:** Battle Zone Victories.
8. Turn to **page 115:**
 - Pain Point – Battle Zone – Transformational Goal
 - **Captains** confess your Battle Zone – Pain Point – Transformational Goal.

- It is important that the Captain goes first in order to demonstrate to the teammates and set them at ease to go next.
 - My Battle Zone is: _____
 - My Pain Point is: _____
 - My Transformational Goal is: _____
 - A. _____
 - B. _____
 - C. _____
 - Have each man do the same. Be sure to stop and pray for any that have caused a man extreme emotion.
 - Make sure that you have your correct pain point.
9. Turn to **page 116**: Counter Verse – The Sword Of The Spirit
- We are going to take it to the next level. You will **commit 3 – 4 verses** that pertain to your Battle Zone to help in your temptation.
 - Have one teammate read the first **Rotation Reading** on page 116. True Strength.
 - Have next teammate read the next **Rotation Reading**. The Sword Always Defeats Satan.
 - **Captain reads** the next section on **“counter verses”**.
 - Memorizing God’s word is different than hiding God’s word in your heart. When you hide it in your heart is when you understand it and are using the verse in a real life situation. **Example**: Lust situation – **Matthew 5:27-28**:
“ You have heard that was said, do not commit adultery, but I tell you that anyone looks lustfully at a woman he has already committed adultery with her in his heart.”
 - Print your counter verse on a 3x5 index card. Carry this with you and practice it every day.
 - Each week you will have 2 minutes each to say all your counter verses to your teammate. The secret to retention is **to review – review – review**.
10. Turn to **page 111**: Scouting Report – Formation Recognition.
- This will be part of your homework this week.
 - This form is to create awareness in you, based on your Battle Zone or your area of temptation. It is to help you to be aware of the dynamics of your area of temptation so that when you are in your battle Zone you will have a plan as to how to deal with it in a Godly manor.
 - Remember, if you use this in a hypothetical situation, it will not be as effective as when you use this in a real life situation. Make sure you use this form in a real life Battle Zone situation!

- Men, you will learn a lot about yourself by going through this process. It will reveal to you that you have patterns in your life that you may not have even been aware of. Those patterns need to be revealed to take the next step.

11. Crunch Time:

- What one thing to God reveal to you this week?

12. Independent Study for Week 5

- Work on the process recognizing your Battle Zone using the Formation Recognition Forms on page 111 & 112. Do this in a real life Battle Zone situation.
- Read the Strength Training Cards daily and meditate on them.
- Prayerfully search for 3 – 4 Counter Verses to hide in your heart and be prepared to recite them all in 2 minutes.
- Read and be ready to teach all plays for week 5.
- Call your teammate at least once this week to encourage him.
- Pray daily for all your teammates and captain.

13. Iron Sharpens Iron.

- Time for confessional sin and prayer requests.
- Close in prayer.



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Independent Study for week 5

1. Work on the process recognizing your **Battle Zone** using the **Game Plan Execution System** on **pages 134-135**. Do this in a real life Battle Zone situation.
2. Read the **Strength Training Cards** and meditate on them daily.
3. Prayerfully search for **3-4 Counter Verses** to hide in your heart and be prepared to recite them to you teammate within 2 minutes.
4. Read all plays and be ready to teach and discuss with your teammates.
5. Call your teammate at least once this week to encourage him.
6. Pray daily for all your teammates and captain.



Battle Zone Ministries

God's "Game Plan" The "Holy Playbook" – Session 6

1. Turn to page **143**: Captain read Week 6 Objectives.
2. **Two Minute Drill**: Men pair with accountability partner. Do **2-4 Counter Verses**.
 - What was the execution percentage on all men?
 - Has the verse helped you this week?
3. Turn to page **164**: Warm-up (B) Rotational Reading.
 - Have one teammate read this section.
 - **Read question 1**: Does each word in God's Playbook have that much detail and meaning? Yes it does!
 - **Read question 2**: Do you think each word has a purpose for you in your life? Yes, it does.
 - Do you think that your counter verse is the right call for your Battle Zone or area of temptation?
4. Turn to page **165**: The "Holy Playbook" the "The Bible"
 - Captain read this section.
5. Turn to page **148**: Play 1 - Applying the "Holy Playbook"
 - Have a teammate read and lead.
6. Turn to page **150**: Play 2 – Becoming a Student of the Game
 - Have next teammate read and lead.
7. Turn to page **152**: Play 3 – R.I.P.L. Effect – Introduction
 - Have next teammate read and lead.
 - R.I.P.L. = Read it, Interpret it, Personalize it, Live it.
8. Turn to page **154**: Play 4 – R.I.P.L. – Example
 - Have next teammate read and lead.
9. Turn to page **156**: Execution Breakdown
 - Have next teammate read and lead.
10. Turn to page **165**: Game Execution Plan

- Turn to page **158 & 159** : Have each man do this during class with his accountability teammate.

11. Crunch Time:

- What did God want you to learn from this week's lessons?

12. Independent Study for week 7:

- Continue to refine your new Game Plan Execution System in your Battle Zone and use the C3 Technique.
- Read and meditate on the Strength Training Cards daily.
- Prayerfully search for **3-4 Counter Verses** that pertain to your Battle Zone and hide them in your heart.
- Read all 5 plays and be ready to teach and discuss them with your teammate's next week.
- You will be required to do the R.I.P.L Effect on one play call in week 7. Prepare to add 30 minutes to your time.
- Pray who God wants you to draft and lead through Battle Zone. You will be asked to have names and projected start date **by week 9**.
- Call your teammate and encourage him during the week.
- Pray daily for all teammates and captains each day.

13. Iron Sharpens Iron:

- Time for confessions and prayer request.

14. Close in prayer.



Battle Zone Ministries

Independent Study for Week 7

1. Continue to refine your new **Game Plan Execution System** (Page 160) in your Battle Zone and use the **C3 Technique**.
2. Read and meditate on the Strength Training Cards daily.
3. Prayerfully search for **3-4 Counter Verses** that pertain to your Battle Zone and hide them in your heart.
4. Read all 5 plays and be prepared to teach and discuss them next week.
5. You will be required to do the **R.I.P.L. Effect** on one play for week 7. Please allow an extra 30 minutes for this time.
6. Pray for who God wants you to Draft and lead through Battle Zone. You will be asked to have names and a projected start time by week 9.
7. Call to encourage your teammate during the week.
8. Pray daily for all teammates and captains.



Battle Zone Ministries

“The Armor of God & Prayer” – Session 7

1. Turn to page **169**: “God’s Game Plan” – Faithful Obedience, Love, and The Armor of God & Prayer.
 - Captain Read Week 7 Objectives.
2. Turn to page **188**: Warm Up
 - Have the men get together with teammate to do the **2 Minute Drill**. (Counter Verses)
 - Have one man read the **Rotational Reading**: “The Pocket Pass Protection”
 - Read and discuss each question.
3. On page **189**:
 - Captain read **#2**: “ God’s Game Plan”
 - Have one man read the rotational reading. (**The Pocket of Faith**)
4. Turn to page **173**: R.I.P.L. Effect
 - Hebrews 12:1-2 Faithful Obedience. **Have one teammate read and lead.**
5. Turn to page **174**: Play 1 – Faithful Obedience
 - Have one teammate read and lead.
 - **Read Charles Stanley on page 174 (Black Box)**
6. Turn to page **176**: Play 2 – Faith Training
 - Have next teammate read and lead.
7. Turn to page **178**: Play 3 – Love
 - Have next teammate read and lead.
8. Turn to page **180**: Play 4 – The Armor of God
 - Have next teammate read and lead.
 - Pass out Full Armor of God by Charles Stanley.
9. Turn to page **182**: Play 5 – Prayer
 - Have next teammate read and lead.
 - **Read the “Sin” box on page 182.**
10. Turn to page **185 & 186**: Game Plan Execution System
 - Have each teammate read one of their own.
11. Turn to page **199** in week 8.

- Are you planning to take a group through Battle Zone alone or with a co – captain?
- Do you have a list of men on paper or in your mind?
- The blessing that you will receive from leading other men through Battle Zone will bless you more than you have been blessed going through it. It is such a joy to see other men, who you care about, go through the process that you are going through and see their lives change.

12. Crunch Time

- What one thing did God want you to learn this week through these lessons?

13. Independent Study:

- Continue to refine your new Game Plan Execution System in your Battle Zone and use the 3C Technique. (Page 185 & 186)
- Read and meditate on the Strength Training Cards daily.
- Prayerfully search for 2-4 scriptures to hide in your heart that pertains to your Battle Zone or area of Personal Temptation. Be ready for the Two Minute Drill.
- Read all 5 plays and be ready to read and lead.
- Read the 2 “overtime” plays in week 8. (Pages 210 & 211)
- Complete your study of the scripture passage using the R.I.P.L. Effect and prepare to discuss with the group.
- Encourage your teammate this week.
- Pray for all teammates and coaches daily.
- Prayerfully fill out **My First Battle Zone Draft Form** on page 199 in week 8. (Do this in pencil)

14. Iron Sharpens Iron.

- Praise and confessional prayer.
- Close in Prayer.

DRESSING FOR BATTLE

Good morning, Lord. Thank You for assuring me of victory today, if I will follow your battle plan, so by faith I claim victory over _____ (I normally list some things I know I will be faced with that day).

To prepare myself for the battle ahead, by faith I put on the BELT of TRUTH. The truth about You, Lord -- that You are a sovereign God Who knows everything about me, both my strengths and my weaknesses. Lord, You know my breaking point and have promised not to allow me to be tempted beyond what I am able to bear. The truth about me, Lord, is that I am a new creation in Christ and have been set free from the power of sin. I am indwelt with the Holy Spirit Who will guide me and warn me when danger is near. I am your child, and nothing can separate me from Your love. The truth is that You have a purpose for me this day -- someone to encourage, someone to share with, someone to love.

Next, Lord, I want to, by faith, put on the BREASTPLATE of RIGHTEOUSNESS. Through this I guard my heart and my emotions. I will not allow my heart to attach itself to anything that is impure. I will not allow my emotions to rule in my decisions. I will set them on what is right and good and just. I will live today by what is true, not by what I feel.

Lord, this morning I put on the SANDALS of the Gospel of PEACE. I am available to You, Lord. Send me where You will. Guide me to those who need encouragement or physical help of some kind. Use me to solve conflicts wherever they may arise. Make me a calming presence in every circumstance in which You place me. I will not be hurried or rushed, for my schedule is in Your hands. I will not leave a trail of tension or apprehension. I will leave tracks of peace and stability everywhere I go.

I now take up the SHIELD of FAITH, Lord. My faith is in You and You alone. Apart from You, I can do nothing, with You, I can do all things. No temptation that comes my way can penetrate Your protecting hand. I will not be afraid, for You are going with me throughout this day. When I am tempted, I will claim my victory out loud ahead of time, for

You have promised victory to those who walk in obedience to Your word. So by faith I claim victory even now because I know there are fiery darts headed my way even as I pray. Lord, You already know what they are and have already provided the way of escape.

Lord, by faith I am putting on the HELMET of SALVATION. You know how Satan bombards my mind day and night with evil thoughts, doubt and fear. I put on this helmet that will protect my mind. I may feel the impact of his attacks, but nothing can penetrate this helmet. I choose to stop every impure and negative thought at the door of my mind. And with the helmet of salvation those thoughts will get no further. I elect to take every thought captive and will dwell on nothing but what is good and right and pleasing to You.

Last, I take up the SWORD of the SPIRIT, which is Your word. Thank You for the precious gift of Your word. It is strong and powerful and able to defeat even the strongest of Satan's onslaughts. Your word says that I am not under obligation to the flesh to obey its lusts. Your Word says that I am free from the power of sin. Your word says that He that is in me is greater than he that is in the world. So, by faith, I take up the strong and powerful sword of the Spirit, which is able to defend me in time of attack, comfort me in time of sorrow, teach me in time of meditation and prevail against the power of the enemy on behalf of others who need the truth to set them free.

So, Lord, I go now rejoicing that You have chosen me to represent You to this lost and dying world. May others see Jesus in me, and may Satan and his hosts shudder as Your power is made manifest in me. In the name of Jesus I pray -- amen.

from "Temptation" by Charles
Stanley Used by permission



Battle Zone Ministries

Independent Study for Week 8

1. Continue to refine your new **Game Plan Execution System** in your Battle Zone and use the **3C Technique**. (Page 186).
2. Read and meditate on the **Strength Training Cards** daily.
3. Prayerfully search for **2-4 scriptures** to hide in your heart that pertain to your Battle Zone or area of personal temptation.
4. Read all 5 plays and be ready to read and lead.
5. Read the 2 **"overtime"** plays in week 8. (Pages 210 & 211)
6. Complete your study of the scripture passage using the **R.I.P.L Effect** and prepare to discuss this with the group. (Page 198)
7. Encourage your teammate during the week.
8. Pray for all teammates and captains daily.
9. Prayerfully fill out the **My First Battle Zone Draft Form** on page 199 in week 8. (Do this in pencil).



Battle Zone Ministries, Inc.

God's Loving Grace and Mercy – Session 8

1. Turn to page **216**: Counter Verses
 - Have the men do the “2 Minute Drill”.
2. Turn to page **193**: Week 8 Objectives.
 - Captain Read objectives.
3. Turn to page **216** Chalk Talk.
 - Captain read Gods’ Game Plan
4. Turn to page **198**: R.I.P.L Effect
 - Have the first man read and lead.
5. Turn to page **200** – Play 1: God’s Powerful Grace
 - Have next man read and lead.
6. Turn to page **202** – Play 2: God’s Forgiving Mercy.
 - Have next man read and lead.
7. Turn to page **204** – Play 3: God’s Adjustment for sin – Confession.
 - Have next man read and lead.
8. Turn to page **206** – Play 4: God’s Adjustment for Sin – Punt.
 - Have next man read and lead.
9. Turn to page **208** – Play 5: God’s Powerful Grace (Team Grace) & Forgiving Mercy (Team Mercy).
 - Have next man read and lead.
10. Turn to page **217**: #5 Battle Zone Grace Board.
 - Captain Read this section.
 - Explain the scoring process. Team Grace = able to say no to Battle Zone by yielding to the Holy Spirit. Team Mercy = not willing to yield to the Holy Spirit and move to your Battle Zone. Then, you confess to God and ask for forgiveness.
 - Turn to pages **212 – 214**.
 - Explain the scoring process.
 - **If you don’t use this and forget about it, it is an indication that you leave God behind in your day.**
 - Next week we will be discussing all 7 days of you scoring.

11. Turn to page 218 - #6 Battle Zone Draft.

- Encourage the men to draft their team.

12. **Crunch Time:**

- What one thing did God speak to you about this week.

13. **Independent Practice:** Home Work.

- Continue to practice the 3C Technique in your Battle Zones and use the Grace Board and Pocket Grace Keeper to track God's loving grace and mercy for all 7 days.
- Read and meditate on the next set of Strength Training Cards for **week 9** as often as you can.
- Prayerfully search for **3 – 4 "Counter Verses"** to hide in your heart pertaining to your Battle Zone. **You should have these memorized and hidden in your hearts by now!**
- Read all 5 Plays and be prepared to lead your teammates next week.
- Complete your study of the scripture passage using the R.I.P.L. Effect and be prepared to discuss it with the team. **(Page225).**
- Call to encourage your teammate this week.
- Pray for all teammates and captains daily.

14. **Iron Sharpens Iron:**

- Time for confession of sin, prayer requests, praises.

Date: 11-07-09

Hi men,

As each of the Battle Zone teams are approaching the 11 week completion, I wanted to take the time to express my gratitude to the captains who have given of their time, talents and willingness, to invest in the lives of other men. Although it is a real privilege to lead men in this study, see them experience growth and spiritual maturity, it also requires a sacrifice of time. For that, we gratefully thank each one of the captains for a job well done.

I also want to thank each one of you men, who entered into this study with great excitement coupled with fear and trembling. I hope it has been rewarding to you as you have dug deep and persevered through the past weeks and the weeks to come. As you know, this study is not just a "One and Done" process. It is just the beginning of a transformation of the heart and mind as you fervently pursue holiness and seek God's will for your life. Knowing what it has done for you, I hope that each of you will consider the next step in the process by passing on what you have learned, to help equip your brothers in Christ who are just waiting for someone to reach into their lives and disciple them. This process will start as you prayerfully consider the men that are in your circle of influence, possibly the men who have been your prayer partners throughout the duration of this study.

Tips on **who** to select:

1. All male church leaders. Including pastors. Spiritual Influencers.
2. The men that you selected to pray for you through this study.
3. Any man in your circle of influence.
4. Any man that you know is struggling with sin.
5. Any man seeking spiritual growth.
6. Men from other churches in our community. (Please contact you pastor first)

Tips on **how** to select:

1. Prayerful consideration. Submit your prayers before God first.
2. Select men who are connected through relational friendships.
3. Select men that have personality compatibility.
4. Upon their commitment, verify that they do not have any reservations in being transparent with any of the other teammates. If so, someone will have to be removed to go through Battle Zone with another group that fits him better. (It is imperative that all men selected for the team, will be comfortable enough to open up and be transparent)

5. Seek only men who are going to fully commit to finishing the course wholeheartedly. Ask them to prayerfully seek God's will in this decision.
6. Verify that the time schedule will work for everyone. Remember, you can only miss one scheduled class, after which it is the responsibility of his selected teammate to bring him up to speed, prior to the next scheduled class.
7. Ask each man to select 3 time slots that will work for his schedule. Be sure to allow at least 1 hour beyond the 2 hour needed class time, for any run over's so as not to create stress for anyone.
8. Be upfront with the men, that it will require 2 hours of class time and 2 hours of homework each week. This time should be controlled to the best of the leader's ability without quenching the Holy Spirits leading.
9. The \$50 book fee may not be affordable for all men who would like to participate. Be sensitive to any man with a financial hurdle. It is our desire to see any man make at least a \$15 investment in his own book, to qualify for a scholarship, so that he will feel ownership in this study. If you are financially able to help in this situation please consider financial aid as you are lead. If not, we will find a way. Men's Ministry is seeking to set up a scholarship fund to aid in this situation. If you are able to partner with us in this fund please let us know. You can contact Ross Paterson at 521-0181 with your donation.
10. After selecting your team please contact Annemarie at 521-0181 for a location to meet, several weeks in advance before your 1st scheduled class.
11. Contact me (Mark Shelton) 3 weeks prior to starting your class, with the names, addresses, phone numbers, email, and wife's name, if married. I will make sure that your books arrive on time.
12. I have put together a leader's guide in word documents, which you may have a copy of if you desire. Please let me know several weeks prior to your start date.

You may have other questions that have not been addressed. We are planning to have an additional training time for all of the BZ captains, in mid January. This will be a great time for interaction in finding solutions to issues not addressed, as BZ continues to grow. There will also be an annual BZ Captains and Coaches Training Clinic with Michael Pouliot, that you will find encouraging and informational. If you have any questions, please ask the captains that took you through first. If you still need clarification, please feel free to contact:

Mark Shelton at 578-2935 Home 484-5522 Cell mrshelton@sbcglobal.net

Ross Paterson at 521-0181 FBC Office or rpaterson@fbcmodesto.com

We will respond promptly!



Battle Zone Ministries

Independent Study Week 9

1. Continue to practice the **C3 Technique** in your Battle Zones and use the **Grace Board and Pocket Grace Keeper** to track God's loving grace and mercy for 7 full days.
2. Read and meditate on the next set of **Strength Training Cards** for week 9 as often as you can.
3. Prayerfully search God's Word for **3-4 "counter verses"** that you can memorize for when you are in your Battle Zones. You should have 3-4 verses hidden in your heart by now.
4. Read all 5 Plays and be prepared to lead the team.
5. Complete your study of the scripture passage using the **R.I.P.L. Effect** and be prepared to discuss with the team. (Page 225)
6. Complete the teammate **Draft Cut Form**. (Page 236).(Example on page 240)
7. Call to encourage you team partner during the week.
8. Pray daily for all teammates and captains.



Battle Zone Ministries

God's "Game Plan"

"Godly Teammates" – Session 9

1. Turn to **Page 221**: Week 9 Objectives.
 - Captain will read objectives.
2. Turn to **page238**: Warm – Up... Two Minute Drill
 - Have the men do the 2 Minute Counter Verse Drill.
3. **Page 238**: #2 – God's "Game Plan" Godly Teammates
 - Captain read first part.
 - Have one teammate read the Rotational Reading section.
4. Turn to **Page 225**: R.I.P.L Effect
 - Have one teammate read and lead.
5. Turn to **Page 226**: Play 1 - Practice Becoming a Sacrificial Teammate.
 - Have next teammate read and lead.
6. Turn to **Page 228**: Play 2 – Drafting the RIGHT Teammates
 - Have the next teammate read and lead.
7. Turn to **Page 230**: Play 3 – Choosing the Right Mental Teammates.
 - Have the next teammate read and lead.
8. Turn to **Page 232**: Play 4 – Thought Replacement Skill.
 - Have the next teammate read and lead.
9. Turn to **Page 234**: Play 5 – Battle Zone Life Team's – Prevent Isolation.
 - Have next teammate read and lead.
10. Turn to **Page 239**: #5 – Team Draft / Cut.
 - Captain read first section.
 - Have a teammate read Rotational Reading.
11. Turn to **Page 240**: Teammate Draft.
 - Captain read, and go over this section.

12. Turn to **Page 236**: Have team work through this section.
13. Turn to **Page 241**: #6 – Battle Zone Grace Board
14. Turn to **Page 214**: Score Board Percentages
 - Have men discuss how they did and why.
 - What did God teach you about grace and mercy this week?
 - Did you leave God out of your day and notice that you left Him behind until the end of the day?
15. Crunch Time:
 - What one thing did God teach you this week?
16. **Page 241**: Independent Study for week 10.
17. Iron Sharpens Iron:
 - Prayer requests, praises and confessions.



Battle Zone Ministries

Independent Study Week 10

1. Continue to practice the **C3 Technique** in your Battle Zones and use the **Grace Board and Pocket Grace Keeper** to track God's loving grace and mercy for the remaining 7 days.
2. Read and internalize the objectives on the next week's cover page 243.
3. Read and meditate on next week's set of **Strength Training Cards** as often as you can.
4. You should have **3-4 verses hidden** in your heart by now. If not read them at least 5 times a day until you do.
5. Read all 4 plays and be prepared to teach them next week.
6. Write down the **Pros and Cons of the Battle Zone Training Course** and complete the evaluation form found on page 257, photo copy, and hand it in next week.
7. Go to www.battlezoneministries.org and take the **electronic post – test**. This will take 5 minutes.
8. Write down the final names of your team draft using page 199 in week 8. Prayerfully start recreating your team.
9. Develop your **Daily Practice Schedule** on page 260.
10. Call to encourage your team partner this week.
11. Pray daily for all teammates and captains.



Battle Zone Ministries

“Spiritual Fitness Training” – Session 10

1. Turn to **Page 262**: – Warm up – Game Plan: Spiritual Fitness Training
 - Have the men do the Two Minute Drill.
 - Have men turn in their evaluations from **Page 257**.
 - Check to see if they took the Post Test on line.
2. #2 God’ “Game Plan”: Spiritual Fitness Training.
 - Captain Read the first part.
 - Have one of the Men read the Rotational Reading section.
3. Turn to **Page 243**: – Week 10 Objectives.
 - Captain will read week 10 objectives.
4. Turn to **Page 248**: – Play 1: We Must Train to Become Spiritually Fit.
 - Have first teammate read and lead.
5. Turn to **Page 250**: – Play 2: Maturing in Your Faith.
 - Have next teammate read and lead.
6. Turn to **Page 252**: – Play 3: Discipline Yourself to Win the Race.
 - Have the next teammate read and lead.
7. Turn to **Page 254**: – PLAY 4: Multiplying 3C – Christian Disciples
 - Have the next teammate read and lead.
8. Turn to **Page 214**: – Grace Board Recap.
 - Have each man share their results.
9. Turn to **Page 263**: - #4 Battle Zone Grace – Board.
 - Have the men take out there pocket keeper and share what kind of impact it has had on their life.
 - Have one teammate role play the 3-C technique.
 - Have one teammate read Rotational reading. (Undefeated)
 - Have the next teammate read the Rotational Reading. (Focus)
10. Turn to **Page 259 – 260**: Battle Zone Daily Practice Schedule.

- Have two men read their Daily Practice Schedule.

11. Turn to [Page 35](#): Final Crunch Time.

- See how each man did reaching their Goal based on their Pain Point and Battle Zone.
- Ask each man what impacted them the most during the course and right it down on [Page 266](#).
- Ask the men to submit a Battle Zone Victories on [Page 267](#).

12. Schedule the Battle Zone Victory Dinner:

Battle Zone Graduation Dinner Agenda.

1. Schedule your graduation dinner several weeks in advance to allow the men to check with their wife's schedule.
2. Provide diner so that the graduate's wives can come and enjoy the evening so they won't have to cook. Make the diner simple (ie: salad, pizza or lasagna , dessert).
3. After diner, captains should tell a little about Battle Zone and what all the men have endured, and what your experience was as you took them through.
4. Then, as you are handing out the certificate to each man, you should express something that you have learned about them, to encourage them. (Do not reveal their Battle Zones)
5. Then, feel free to ask some of the questions and have the men voluntarily answer them as they feel lead.
6. Then, open the conversation up to the wives to respond about anything that they would like to share. (Again stay clear of naming the Battle Zones).
7. Hand out the Armor of God Coin to each man as a reminder to them to put on the Full Armor of God daily.
8. Have some dessert and enjoy the company.

BZ Graduation Questions:

1. What has been the #1 benefit to you personally having gone through BZ?
2. How has God worked in your life through BZ?
3. What were your expectations coming into BZ?
4. Were your expectations met? How or how not?
5. Would you recommend BZ to a friend? Why or why not?
6. Has BZ helped you grow in your faith and become closer to God?
7. Can you give an example of the above question?
8. How practical has BZ been to you to implement into your daily life?
9. Do the tools that were taught, really help you overcome your BZ?
10. Has BZ helped you grow into the person you want to be, for the rest of your life?
11. What was the biggest obstacle you had to overcome when you were invited into BZ?

12. Do you believe you will be able to serve God more effectively now?

How so?

13. Why do you believe BZ will help mold a man after God's own image/heart?

14. Is BZ going to be beneficial for everyman? Why or why not?

15. Do you now feel equipped to lead other men through BZ?

16. What was your greatest fear in accepting an invitation to go through BZ?

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