

Companion Sheet: 5-Tool Disciple

“Living What You Say You Believe”

Open in Prayer

Fire Starter:

In baseball, scouts look for players who have certain tools: hitting for average, hitting for power, running, throwing, and fielding.

A true five-tool player is rare.

But in 1 Timothy 4:12, Paul shows us what a five-tool disciple looks like: speech, conduct, love, faith, and purity. Mickey reminds us that unlike baseball tools, these are not just for a few elite athletes. These are available to every follower of Jesus.

Question:

When you watch someone’s life, how can you tell if they are really living what they say they believe?

Follow-up:

What usually speaks louder: what someone says, or how someone lives?

Discussion Questions

1. Paul tells Timothy not to let anyone look down on him because he is young.
Why do you think young people can still have a powerful influence for Christ?
2. The first tool Paul mentions is **speech**.
Why do you think the way we talk is such a clear reflection of what is happening in our hearts?
3. Jesus said, “Out of the abundance of the heart the mouth speaks.”
What do your words reveal about what is in your heart right now?
4. Mickey shared that when he came to Christ, one of the first things God changed was his language.
Is there anything about the way you speak that God may want to change?
5. The second tool is **conduct**, which is how we live and act.
Do your actions usually match what you say you believe? Where do you need to grow?

6. How we conduct ourselves on the field, in the dugout, in the stands, and at home matters.

What is one area of conduct where you need to improve?

7. The third tool is **love**.

How could you better express the love of Jesus to your teammates, coaches, parents, children, or friends?

8. The fourth tool is **faith**. Mickey said this is where the rubber meets the road when trials come.

When things get difficult, how do you typically respond: trust, fear, anger, withdrawal, or something else?

9. The fifth tool is **purity**.

Why is purity in our thoughts, words, and actions so important for someone who wants to follow Jesus?

10. Of the five tools, **speech, conduct, love, faith, and purity**, which one do you most need to place under the control of the Holy Spirit right now?

Game Reflection: Make It Personal

Think about a recent moment on the field, at school, at work, at home, or in a relationship where your character was tested.

What happened?

How did you respond?

Which of the five tools was most tested in that moment?

- Speech
- Conduct
- Love
- Faith
- Purity

Did your response reflect Jesus well? Why or why not?

What would you do differently next time?

5-Tool Disciple Checkup

Be honest. Put a check where you are strongest and circle where you need the most growth.

Tool	What It Means	My Checkup
Speech	The words I use and how I communicate	Strong / Growing / Needs Work
Conduct	How I act and whether my actions match my beliefs	Strong / Growing / Needs Work
Love	How I treat and care for others	Strong / Growing / Needs Work
Faith	How I trust God when life gets difficult	Strong / Growing / Needs Work
Purity	My thoughts, motives, choices, and actions	Strong / Growing / Needs Work

The tool I most need God to strengthen in me is:

Why?

Heart and Words Exercise

Jesus said:

“Out of the abundance of the heart the mouth speaks.”

Matthew 12:34

That means your words are not random. They are revealing.

Fill this out honestly:

What Comes Out of My Mouth What It May Reveal in My Heart

Anger	Frustration, pride, or fear
Encouragement	Love and concern for others
Complaining	Lack of gratitude or trust
Gossip	Insecurity or judgment

_____	_____
_____	_____

One way I need God to change my heart is:

5-Tool Growth Plan

This week, I will focus on growing in:

- Speech: using words that build up, not tear down
- Conduct: making sure my actions match my faith
- Love: showing kindness and compassion to others
- Faith: trusting God when things are difficult
- Purity: honoring God with my thoughts and choices
- Other: _____

One specific action I will take this week is:

Reset Routine: When Character Gets Tested

When you feel pressure, frustration, temptation, or anger rising:

1. **Pause** – Stop before you speak or act.
2. **Pray** – Ask God to take control of that moment.
3. **Check Your Heart** – What is really going on inside me?
4. **Choose the Tool** – Speech, conduct, love, faith, or purity.
5. **Reflect Jesus** – Respond in a way that shows who you belong to.

Write a reset phrase you can use this week:

Examples:

“Lord, control my words.”

“Help me reflect You.”

“My actions matter.”

“Faith over fear.”

My reset phrase:

Scripture Focus

“Let no one look down on your youthfulness, but rather in speech, conduct, love, faith, and purity, show yourself an example of those who believe.”

1 Timothy 4:12

“Out of the abundance of the heart the mouth speaks.”

Matthew 12:34

Legacy in Action

This week, choose one way to reflect Jesus to the people around you.

You could:

- Speak encouragement to a teammate after a mistake
- Apologize for words or actions that did not honor God
- Show love to someone who is difficult to love
- Trust God in a situation you cannot control
- Choose purity when no one else is watching
- Ask someone close to you, “Which of these five areas do you see God growing in me?”

Write one action you will take this week:

Close in Prayer

At this time, you could:

- Ask for prayer requests from the group
- Pray over the five tools: speech, conduct, love, faith, and purity
- Ask God to reveal which area needs to be surrendered to Him
- Pray for courage to reflect Jesus on and off the field
- Ask the Holy Spirit to help each person live what they say they believe

Final Reminder

You may never be a five-tool baseball player.

Most people are not.

But every follower of Jesus can become a five-tool disciple.

Your words matter.

Your actions matter.

Your love matters.

Your faith matters.

Your purity matters.

Close with this:

“Don’t just say you believe. Show it. Let your speech, conduct, love, faith, and purity reflect Jesus to everyone around you.”