Leading in the Gym: Discipleship Through Strength Culture



Discover how fitness-minded men can inspire faith through physical discipline and godly leadership in the gym and beyond.





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Introduction

Welcome to this 7-day Bible study plan designed specifically for men who are passionate about fitness and discipleship. In a world where physical strength is admired, this study blends the realms of physical discipline with spiritual growth. Leading in the gym is more than reps and sets; it is an opportunity to lead others in faith and character.

Many men view the gym as a place for physical transformation, but it can also be a powerful environment for spiritual influence. As you train your body, you can also train your spirit and help others do the same. This study explores Biblical principles that show how we can be leaders—not only in strength but also in faith—using the gym as a platform for discipleship.

Throughout these seven days, you'll encounter Scriptures that address leadership, discipline, endurance, and influence. You'll be encouraged to reflect deeply on integrating your fitness discipline with your walk with Christ, creating a lifestyle that glorifies God in all areas, including the gym. Whether you're lifting weights, pushing limits, or mentoring others, this plan will challenge you to lead with both strength and purpose.

Let this be a journey where your physical workouts fuel your faith and your spiritual growth enhances your leadership. Together, let's build a culture where men uplift each other, strengthening not only muscles but spirits too. Get ready to grow in both body and soul, becoming a man who leads with integrity, strength, and faith.

















Your Verse

1 Timothy 4:8 – "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

Supporting Scriptures

- Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: Balancing Physical and Spiritual Strength

Physical discipline trains the body, but spiritual discipline transforms the heart. As men who appreciate the grind of strength training, you know the value of pushing through fatigue and discomfort to build muscle and endurance. Paul reminds Timothy that while physical training has value, godliness holds eternal significance. This sets a foundation for your leadership both in the gym and in life: your commitment to Christ should motivate your physical efforts and guide your influence.

Discipline isn't easy—it often involves sacrifice, frustration, and moments when quitting seems like the easier choice. Yet, Hebrews reminds us that the pain of discipline eventually results in righteousness and peace. Imagine applying that mindset to both your training and your faith journey. Being strong physically is good, but when combined with godly character, it becomes powerful in leading others.

Prayerfully recognize that your strength comes from Christ. He empowers you to endure, to grow, and to lead well. Today, embrace the challenge to be strong in body but stronger in spirit, setting an example for others to follow.







Reflect and Apply

	How does your commitment to physical training reflect your spiritual discipline?
2.	In what ways can your strength serve others beyond the gym?
	Where do you find it hardest to maintain discipline — physically or spiritually — and why?







Journaling Prompts

Write about a time when physical discipline helped you grow spiritually.
List three ways you can lead others in faith while training.
Identify areas where you need God's strength to persevere today.







Prayer for Today

Lord, thank You for the gift of strength and the discipline to pursue it. Help me to remember that while physical training is valuable, true strength comes from You. Teach me to lead others not only in the gym but in faith, showing Your love through my example. *Empower me to endure challenges and grow in godliness, so I may be a witness of Your grace.* Guide my steps, Lord, and make me a man who honors You in all things.











Day 2: V Leadership with Integrity









Day 2: ① Leadership with Integrity

Your Verse

1 Corinthians 11:1 - "Follow my example, as I follow the example of Christ."

Supporting Scriptures

- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."
- Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."







Day 2: ① Leadership with Integrity

Devotional: Leading Like Christ: Integrity in Action

Leadership is a call to live a life worthy of imitation. Paul urges believers to follow his example just as he follows Christ's. As men who influence others in the gym, you have a unique platform. Your actions, attitudes, and words carry weight not only physically but spiritually. It's a responsibility to lead with integrity, humility, and courage.

Consider the words of Proverbs: iron sharpens iron. Your interactions can strengthen those around you, pushing them toward excellence physically and spiritually. This mutual sharpening builds a community rooted in trust and growth. Be that man who encourages others, providing strength beyond just the physical. Remember, God is with you every step of the way. Joshua's encouragement to be strong and courageous applies to times of personal challenge and to moments when you step into leadership roles.

Today, reflect on how your leadership can reflect Christ's example—authentic, servant-hearted, and strong. Your influence can spark faith and strength in others, producing lasting impact.







Day 2: **(**) Leadership with Integrity

Reflect and Apply

	Who are you currently leading or influencing, and how does your example impact them?
2.	What areas in your leadership could better reflect Christ's character?
3.	How can you encourage others to grow both physically and spiritually?







Day 2: **(**) Leadership with Integrity

Journaling Prompts

1.	Describe a leader who has influenced you positively in faith and fitness.
2.	Write down specific ways you can be a better example to others.
3.	Identify fears or doubts that prevent you from leading courageously.







Day 2: ① Leadership with Integrity

Prayer for Today

Father, thank You for the gift of leadership and the ability to influence others.

Help me to follow Christ's example in every area of my life. Give me integrity, humility, and courage, especially when leading in the gym or in faith. May my life be a reflection of Your love and strength. Strengthen me to sharpen others and to stand firm with confidence, knowing You are with me always.



















Your Verse

James 1:2-4 - "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

Supporting Scriptures

- Romans 5:3-4 "We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."
- 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."







Devotional: Joy and Strength in Endurance

Endurance is more than physical stamina; it is a spiritual virtue refined through trials. The Bible encourages us to rejoice even in challenges because they shape our character and faith. In your fitness journey, you know about pushing through pain and fatigue. Spiritually, this endurance cultivates hope, strength, and maturity.

Paul's declaration in 2 Timothy epitomizes the mindset of a man committed to finishing strong. Like a race, life and faith require perseverance. Trials and hardships are inevitable, but they have divine purpose: to build unwavering character.

As you face difficulties in training or personal life, remember that these moments refine your spirit. Embrace them as opportunities to grow stronger in faith and leadership. Your endurance encourages others who are watching your journey and seeking strength in their own.







Reflect and Apply

1.	How have past trials shaped your faith and character?
2.	In what ways do you struggle to endure spiritually or physically?
3.	How can you encourage others to persevere through their challenges?







Journaling Prompts

1.	Recall a difficult season and how God used it to grow you.
2.	Write about how endurance in the gym parallels spiritual endurance.
3.	Identify practical steps you can take to build greater perseverance.







Prayer for Today

Lord, thank You that trials have purpose in my life. Help me to find joy even in hardship, knowing You are molding my character and strengthening my faith. Give me the endurance to finish the race You have set before me. May my perseverance inspire others to stand firm and trust in You through their own struggles.



















Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- Philippians 4:8 "Whatever is true, whatever is noble, whatever is right, whatever is pure... think about such things."
- 2 Corinthians 10:5 "Take captive every thought to make it obedient to Christ."







Devotional: Transforming Thoughts to Transform Life

Physical strength starts with the mind, and spiritual strength begins with a renewed mindset. Romans calls us to avoid worldly patterns and instead embrace transformation through a renewed mind. In training and discipleship, what we believe and think shapes how we act and lead.

Focusing on what is true, noble, and pure trains your mind to align with God's will. As you discipline your body in the gym, be intentional to discipline your thoughts—replacing negativity, doubt, and worldly values with God's truth. Capturing and redirecting your thoughts in obedience to Christ builds a foundation for lasting transformation.

This mental renewal fuels your leadership and faith journey. A godly mindset strengthens your ability to lead others through challenges and model Christ-like resilience and wisdom in fitness culture and beyond.







Reflect and Apply

1.	What negative patterns in your thinking might you be conforming to?
2.	How can you practice renewing your mind daily?
3.	How does your mindset affect your leadership and influence?







Journaling Prompts

1.	Write down common thoughts that distract or discourage you.
2.	Identify Scripture verses that can reshape your thinking.
3.	Describe how a renewed mind could change a current challenge.







Prayer for Today

God, thank You for Your Word that renews my mind and transforms my life.

Help me to reject worldly thinking and embrace Your truth. Teach me to take every thought captive and align it with Your will. Strengthen my mind so that I may lead others with wisdom and courage, reflecting Christ in all I do.











Day 5: 🂝 Building Brotherhood









Day 5: 🎔 Building Brotherhood

Your Verse

Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- 1 Thessalonians 5:11 "Encourage one another and build each other up."







Day 5: 🎔 Building Brotherhood

Devotional: The Strength of Brotherhood in Faith

No man is an island, especially in discipleship and growth. Ecclesiastes reminds us that companionship strengthens our journey. In the gym and faith, having brothers to encourage, challenge, and support makes a profound difference.

Building brotherhood means bearing burdens together, more than just lifting weights side by side. It means honest conversations, accountability, and shared faith goals. When one stumbles, a brother reaches out to help him stand again. This culture of brotherhood builds resilience, fosters growth, and reflects Christ's love.

Today, ask God to bring men into your life with whom you can build authentic relationships—men who push you closer to Jesus and call you to be your best both physically and spiritually.







Day 5: 🌣 Building Brotherhood

Reflect and Apply

1.	Who are the men God has placed in your life for mutual growth?
2.	How can you be more intentional in supporting your brothers in Christ?
3.	Do you openly accept help and encouragement from others?







Day 5: 🎔 Building Brotherhood

Journaling Prompts

1.	List qualities you desire in a spiritual and fitness brother.
	Write about ways you can initiate deeper connections with men in your community.
3.	Reflect on a time when brotherhood helped you overcome a challenge.







Day 5: 🎔 Building Brotherhood

Prayer for Today

Lord, thank You for the gift of brotherhood. Help me to build and nurture relationships that encourage faith and strength. Teach me to carry others' burdens and to accept support when I am weak. May these bonds reflect Your love and grow our faith communities stronger every day.



















Day 6: OPurpose-Driven Strength

Your Verse

Colossians 3:23 - "Whatever you do, work at it with all your heart, as working for the Lord."

Supporting Scriptures

- 1 Corinthians 9:24 "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize."
- Ephesians 6:10 "Be strong in the Lord and in his mighty power."







Day 6: OPurpose-Driven Strength

Devotional: Working for God with Heart and Strength

Every rep, set, and moment in the gym can be an act of worship when done with purpose. Colossians reminds us to work heartily, not for human approval but for the Lord. Your strength and fitness are not just for personal gain but for advancing God's kingdom through your witness and leadership.

Paul's analogy of the race urges focused, purposeful effort. Running the race with the goal of winning parallels living with eternal perspective. You are called to be strong in the Lord's power, using your physical discipline to fuel a life of spiritual impact.

Let your workouts be prayers in motion, your discipline a testament of faith, and your leadership a beacon of God's strength. Today, dedicate your strength and fitness with renewed purpose, embracing your role as a disciple who leads through both body and spirit.







Day 6: O Purpose-Driven Strength

Reflect and Apply

1.	Is your fitness routine aligned with your faith purpose?
2.	How can you make your physical discipline an act of worship?
3.	What eternal goals motivate your leadership and strength?







Day 6: O Purpose-Driven Strength

Journaling Prompts

1.	Write a prayer dedicating your workouts to God's glory.
2.	List ways your fitness can serve others and build faith.
3.	Identify any distractions that pull your focus away from God.







Day 6: OPurpose-Driven Strength

Prayer for Today

Lord, help me to work with all my heart as if for You alone. May my physical strength serve Your purposes and honor You. Give me focus and passion to use my discipline for eternal impact. Strengthen me in Your power so I can lead others by example, reflecting Your glory in all I do.



















Day 7: W Resting in God's Strength

Your Verse

Isaiah 40:29–31 – "He gives strength to the weary and increases the power of the weak... those who hope in the Lord will renew their strength."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Psalm 46:10 "Be still, and know that I am God."







Day 7: W Resting in God's Strength

Devotional: Renewing Strength Through Rest in God

Strength is not just about pushing harder but knowing when to rest and renew. Isaiah reminds us that God is the source of true strength, especially when we are weary. Physical training demands rest days, and spiritual health requires Sabbath moments where we lean fully on God's strength.

Jesus invites the weary to come to Him and find rest. This rest rejuvenates the soul, enabling us to rise stronger. Being still before God is an act of trust—acknowledging that His power, not our own, sustains us.

As you conclude this study, embrace the balance of working hard and resting well. Let your confidence rest in God's eternal strength, empowering you to lead, disciple, and grow in every season.







Day 7: 🖏 Resting in God's Strength

Reflect and Apply

1.	How do you incorporate rest both physically and spiritually?
2.	What does it mean for you to rely fully on God's strength?
3.	Can you identify areas where you need to trust God more and strive less?







Day 7: 🐯 Resting in God's Strength

Journaling Prompts

1.	Write about a time God renewed your strength during a difficult season.
2.	List ways you can practice spiritual rest this week.
3.	Reflect on how trusting God changes your approach to challenges.







Day 7: W Resting in God's Strength

Prayer for Today

Father, thank You for being my source of strength when I am weary. Teach me to rest in You, trusting Your power to renew and sustain me. Help me to balance discipline with rest, knowing that true strength comes from relying on You. May I lead others by example, showing the peace and power found in Your presence.









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