

IRONMAN TRAINING REGIMEN



DEATH TO LIFE

IRONMAN 2026

1 SCRIPTURE MEMORY

Scripture memory is an incredible way to internalize the words of the Bible. If God has expressed his heart and will for us and the world in the words of the Bible, then memorizing significant passages is an opportunity to remember and experience those truths moment by moment - even when we don't have our Bibles open in front of us.

Before we leave on the Ironman trip,
each student must memorize:

JONAH 2:1-10

You can memorize this in whichever translation you choose - we recommend ESV or NIV - and you are welcome to use scripture memory apps like Verses or Scripture Typer to help you with memorizing. We realize that some people will accomplish this easily and others will struggle. If you struggle to memorize word for word, please feel free to work on memorizing the content and concepts of each verse. Each person will need to quote the scripture or talk through the concepts with a leader before we leave on the Ironman trip.

PRAYER

When we think of prayer, we might imagine a one-sided conversation, one in which we do all the talking (i.e. making our requests known to God in the hope that he will fulfill them). Prayer is a conversation, but one that involves two participants. God speaks to us through His word and through His Spirit. In the book of Jonah, we experience a bit of "prayer inception" in which Jonah prays to God (Ch. 2) about God answering Jonah's prayers, and because the book of Jonah is part of the Bible, Jonah's prayer becomes God's words to us.

Before we leave for the Ironman trip, set aside a 30-60 minute window of time to meditate on Jonah's Prayer (Jonah ch. 2) and in the space below write your own prayer to God, using Jonah's prayer as a template for your own.

WRITE YOUR OWN PRAYER



WRITE YOUR OWN PRAYER



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SCRIPTURE READINGS

As we prepare to go on Ironman, we are asking everyone to take two weeks of your choice to spend intentional time with God through engaging in daily prayer and scripture reading. If this is already a rhythm in your life – awesome, if not we are excited for you to experience this!

Each day for two weeks you will follow the process outlined below by writing down your thoughts in a notebook or journal. Each day you will do the same process with a different passage of scripture listed in order on the back of this page – at the end of the two weeks you will have worked through the book of Jonah twice. Before we leave on the Ironman trip, just show your completed journal to a leader!

You can find a simple Bible study process on the next page or you can use the one you've already been using before.

THE PROCESS

SLOW Spend a few minutes in silent preparation for your time with God. Just breathe and spend some time in silence. Then begin with prayer. Ask God to meet you in this time, to speak to you in his word, and to help you understand what he desires for you to understand from his word.

KNOW Spend time reading & digesting God's words. Read them slowly, perhaps a few times. How does this passage (or these verses) reveal who God is, what he is like, and what he is doing in the world? Jot down what is revealed about him. Really allow the words of the Bible to be God's words to you. What is he sharing with you about himself?

GROW Spend some time in stillness and silence considering what God is saying to you personally in his Word. What does this passage say about who you are? Is God using this passage to convict you of any sin? How does it lead you to love and obey God more fully? How is God asking you to respond? Jot down what is revealed to you.

PRAY Reading God's word is not just a task; it's a conversation. God speaks to us through his word and we get to respond. Take some time to either pray aloud or write out a prayer in which you praise God for who He is and ask for help in loving and following Him. Allow what God has shown you in his word to shape your words to him.

SCRIPTURE FOR EACH DAY

Scripture for Each Day:

- Jonah 1:1-6
- Jonah 1:7-17
- Jonah 1:17-2:10
- Jonah 3:1-10
- Jonah 4:1-4
- Jonah 4:5-11
- Grace Day | Take a break or choose your own passage to study!
- Jonah 1:1-6
- Jonah 1:7-17
- Jonah 1:17-2:10
- Jonah 3:1-5
- Jonah 3:6-10
- Jonah 4:1-11
- Grace Day | Take a break or choose your own passage to study!

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LISTEN

In preparation for the trip we've included several videos for you to watch/listen to. These are meant to prepare your hearts to receive God's Word on the trip and to give you a good picture of what the book of Jonah is all about.

Bible Project Overview of Jonah



Spoken Gospel: Jonah 1



Spoken Gospel: Jonah 2



Spoken Gospel: Jonah 3



Spoken Gospel: Jonah 4



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MEDIA FAST

"Fasting is a willing abstinence from food for a period of time. It is one of the most abused and least used of all the practices of Jesus. Yet for millennia, it was a core practice of apprenticeship. We live in a culture not only of food, but of excess, luxury, and addiction. For so many of us, the desires of our body have come to hold power over us. In the battle with our "flesh," we have become its slave, not its master."

- Practicing the Way.

One of the most powerful desires and distractions in this age is our consumption of media.

As a community, we are going to take one week (seven consecutive days of your choice) leading up to the Ironman trip to put aside any form of media that has been distracting us from living our daily lives with an awareness of God's presence and purposes for us.

This is meant to include social media like Instagram, YouTube, and Tik-Tok, SnapChat , all video games, and all forms of TV or video streaming, anything with a screen that you'd use to be entertained or fill time. We get that you will need to use your phones to communicate, and you might have to watch video content for classes, but the general goal will be to give up our consumption of media as a filler, distraction, and form of entertainment. Our goal with this is to take the time we'd spend on media and spend it intentionally instead.

Below you can record your dates of fasting:

**STARTING DATE
FOR YOUR FAST**

**ENDING DATE
FOR YOUR FAST**



7 DAYS LATER

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INTENTIONAL RELATIONSHIPS & CONFIDENT WITNESS

One way to be intentional with our time during a media fast is to meet up face to face with one (or more) other people to discuss what we are learning through the reading and study of Jonah. When we process what we are learning with others multiple things happen:

- 1) You solidify that learning for yourself and allow it to shape you more deeply.
- 2) Sharing your thoughts and hearing someone else's creates the opportunity for you both to grow even more than you did on your own.
- 3) You build confidence in discussing your faith and sharing with others.

Before we leave for the Ironman Trip, plan a time with 1-3 other friends to meet up for coffee, lunch, ice cream, etc., bring your Ironman Training Regimen booklets and Bibles, and spend time reflecting on what God has been teaching you through your study.

Once you have met up together, you and the friends you met with can sign below to indicate completion of this practice:

After you've completed all 6 training assignments for Ironman 2026, you can write your name into this statement:

I, _____ ,

have **completed** the training regimen (fasting, Bible reading and memory, and video content) for Ironman 2026.