

Bulletproof – “The Making of an Invincible Mind” Lesson #6 – Becoming the Elite Soldier

“The soldier whose life is on the line, who’s told to go do things that are often frightening and dangerous, doesn’t even get the luxury of deciding whether he’s going to do it. He’s told, ‘Do it,’ and he goes off and does it. I never met a guy out there dodging bullets or sweating in the middle of a mortar attack who thought he was in control of his life. Later he might talk about it. Earlier he might think it. But at the time, there’s no doubt in his mind it’s absolutely out of his hands.” – Lt. Colonel Tom Hemingway, USMC (Ret.) - (*Bulletproof*, p. 200)

Small Group Activity

Over the last month we have been discussing the aspect of making our minds invincible and becoming true soldiers for Christ. We have examined the awareness of the opposition, the obstacles that we must overcome, and the different ways we can embrace the power of the Holy Spirit to help us be devoted, victorious soldiers for Christ. Today we will be discussing the final chapter of our journey as we examine how we can make the transformation to being that of an “*Elite Soldier*” for Christ.

Before we get started today, let us examine the qualities of an elite soldier for Christ. Take a few minutes and answer the following questions about an elite soldier.

- *Define what it means to be an elite soldier?*
- *What are the main differences between being an average soldier and the elite soldier ?*
- *Who is in charge of the elite soldier? What does this mean for the elite soldier in practical terms?*
- *Who holds the elite soldier accountable?*

10 Key Elements of the Elite Soldier

Today, we are going to examine ten basic elements that are exhibited by the elite soldier. The ten basic elements are ingrained in the life of the elite soldier and he does not have to think about implementing these elements because they are naturally exhibited. These ten elements come to us from Chuck Holton in chapter eleven of his book *Bulletproof*.

- Reflect on what you have already learned: *How does the elite soldier get to the point of these ten elements being exhibited naturally in his life?*

Element #1 – Be Filled with the Spirit

The first element that we will examine comes to us as we reflect on a verse that is common to us by now. We have reflected on this verse several times throughout this series.

- **2 Timothy 1:7** – For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.

This verse explains that the first essential element in the life of the elite soldier is the indwelling of the Holy Spirit. We have discussed the great power of the spirit over the last few weeks.

- *Why is this an essential quality for the elite soldier?*
- *What does it mean to the elite soldier to be filled with the Holy Spirit? (Think in practical terms.)*

Element #2 – Be Set Apart

The second element comes to us as we reflect upon 2 Timothy 1:8-9. It is in these verses that we are challenged to reflect on the nature of the way we are living our lives.

- **2 Timothy 1:8-9** – So do not be ashamed to testify about our Lord, or ashamed of me his prisoner. But join with me in suffering for the gospel, by the power of God, who has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time...
- *What does it mean to be set apart as an elite soldier for Christ?*
- *What are some practical ways that the elite soldier testifies about Jesus Christ?*
- *Who sets us apart as elite soldiers? Us, God, Society? Explain.*

Element #3 – Be Long Suffering

The third element comes to us as we reflect on 2 Timothy 2:3. This verse introduces the concept of long suffering.

- **2 Timothy 2:3** – Endure hardship with us like a good soldier of Christ Jesus.
- *How do you define the concept of long suffering from a Christian perspective?*
- *How can the elite soldier endure the hardships of this world for Christ?*
 - *What is his true driving force?*

Element #4 – Submit to the Commander

The fourth element is seen in 2 Timothy 2:4 as we reflect on the basic topic of allegiance. It is in this verse that we are reminded of the essentiality of our allegiance to our Savior.

- **2 Timothy 2:4** – No one serving as a soldier gets involved in civilian affairs—he wants to please his commanding officer.
- *Who is the commander for the Christian elite soldier?*
- *How does he please his Commander?*
- *What are the basic commands that have been given to the elite soldier?*

Element #5 – Held to a Higher Standard

The fifth element is seen as we reflect on 2 Timothy 2:20-21. It helps us understand that the elite soldier is called to be a cut above those around him because he is held to a higher standard.

- **2 Timothy 2:20-21** – In a large house there are articles not only of gold and silver, but also of wood and clay; some are for noble purposes and some for ignoble. If a man cleanses himself from the latter, he will be an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work.
- *Explain these verses in terms that the elite soldier would understand.*
- *What is the standard that the elite soldier is held to? Why?*

Element #6 – Be Above Petty Arguments

The sixth element is seen in 2 Timothy 2:23-24. It is here that we learn the nature of making ourselves mentally strong by overcoming petty arguments.

- **2 Timothy 2:23-24** – Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. And the Lord's servant must not quarrel; instead, he must be kind to everyone, able to teach, not resentful.
- *Why is it essential for the elite soldier to be above petty arguments?*
- *Is this a sign of weakness or strength? Explain.*

Element #7 – Use Discernment

The seventh element is seen as we reflect on 2 Timothy 3:1-5. It is here that we learn about the nature of being prudent and using discernment.

- **2 Timothy 3:1-5** – But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God—having a form of godliness but denying its power. Have nothing to do with them.
- *What is the type of discernment that the elite soldier must learn to utilize? Why?*

Element #8 – Be Aware

The eighth element is seen as we reflect on 2 Timothy 3:12. It is here that we find the warning for the elite soldier to be aware of the sacrifices that he will have to make in his life.

- **2 Timothy 3:12** – In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted...
- *What is the awareness that is being discussed in this verse? Why is this essential for the elite soldier?*
- *How do we make ourselves more aware?*

Element #9 – Be Prepared

Element #9 is seen as we reflect on 2 Timothy 4:2. This verse reminds of the essential virtue of preparedness.

- **2 Timothy 4:2** – Preach the Word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction.
- *Explain this verse in practical terms for the elite soldier.*

Element #10 – Be Focused

The last element reminds us of the area of Focus. We learn about it from 2 Timothy 4:5, 18.

- **2 Timothy 4:5, 18** – But you, keep your head in all situations, endure hardship, do the work of an evangelist, discharge all the duties of your ministry. The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.
- *What does it mean for the elite soldier for Christ to be focused? How does he achieve this virtue?*

Application

This week pray about the two or three men that God has called you to enter into an accountability group with. Take your group to the next level of accountability by implementing some of the following ideas:

1. Memorize Scripture
2. Choose a book of the Bible and read through it daily throughout the month.
3. Pray for one another's weaknesses.
4. Focus on one or two points of application of God's Word throughout the week.

Bibliography

Holton, Chuck. *Bulletproof*. Multnomah, Publishers. Sisters, OR. 2005

