YOU ARE CALLED TO BE A SPIRITUAL LIFE COACH

A Christian life coach walks alongside a person for a season of life and coaches him through it spiritually. Christian life coaching is biblical. We are called to "encourage one another and build each other up" *(1 Thessalonians 5:11)*. We see Paul encouraging believers to live holy lives. We are told to "carry each other's burdens" *(Galatians 6:2)*. The concept of mentorship or discipleship is sprinkled throughout Scripture. Christians should live in a community. We all sometimes need help to achieve certain goals. A Christian spiritual life coach can assist with these objectives. Most importantly, Christian life coaches help disciple, mentor, or spiritually coach others. God calls us to mentor others.

While most life coaching focuses on self-improvement, Christian life coaching empowers people to mature in Christ and live out their faith. Christian life coaches understand that change does not ultimately occur because of good coaching techniques or strong willpower but because of the work of the Holy Spirit in our lives.

Deciding to work with a Christian life coach depends on circumstances, personal preference, and God's leading at the time. God may choose to stimulate one's walk with Him through a Christian life coach, or He may challenge the church to actively engage in helping others along the way.

Adapted from the article, "What is a Christian life coach, and is the concept biblical?"
by *GotQuestions.org*, https://www.gotquestions.org/Christian-life-coach.html

Christian spiritual life coaches will love and care for their disciples, help them grow in their new walk with God, comfort them when they go through a trial or problem, share in bearing their burdens when they are hurting, pray for them, share God's Word with them, confess their faults to them, encourage them, build them up spiritually, empower them to find their purpose and destiny in God, fellowship with them, help them find spiritual freedom, demonstrate compassion when needed, minister to them, and do life with them. When we get saved, we are responsible for being coached and becoming a spiritual life coach to mentor others *(Mark 5:19 NLT; Matthew 28:19 NIV; 2 Timothy 2:2 NIV)*.

> ***You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word.[a] You are like babies who need milk and cannot eat solid food*** (Hebrews 5:12 NLT).

Picture of a New Baby Christian

Picture a tiny, two-month-old baby wrapped in a blanket in a forest under some trees. Suddenly, a full-grown wolf emerges from the trees, drooling at the mouth, and creeps toward the baby, ready to eat it. This happens when we get people saved without caring for or coaching them. We leave them alone for the devil to devour them as babes in Christ. Will we allow the souls we win to Christ to be devoured?

What Does It Mean to Coach Someone?

- Spiritual life coaching is learning how to follow Jesus and be, think, and act like Him.
- It is helping them learn how to do things God's way and live His way.
- It is learning how to handle life as He prescribes, living according to Christ's character.
- It means surrendering our lives to the Lord and making Him the Lord of our lives.
- It is sharing with another person what God has done for us and the changes God has made in our lives.
- It is helping people get their lives aligned with God.
- It shares what we know about God and how He helped us overcome issues.
- It allows God's love to flow out of our lives to other people.

- It is fellowshipping and spending time with a person.
- It is helping people with their problems.
- It is not just giving people information. It's doing life with another person. It shows them how we handle life in all kinds of situations.
- We help answer their questions about life, God, and church. If we don't know the answer, we tell them we don't know and ask them to give us time to find it. It is okay to say we don't know.
- Sometimes, sharing a scripture or two helps comfort mentees or give them wisdom in life.
- We constantly tell people how God can use them and wants to use them.
- We encourage them to attend church and worship God.
- It reminds them that God loves them, even when they have doubts. When needed, it reminds them that they are forgiven.
- Spiritual life coaching is reproducing ourselves in others.
- Spiritual life coaching is helping others grow in God.
- Spiritual life coaching is like being a partner, a mentor, or a spiritual parent.
- Spiritual life coaching helps people overcome their weaknesses and fully mature.
- Spiritual life coaching is praying for the people we are coaching.
- Spiritual life coaching helps connect people to God and the church and introduces the person we coach to other believers.
- Spiritual life coaching involves being there for a person when they are in crisis (e.g., death in the family).
- Spiritual life coaching is thriving in a relationship with the Lord.
- Spiritual life coaching is being there at the most vulnerable time in a believer's life, right after they get saved. Satan is angry now and wants to destroy their lives. If they do not have a spiritual life coach to hold them by the hand, the devil will reclaim them.

The Benefits of Being a Spiritual Life Coach

1. We can find God's purpose and destiny for our lives.
2. We can be used by God and serve the Kingdom of God.
3. We can help others find God and help people.
4. We can minister life to people.
5. We can coach people in the foundations of their spiritual lives.
6. We can be in God's will by obeying Jesus' Great Commission.
7. We can see people's lives transformed.
8. Our lives will change, and we will grow closer to God to please Him and have His heart.
9. We will grow in our faith and our walk with Christ.
10. We will grow in the knowledge of God.
11. We can use or find our spiritual gifts.
12. We can learn how to operate as sons and daughters of God.
13. We can leave an incredible spiritual legacy.
14. We will be remembered for being more than mediocre Christians.
15. We will stand before God on Judgment Day, approved by Him for obeying the Great Commission.

BIBLICAL FACTS YOU NEED TO KNOW ABOUT GOD



DISCUSSION QUESTION: ***What is your view of God? How would you describe Him?***

1. **GOD IS INVISIBLE** because He is a Spirit being. No one has seen Him *(John 4:24; 1 Timothy 6:15-16).*
2. **GOD IS PERSONAL.** He will talk to, visit, and relate to people *(1 John 1:3; Genesis 2:16; Psalm 8:4).*
3. **GOD IS EVERYWHERE.** There is nowhere we can go, and He is not there *(Jeremiah 23:24; Psalm 139:7-10).*
4. **GOD IS HOLY.** He cannot ignore sin and wickedness. He has to confront it *(Isaiah 13:11; Proverbs 11:21).*
5. **GOD IS RIGHTEOUS.** He always does what is right and seeks to bring right to pass in every situation *(John 17:25; Zephaniah 3:5).*
6. **GOD IS LOVING.** He loves us unconditionally despite our weaknesses, shortcomings, and sins. His love for us cannot end like human love *(Hosea 11:8-9).* He is not there waiting to punish us for everything we do wrong.
7. **GOD IS GOOD.** Everything He does is good and for our good, no matter how things may look to us *(James 1:7; Psalm 136:1).*
8. **GOD IS ALL WISE.** He knows the answer to any problem *(Romans 16:27).*
9. **GOD KNOWS ALL THINGS.** He knows everything we think and do. He knows the past, present, and future. Nothing is hidden from Him *(Hosea 5:3; Proverbs 15:11).*
10. **GOD IS ALL POWERFUL.** He has the power to do anything. No circumstance, power, or spirit is more powerful than Him. Nothing is impossible with Him.
11. **GOD IS UNCHANGING.** He does not change His Word, ways, laws, purposes, plans, & promises.
12. **GOD DESIRES A PERSONAL RELATIONSHIP WITH US.** *(James 4:8).*
13. **GOD SPEAKS TO US AND KNOWS US** *(John 10:27).*
14. **GOD CAN HEAR US WHEN WE SPEAK TO HIM** *(Psalm 145:18-19).*
15. **GOD COMES TO LIVE OR DWELL INSIDE US BY THE HOLY SPIRIT WHEN WE RECEIVE CHRIST** *(1 Corinthians 3:16).*
16. **GOD IS NOT ANGRY AT US ONCE WE RECEIVE CHRIST AS SAVIOR** *(John 3:36).*
17. **GOD CONNECTS WITH US THROUGH JESUS CHRIST, WHO WAS GOD IN THE FLESH WHEN HE WALKED THE EARTH** *(1 Timothy 3:16).*

18. **RECEIVING JESUS CHRIST IS THE ONLY WAY TO THE GOD OF THE BIBLE** *(John 14:6).*

19. **AS CHRISTIANS, WE MUST BELIEVE JESUS IS THE ONLY TRUE AND LIVING GOD** *(1 Corinthians 8:4-6).* Because Jesus lives inside us by the Holy Spirit, He is the only one who can change our hearts when we believe and trust Him.

    There are many so-called gods out there, but this describes the God of the Bible.

DISCUSSION QUESTIONS: *What did you learn from this lesson? What facts about God from this lesson are new to you? Spiritual life coaches should tell what they once thought about God. What misconceptions have you had about God?*

What Jesus Did for Us on the Cross

The following list reveals the blessings, privileges, and benefits Jesus accomplished for us on the cross. These blessings are available to all who believe in Him.

- □ I am **SAVED AND FORGIVEN** of all my sins *(Romans 10:9; Acts 16:30-31; Colossians 2:13).*
- □ I am a **CHILD OF GOD** *(John 1:12; Romans 8:16-17).*
- □ I have **EVERLASTING LIFE** *(John 3:36).*
- □ I have **RIGHT STANDING WITH GOD** *(Romans 5:19).*
- □ I have **PEACE WITH GOD** *(John 3:36; Romans 5:1).*
- □ I have the **PEACE OF GOD WITHIN** *(Philippians 4:7).*
- □ I am **NO LONGER GUILTY OR CONDEMNED** by God *(Romans 8:1; John 3:18).*
- □ God is **NO LONGER ANGRY** with me *(Romans 5:8-9; John 3:36).*
- □ God is **MY HEAVENLY FATHER** *(Matthew 5:45).*
- □ I **NO LONGER** have to **FEAR DEATH** *(1 Corinthians 15:54-56; Psalm 116:15; Hebrews 2:14-15).*
- □ I immediately **GO TO HEAVEN** when I die *(2 Corinthians 5:8).*
- □ I **HAVE JESUS THROUGH THE HOLY SPIRIT** inside me *(Romans 8:9).*
- □ I can **TALK TO GOD** through prayer *(John 16:23; Hebrews 4:16).*
- □ God **HEARS MY PRAYERS** *(1 John 5:14-15).*
- □ All **GOD'S PROMISES ARE MINE** *(2 Corinthians 1:20).*
- □ God **LOVES ME** despite my weaknesses *(Romans 5:8-9).*
- □ I am **FREE FROM MY PAST** *(Philippians 3:13; Hebrews 10:17).*
- □ I have **GOD'S WISDOM FOR LIVING** *(James 1:5).*
- □ I have **GOD'S GUIDANCE AND DIRECTION** for life *(Proverbs 3:5-6).*
- □ I have **VICTORY** in life *(2 Corinthians 2:14).*
- □ I have the **ABILITY TO OVERCOME** in life *(1 John 5:4-5).*
- □ **NO HABIT CONTROLS ME** *(Romans 6:14).*
- □ I **CAN DO WHATEVER GOD SAYS I CAN DO** *(Philippians 4:13).*
- □ I am **DELIVERED FROM** the control of the **POWERS OF DARKNESS** *(Colossians 1:13).*
- □ I have **VICTORY OVER WORRY** *(Philippians 4:6-7).*
- □ I can **WALK BY FAITH**, not by sight *(2 Corinthians 5:7).*
- □ I have **VICTORY OVER FEAR** *(2 Timothy 1:7).*
- □ I am a **JOINT HEIR WITH CHRIST** *(Romans 8:17).*
- □ I have the **BLESSINGS OF ABRAHAM** *(Galatians 3:9, 14, 29).*
- □ God **PROVIDES FOR ALL MY NEEDS** *(Philippians 4:19).*
- □ I have **GOD'S PROTECTION** over my life *(Psalm 91).*
- □ I am **BLESSED WITH ALL SPIRITUAL BLESSINGS** *(Ephesians 1:3).*
- □ I have **GOD'S STRENGTH** within *(Ephesians 3:16).*
- □ I have a **SPECIFIC PURPOSE AND INHERITANCE** in life *(Ephesians 1:11).*
- □ I have the **ABILITY TO LOVE OTHERS** *(1 John 3:14).*

- □ I can **HEAR AND BE LED BY GOD'S VOICE** *(Isaiah 6:8).*
- □ I have **AUTHORITY OVER SATAN** *(Luke 10:19).*
- □ I am **REDEEMED FROM THE CURSE** *(Galatians 3:13).*
- □ I have the **ABILITY TO PROSPER IN LIFE** *(3 John 2).*
- □ I have the **ABUNDANT LIFE THROUGH CHRIST** *(John 10:10).*

DISCUSSION QUESTIONS: What did you learn from this lesson? Of the points above about Christ's accomplishments on the cross, which point means the most to you? Why?

SHARE WITH SOMEONE: Share this list of what Jesus did on the cross with a friend, relative, neighbor, or coworker to let them know what Jesus has done for them, and be prepared to share what happened next week.

The Names of God

God revealed Himself to His people with over 100 names describing various aspects of His character. At least eight of these names demonstrate what He does for those who believe in Jesus Christ as Savior. The name *Jehovah* is the Hebrew name that acknowledges Him as Lord. Jesus is revealed as Lord in the New Testament and fulfills these names and functions.

Names of God	Meaning	Jesus in the New Testament
JEHOVAH TSIDKENU (pronounced *Sidcanoe)*	The Lord makes me right *(Jeremiah 23:6).*	Jesus is our righteousness *(Romans 3:22).*
JEHOVAH M'KADDESH (pronounced *Makaydash)*	The Lord sanctifies me (makes me holy) *(Leviticus 20:7-8).*	Jesus is our sanctification *(1 Corinthians 1:2)*
JEHOVAH SHAMMAH (pronounced *Sham-ma)*	The Lord is always there *(Ezekiel 48:35).*	Jesus will never leave us *(Hebrews 13:5).*
JEHOVAH SHALOM *(pronounced Sha-lome)*	The Lord is my peace *(Judges 6:24).*	Jesus gives us peace *(John 14:27).*
JEHOVAH NISSI *(pronounced ne-see)*	The Lord is my victory *(Exodus 17:15).*	Jesus gives us victory *(1 Corinthians 15:57).*
JEHOVAH ROHI (pronounced *Row-He)*	The Lord is my shepherd *(Psalm 23:1).*	Jesus is our shepherd *(John 10:14).*
JEHOVAH JIREH *(pronounced Ji-ra)*	The Lord is my provider *(Genesis 22:14).*	Jesus is our provider. *(Philippians 4:19).*
JEHOVAH RAPHA *(pronounced Ra-Fa)*	The Lord is my healer *(Exodus 15:26).*	Jesus is our healer *(Acts 10:38).*

APPLY THIS WORD: Begin praying daily until this becomes real to you.

Heavenly Father, I want to know You and all You desire to do in my life through Jesus Christ, my Lord. Lord, I thank You for making me right before God because I believe in You. You give me the power to be holy and live right. You are always present in my life and will never leave me. Thank You for giving me peace of mind when I'm worried or in fear. When I go through trials and troubles, You always give me victory. As a shepherd does his sheep, You lead, guide, and direct my life. When I am in need, You provide my every need. When I am sick, You are the Lord who heals me. I thank You for being God in my life. In Jesus' name.