A New Field: Life Coaching
A New Field: Life Coaching

- **Origin of the term, “Coach”**
  a horse-drawn vehicle that takes people from where they are to where they want to be

- **Life Coaching**
  a mutually designed relationship that benefits the person being coached by
  - framing issues in revealing ways,
  - helping people find their strengths and build on them,
  - prodding them to action, and
  - celebrating their successes
Secular versus Christian Life Coaching

- SECULAR (humanistic) COACHING places the client’s wishes and goals at the center; sees clients as self-sufficient, capable of bringing the kind of transformation they want.

- CHRISTIAN COACHING places Christ and his will at the center; recognizes the sovereignty of God and the availability of the Holy Spirit to assist the believer in the transformation that God desires.
Discipleship Coaching:

Getting from Where You Are to Where God Wants You to Be

Commission on Discipleship
Helping Jesus’ followers become His closest friends
DISCIPLESHIP COACHING:
Getting from Where You Are —to— Where God Wants You to Be
Are you a candidate for Discipleship Coaching?

- Battling burnout in life and ministry?
- Sensing a holy discontent with your spiritual status quo?
- Interested in going deeper in your relationship with Christ, aligning yourself more clearly with his purposes, and growing in the experience of his empowering presence?

Do you want to change for the better and are you willing to do what it takes?
Coaching for Holistic Discipleship: Christ-Centered, Spirit-Empowered

Session 4
Coaching for Holistic Discipleship: Christ-Centered, Spirit-Empowered

Wheels of Whole-Life Discipleship

Christ-Centered
- Formation
- Worship
- Relationships & Community
- Ministry or Service (Including Work)
- Stewardship
- Multiplication
- Power
- Evangelism

Spirit-Infused
- Formation
- Worship
- Relationships & Community
- Ministry or Service (Including Work)
- Stewardship
- Multiplication
- Power
- Evangelism

Example:

COACHING TOOL
Wheel of Life

- Self-Assessment
- Guide to Growth
- Many Applications
• Christ-Centered Living

Getting from where you are to where God wants you to be …

HOLISTIC Discipleship asks:

“Is every aspect of my life centered on Christ?”
• **Formation**
  becoming transformed by Christ’s truth

• **Worship**
  delighting God in all you do

• **Ministry or Service (including work)**
  investing yourself in God’s purposes

• **Power**
  allowing the Spirit a super-natural place in your life
Coaching for **Holistic Discipleship**: Christ-Centered, Spirit-Empowered

- **Evangelism**
  sharing the great news about Jesus

- **Multiplication**
  investing in others to leave a legacy for Christ

- **Stewardship**
  exercising responsible accountability for all of God’s gifts

- **Relationships and Community**
  treating all people as Christ would, and living “new life” as a family of brothers and sisters who love him

**How do you define these areas of HOLISTIC Discipleship which guide in getting from where you are to where God wants you to be?**
Sample wheels, one example of a self-assessment …

Getting from where you are to where God wants you to be …

HOLISTIC Discipleship

“Is every aspect of my life centered in Christ and infused by the Spirit?”
Coaching for Holistic Discipleship: Christ-Centered, Spirit-Empowered

• Christ-Centered Living

Formation

Worship

Ministry or Service (including Work)

Power

Evangelism

Stewardship

Relationship & Community

Multiplication

Getting from where you are to where God wants you to be …

HOLISTIC Discipleship asks:

“Is every aspect of my life centered on Christ?”
• Spirit-Infused Living

- Formation
- Worship
- Ministry or Service (including Work)
- Power
- Evangelism
- Multiplication
- Stewardship
- Relationship & Community

Getting from where you are to where God wants you to be …

HOLISTIC Discipleship asks:

“Is every aspect of my life infused with the Spirit?”
Study your self-assessments for interpretation

- Where are you most satisfied?
- Where are you least satisfied?
- Does your assessment match your experience?

If these were the wheels of your life, how bumpy would your ride be?

What do you see in terms of your life’s HOLISTIC Discipleship?
Where would you like to go in God?

- Where would you like to begin?
- What initial change would have the greatest effect?
- What would your goal in that area be?
- What subsequent improvement would fuel the next?
- How could you change a 3 to a 7?
- How could you raise a score one notch?

Ask Jesus, as your personal life coach, to help you get there.
Discipleship Coaching: Session 4
Coaching for Holistic Discipleship: Christ-Centered, Spirit-Empowered