

Coaching and Discipleship

Using the Questions of Jesus to Make Disciples and Build Leaders

Coaching: Coaching is all about having the ability to listen carefully, ask powerful questions and guide a process towards discovering God's purpose for one's life. We share our experience, wisdom, and learning with others in order to benefit the Kingdom and our work within it.

Discipling: Discipling communicates the idea of a *learning believer* — someone who is growing in his/her faith and his/her love for the Lord. By discipling each other, we seek to develop leaders who find their entire identity, purpose and meaning in Jesus. Jesus is the center of their lives. They find true fulfillment in Him alone.

How to Use This Guide:

This guide is not intended to be comprehensive. We're going to select three questions that Jesus asked of His disciples and unpack how you might use them in a coaching conversation. There are a couple of conditions that are assumed BEFORE you use these questions:

- The person you're asking these questions knows that you're coaching them.
- The focus of that coaching is the other person's discipleship and leadership development.
- You are not their spiritual and professional supervisor.
- You are using these questions to start or further a conversation, and not as the complete, exclusive content of your coaching conversation.

Question #1: John 5: 2-9 // “Do You Want to Be Healed?”

This question is excellent for inviting another person to participate/commit to their own development.

*Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades. In these lay a multitude of invalids—blind, lame, and paralyzed. One man was there who had been an invalid for thirty-eight years. When Jesus saw him lying there and knew that he had already been there a long time, he said to him, “**Do you want to be healed?**” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.” Jesus said to him, “Get up, take up your bed, and walk.” And at once the man was healed, and he took up his bed and walked.*

Jesus is talking to a man who can't get himself into a pool of water where miraculous things have been known to happen. The man wonders how he could possibly be healed, if he can't get himself into the water on his own. For purposes of coaching and discipleship, this passage can help illustrate God's power (and our perception of it), our need to depend on God and not our own means, and the power of a face-to-face encounter with Jesus.

Suggested Questions:

- What issue might God be challenging you to work on?
- How open are you to receiving God's help on this issue?
- How have you resisted God's help in the past?
- If you grow in this area, what other areas of your life might be affected?
- Who else in your life might be affected?
- How ready are you to get started?
- What will you do first?
- Who can help you with this?
- How will you celebrate what God is up to?
- How can you pray to get ready for this change?

Question #2 Matthew 16:1 "Who do you say that I am?"

This question helps understand where a person is in their faith journey.

*Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" And they said, "Some say John the Baptist, others say Elijah, and others Jeremiah or one of the prophets." He said to them, "**But who do you say that I am?**" Simon Peter replied, "You are the Christ, the Son of the living God." And Jesus answered him, "Blessed are you, Simon Bar-Jonah! For flesh and blood has not revealed this to you, but my Father who is in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." Then he strictly charged the disciples to tell no one that he was the Christ.*

Jesus & the disciples had been working their way through the region and Jesus saw a teaching moment. Faced with the chance to make it personal for the Twelve, Jesus asked them a simple question, "Who do you say that I am?" Peter answered from his heart "You are the Christ." This approach can be helpful for coaches in bringing questions of spiritual development to a very personal place. It's not helpful to have faith be an abstract or intellectual idea...it's got to be a real authentic interaction. Jesus gives us a framework to start that conversation.

Suggested Questions:

- From your personal experience, who would you say that Jesus is?
- Without using any clichés or Christianese, describe your relationship with Jesus.
- What might Jesus be trying to teach you about himself?
- What's the strongest part about your understanding of Jesus?
- If you had to pick 5 words to describe Jesus' character, what would they be?
- What do you admire most about Jesus' character?
- In what area(s) do you need the most growth?
- How affected are you by what other people say about who Jesus is?
- What could you pray about to better understand who Jesus is?
- What are your favorite Scriptures that describe who Jesus is?

Question #3: Mark 6:30-44 "How much bread do you have?"

This question can be used to begin to understand what God has already given to a person for purposes of serving in God's kingdom.

*The apostles returned to Jesus and told him all that they had done and taught. And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves. Now many saw them going and recognized them, and they ran there on foot from all the towns and got there ahead of them. When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things. And when it grew late, his disciples came to him and said, "This is a desolate place, and the hour is now late. Send them away to go into the surrounding countryside and villages and buy themselves something to eat." But he answered them, "You give them something to eat." And they said to him, "Shall we go and buy two hundred denarii worth of bread and give it to them to eat?" And he said to them, "**How many loaves do you have? Go and see.**" And when they had found out, they said, "Five, and two fish." Then he commanded them all to sit down in groups on the green grass. So they sat down in groups, by hundreds and by fifties. And taking the five loaves and the two fish he looked up to heaven and said a blessing and broke the loaves and gave them to the disciples to set before the people. And he divided the two fish among them all. And they all ate and were satisfied. And they took up twelve baskets full of broken pieces and of the fish. And those who ate the loaves were five thousand men.*

The disciples are so human. They remind us so much of us. It's hard for the disciples to focus on what's really at hand, so Jesus takes advantage of the situation to point out that with God's help even the easy-to-overlook things can be used for kingdom purposes. With a simple question, Jesus re-focuses the disciples around what they have that can be used. There's also an interesting lesson to be learned in that the disciples had to put some intentional effort into taking an inventory of what they had available.

Suggest Coaching Questions:

- What are you good at? // What do you like to do? // What is your passion?
- What do you have that's useful?
- What can you do to get a better picture of what you have available to you?
- How can you use this to serve God? To serve others?
- Who else has that same passion?
- Who do you know that could help?
- When can you get started?