



The Invisible Realities of Life Session 1

I. Introduction

Fellowship of the Cross

J.R.R. Tolkien's epic The Lord of the Rings: The Fellowship of the Ring, tells the tale of how nine beings form a relationship around a quest to destroy the Ring of Power. Likewise, we are a part of "the Fellowship of the Cross" – people in relationship because of the Cross of Christ. Our purpose is to model and share His gospel. The Church as community has a common relationship in a common Father and that Father has given us a common mission of extending His kingdom's rule on earth.

II. Every Man's Journey

- A. Discover what God wants you to do and do it.
- B. You can't do it alone. You need other men.
- C. Men support each other when they come alongside another man to help them discover the power of the Holy Spirit for personal change and success.
 1. We grow in a mosaic pattern, not a linear one. (We often train people to be disobedient with too much information.)
 2. We assume the Holy Spirit is resident in people and they have the capacity to listen to God and respond.
 3. We can come alongside people so that they develop personally and do what God wants them to do.
- D. The biblical basis for coaching, a skill that men must learn. (I Thess. 2:11-12)
 1. Encouraging – "Yes, you can!"
 2. Comforting – "Yes, you will!"
 3. Urging – "Yes, you must!" – (Eph. 2:10)

E. Coaching is not: counseling, consulting, mentoring. (Consulting can give you a break through; coaching can give you a follow through.)

F. Experiencing breakthrough in the invisible realities.

“In the heavenly realms” is a reference to the invisible realities of our life now. These realities certainly reach on into eternity, but they are something to be experienced now in your inner life-your thought life, where you feel conflict and pressure, struggle and disaster-that is part of the heavenlies. It is where we are exposed to the attack of the principalities and powers that are mentioned in Ephesians 6, those dark spirits in high places who get to us and depress us and frighten us and make us anxious or hostile. The heavenlies is not only the realm of conflict but also where God can release us and deliver us, where the Spirit of God reaches us at the seat of our intellect, emotions, and our will. It is the realm of those deep, surging urges that rise within us and create either a restlessness or a sense of peace, depending on the source from which they come. So don’t read this as though it were something out in space somewhere. These blessings are yours in your inner experience now if you are in Jesus Christ.” Ray Stedman

III. The Coaching Process-focused listening, powerful questions and helpful insights

A. Relate – Establish coaching relationship and agenda

B. Reflect – Discover and explore key issues

C. Refocus – Determine priorities and action steps

D. Resource – Provide support and encouragement

E. Review – Evaluate, celebrate, and revise plan

IV. Powerful Coaching Questions

A. Relate

1. How are you doing?
2. Where are you now?
3. How can I be praying for you?
4. What do you want to address?

B. Reflect

1. What can we celebrate?
2. What's really important?
3. What obstacles are you facing?
4. Where do you want to go?
5. How committed are you?

C. Refocus

1. What do you want to accomplish?
2. What are possible ways to get there?
3. Which path will you choose?
4. What will you do? (who, what, where, when, how)
5. How will you measure your progress?

D. Resource

1. What resources do you already have?
2. What resources will you need to accomplish your goals? (people, finances, knowledge, etc.)
3. What resources are missing?
4. Where will you find the resources you need?
5. What can I do to support you?

E. Review

1. What's working?
2. What's not working?
3. What are you learning?
4. What needs to change?
5. What further training steps would be helpful?