

Coaching 101 - (Put Courage In)

May 22, 2016

Coach (Websters Dictionary): A person who teaches and trains an athlete or performer. Private teacher who gives someone lessons in a particular subject.

A good coach expresses encouragement and optimism in both easy and difficult tasks.

WHY Encourage

Encourage (Put Courage In)

1 Thessalonians 5:11 New International Version (NIV)

11 Therefore encourage one another and build each other up, just as in fact you are doing.

Encourage - *Parakaleō* (To call to one's side, admonish, exhort, comfort, strong and teach).

- In both 1st and 2nd Thessalonians Paul is urging the new Gentile believers to live Godly lives.
- The church faced persecution
- The church was battling discouragement and sorrow
- Paul wanted to give them hope and strengthen them in their faith

Our world is in desperate need of hope. We are called to be the salt and light of the world and have been commissioned to bring His light to everyone.

When should we encourage

- When faced with life challenges (illness, financial, marital etc.)
- Overcoming obstacles
- During our walk as believers

1 Peter 4:12-13 New International Version (NIV)

12 Dear friends, **do not be surprised** at the fiery ordeal that has come on you to test you, as though something strange were happening to you.

13 **But rejoice** inasmuch as you participate in the sufferings of Christ, so that **you may be overjoyed when his glory is revealed.**

Hebrews 10:19-25 New International Version (NIV)

19 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, **20** by a new and living way opened for us through the curtain, that is, his body, **21** and since we have a great priest over the house of God, **22** let us draw near to God with a sincere heart and with the **full assurance** that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. **23** Let us hold unswervingly to the hope we profess, **for he who promised is faithful.** **24** And let us consider how we may **spur one another on toward love and good deeds.** **25** not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

2 Ways to Encourage

1). Remind each other of God's Faithfulness

Hebrews 10:23 New International Version (NIV)

23 Let us hold unswervingly to the hope we profess, for he who promised is faithful.

Example - Tim's Sermon - Rehearsing the faithfulness of God. Share your testimonies.

2). Challenge each other

Matthew 14:29 New International Version (NIV)

29 "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus.

God wants us to put courage in others to do the things that they would consider impossible!

**Who should you be coaching, encouraging and cheering on?
Try this at home!**

**“Encourage One Another”
May 22, 2016**

Hebrews 10:19-25 (NIV)

*(The Passion Translation) “So now we must **cling tightly to the hope** that lives within us, knowing that **God always keeps His promises!** Discover **creative ways to encourage... eager to encourage each other** as we anticipate that day dawning!”*

“Last days”- day-by-day we are moving toward FULFILLMENT (i.e., to goal or the “prize”; not “when it’s over” but “when it’s fully accomplished”!)

“The Day”- (not “the night”) Grand Finale; hope-filled CULMINATION!

“Encourage (PARAKALEIO) all the more”—Our effort is not wasted; our life is not aimless; our future is not hopeless!!!

PARA- “to be fully with” (i.e., parasite, parachute, paramedic)

KALEIO- “to call forth”

[NOTE: ENCOURAGEMENT “puts courage in” by calling forth who we really are!]

- Joshua: **“Be strong and very courageous! The LORD is with you!” (Joshua 1:9)** (*Lit.- “Be the courageous people He has made you to be! Walk in the revelation He is with you and mighty in you!”*)
- In the same way, Yeshua (Messiah Jesus) calls us forth by flooding us with His resurrection power. **“The same power that raised Jesus from the dead is at work in you!” (Ephesians 1:19-20)—looking for “dead things” in us—in order to raise them to life again!**

ENCOURAGING THOUGHTS RE: “ENCOURAGEMENT”:

1. **There are NOT ENOUGH ENCOURAGERS in the world.**
 - **“Encourage all the more” (Heb. 10:25) is an appeal for ALL of us to INCREASE sharing powerful, encouraging words with one another**
2. **Many people are ONE ENCOURAGEMENT away from a significant SHIFT or BREAKTHROUGH in their life.**
 - **Isaiah 50:4- Awakened “*morning by morning*” with a timely “*word*” that has the power to “*sustain*” (*empower to press through*) those who are “*weary*” (*ready to give up*)!**
3. **Miracles, healing, prophecy, creativity, etc.—flow from our DESIRE TO ENCOURAGE someone else. (than by focusing on getting a word or getting a miracle)**

Heidi Baker's story:

Every Monday, in Mozambique, I visit my village. We have 3500 children in our school from there so I like to see their families. And I just sit and hold the poor, spending time loving them...

And on my way back from visiting a mama named Tina, I saw this little, old woman. And she was really poor, you know, her clothes were shredded, and a strange thing was that she was sitting in the sun. And I thought: "Why is this woman sitting in the sun in Mozambique?" It's hot! At least she should be in the shade.

And I said "What's your name?" in our local dialect. And she answered: "I have no name." And I was undone by that. I thought, how can anyone on earth not be given a name?

And I saw a woman sitting on the edge of a table away from her, and I said "What is her name?" And she said "She has no name, she is blind and she has no name."

And I've often thought about how the believers say that people are nameless and faceless, but Father God always give people a name. Father God would never say you're nameless or faceless or blind, you don't matter, you're poor and you don't matter. God sees each one of us and He knows all the hairs on our head.

So before I shared the beauty of Yeshua, the beauty of his love, I said "Sweetheart, I would like to give you a name. And the name I want to give you is Utalia" – which is "joy" and "you exist".

And she opens her mouth, and she has like four teeth that are dangling down, she is very old and her teeth are dangling, but she is laughing with joy. And I asked the other woman to call her by name, and she calls her Utalia, and she's so happy.

And I said that I believe that Jesus wants to heal your eyes, and there's no cameras, there's no razzmatazz, there's no light, there's no flyers. there's just the poor and the love of God just sitting there. And I just hugged her and the mercy of God hit this woman. Then I watched as her eyes turned white –then grey –and then brown. She's opening her eyes and looking around, she can see. The other lady could see that she could see. We're just in the heat in this extraordinarily poor area, and the joy of the Lord hits her. Then I told her about what Jesus did for her, and how Father God loves her and gives her a name, and how beautiful she is. And of course she met Jesus, how could she not? It's that simple.

We will only SEE miracles as we truly SEE people thru His eyes.

At the heart—ENCOURAGEMENT helps people to see themselves as God sees them!

4. (RE: the fear of giving TOO MUCH encouragement) People are quicker to deal with their issues IN AN ENVIRONMENT OF ENCOURAGEMENT (than in scrutiny & shame & accusation)

- "Let your speech always be seasoned with grace." (Ephesians 4:29)
- GRACE says- "God can equip you & help you to do His will."
- Environments & people change in the atmosphere of life-giving words