

Questions and Discussion Help for Home Group Leaders

Last Sunday, Ray talked again about how important it is for Christians who are stalled or stuck to seek out a personal coach, to ask for help in overcoming personal struggles, sins, and secrets. The key Bible text was Philippians 2:12-13. To make his point, Ray interviewed a VN church member named Joni.

1. Have any of the things you heard last Sunday—from Ray or Joni— stayed with you?
2. In all that you heard last Sunday, do you think God was trying to communicate something to you personally? What do you think God was saying to you about your life?
3. Would any of you be willing to come out into the open and say, *“I think I’m stuck; I think I need some personal coaching?”*
4. If VN is going to be a church that provides growing Christians with coaches during difficult seasons in their lives, we’re all going to have to re-think our part in church life—even in our home group. In the Recovery Movement that Joni talked about, everyone has a coach and is a coach. Coaching is a shared lifestyle. Are you ready to become someone else’s spiritual life coach? Why or why not?
5. A week earlier, Ray described a simple coaching model that he called “The Pyramid of Power”. He said that the foundation is a decision—a decision to take personal responsibility to act, regardless of what anyone else might do. The three points of the triangle are a) PRAY—ask for personal prayer for specific struggles and secrets, b) PARTNER—ask another Christian to be your growth partner or coach, and to begin by telling you what they see and hear, c) PLAN—together with your growth partner, form a strategic plan for establishing accountability and overcoming these private struggles. How is this “Pyramid of Power” coaching formula different than getting together with a Christian friend just to encourage him or her or to pray for healing?
6. End this discussion by reading I Corinthians 9:24-27. The context for this passage is a larger discussion of Christian freedom (see vv. 1 & 19). We’re all free to decide to keep our struggles and sins private. We don’t have to reveal the truth about ourselves. No one is going to kick us out of the church for having private struggles. It’s our privilege to stay stuck, if we choose to stay stuck! But, Paul reminds us of what we all know: Olympic athletes don’t settle for being in the game; they don’t settle for running in circles around a track. They want to be the best they can be and to win! So, they train hard. Paul says that they go into *strict training* . . . and even in ancient times, with a coach.

Building on the Olympic metaphor, Paul concludes by saying that he doesn’t want to get to the end of his life, having talked to everyone about running hard and going for the gold, only to be disqualified for the prize because he didn’t train with a gold medal vision, attitude, or commitment.

Can we agree that we really do want to help each other, as home group members, to develop gold medal character, marriages, finances, and ministries? Can we agree that if anyone in this room needs a coach, and asks us for help, we’ll serious consider their request? Let’s do it!