

Coaching and Youth: How to Connect, Lead, and Disciple Young People

Have you ever talked to a young person and tried to figure out how to answer many of their questions? What is my purpose? Which school should I attend? I know I should read the Bible, but I don't want to, what should I do? When confronted with questions like these, we leaders can quickly go into a "you should mode" and automatically go to behavior modification. However, these days many times this doesn't bear fruit in young people's lives. When examining how Jesus interacted with people, sometimes he didn't give them a straight answer but responded with a question. This workshop will look at some of Jesus' interactions, develop coaching principles, and discuss how to address young people hearts as we connect, lead, and disciple them

Zala Cempre was born and raised in Slovenia, where she now serves as an overseer of youth and young adults ministry in her local church in Ljubljana. There, she discipled, leads, and trains a group of volunteers. On a national level, she leads a 2-year discipleship program for college students and serves as a director of evangelical camps. Zala loves to take students on short-term trips to former Yugoslavian countries where they serve the needs of the local churches. Zala holds a bachelor's degree in management and master's degree in international business.

I. Coaching

Like golden apples set in silver is a word spoken at the right time. – Proverbs 25:11

A. What coaching is not

1. Mentoring

"The activity of giving a younger or less experienced person help and advice over a period of time, especially at work or school."

2. Counseling

"The job or process of listening to someone and giving that person advice about their problems."

3. Other Methods

B. What coaching is

II. Coaching principles and Jesus – How can these go together?

“Something remarkable happened to people when Jesus—the self-proclaimed answer—began asking questions.” – Jedd Medefind & Erik Lokkesmoe

A. In the four gospels, Jesus asked over 300 questions (repeated questions included).

- a. What do you want? (Jn 1:38)
- b. Who is you are looking for? (Jn 20:15)
- c. What do you want me to do for you? (Mt 20:32, Mk 10:36; Lk 18:41)
- d. Who do people say that I am? (Mk 8:27; Lk 9:18)
- e. What about you? Who do you say I am? (Mk 8:29; Lk 9:20)
- f. Do you want to get well? (Jn 5:6)
- g. Why would people gain the whole world but forfeit their lives/very self? (Mk 8:36; Lk 9:25)
- h. Can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? (Mt 6:27)
- i. Which father among you would give a snake to your child if the child asked for a fish? If a child asked for an egg, what father would give the child a scorpion? If you who are evil know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him? (Lk 11:11-13)
- j. Do you believe I can do this? (Mt 9:28)
- k. Why do you call me “Lord, Lord,” and don’t do what I say? (Lk 6.46)
- l. Do you love me? (Jn 21:17)

B. Why we ask questions

C. Why Jesus asked questions

III. Application for Youth Ministry

Discussion Questions:

1. If you were to list the top three items on God's agenda for you, what would they be?
2. What area of your life has God been speaking the most to you about in the last two months?
3. If your current circumstances were part of God's plan to develop you as a person, what would you say He is up to?

Suggested Readings**Books**

Leadership Coaching: The Disciplines, Skills, and Heart of a Christian Coach (Tony Stoltzfus)

Coaching Questions: A Coach's Guide to Powerful Asking Skills (Tony Stoltzfus)

Christian Coaching, Second Edition: Helping Others Turn Potential into Reality (Gary Collins)

The Coaching Manual: The Definitive Guide to The Process, Principles and Skills of Personal Coaching (Julie Starr)

Websites

<http://www.christiancoachingcenter.org/>

<https://www.coach22.com/>

<https://coachfederation.org/>

<http://www.coachingmission.com/coaching/>

App: Questions for Jesus

Training program: Foundational Coaching Skills Training - FOCOS