

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

Have you ever talked to a young person and tried to figure out how to answer 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, leaders we are quick to give young people suggestions on what they "should" do. However, this doesn't often bear much fruit. When examining how Jesus interacted with people, sometimes he answered their questions with a question. This workshop will look at Jesus' interactions, develop coaching principles, and discuss how to connect, lead and disciple young people.

**Zala Cempre** was born and raised in Slovenia. Currently, she serves as a high school leader in the local church in Ljubljana. There, she discipled girls and leads 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. She loves to take students on short-term mission trips to former Yugoslavian countries where they serve the needs of the local churches. Zala holds a Bachelor degree in Management and Master's in international business. She is currently working on a Leadership Coaching certificate.

### 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, the Bible, 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