

L.I.F.T.

Listen - Inspire - Facilitate - Transform

STUDY GUIDE

Jesus' Way of Coaching



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OUTLINE

Introduction

- 4 Introduction to LIFT
- 6-8 Where to use LIFT
- 9,10 How to use LIFT
- 11-13 Work Like Jesus and MODEL
- 14-20 See it in Action - Skit

Step 1 Connecting - Questions

- 21-23 How to Connect
- 24,25 Connecting through Questions
- 26-30 Questions that Jesus Asked
- 31, 32 Reasons for your Questions
- 33,34 Two Questions you should always ask

Connecting - Listening

- 35 Listen like Jesus
- 36 What I am listening for
- 37-39 Listening as a way of loving others like Jesus
- 40-43 Jesus' Masterclass, In Listening
- 44,45 Bible Verses about Listening
- 45,46 Handling resistance
- 47 Motivation & Confidence



OUTLINE

Step 2 Discovering Their Way

- 48-52 Introduction to Purpose, Path, and Steps
- 53,54 Finding Your Purpose (The Big Picture)
- 55 Choosing the right Path
- 56 Steps along your path
- 57-60 Bible Examples of Purpose, Path & Steps
- 61 SMART Goals
- 62 Ongoing Support
- 63 Review of LIFT processes

Step 3 Principles used in LIFT

- 64 Principles used in LIFT introduction
- 65-67 Walking the Health Path Together
- 68 Christ Reflectors
- 69 A Personal Work
- 70,71 He Makes the Difference – How to Succeed
- 71 Reflecting through Truth
- 72-74 Bible Promises
- 75 The Power of Prevention
- 76 Health Principles

Resources

Disclaimer

In preparing this material and when using it for training, we have been careful to teach general principles of communication and have instructed all those who take this training to give no medical advice but to refer those involved to seek appropriate direction from a qualified medical professional. This training is not intended to qualify the student to be a certified professional coach.



INTRODUCTION TO LIFT

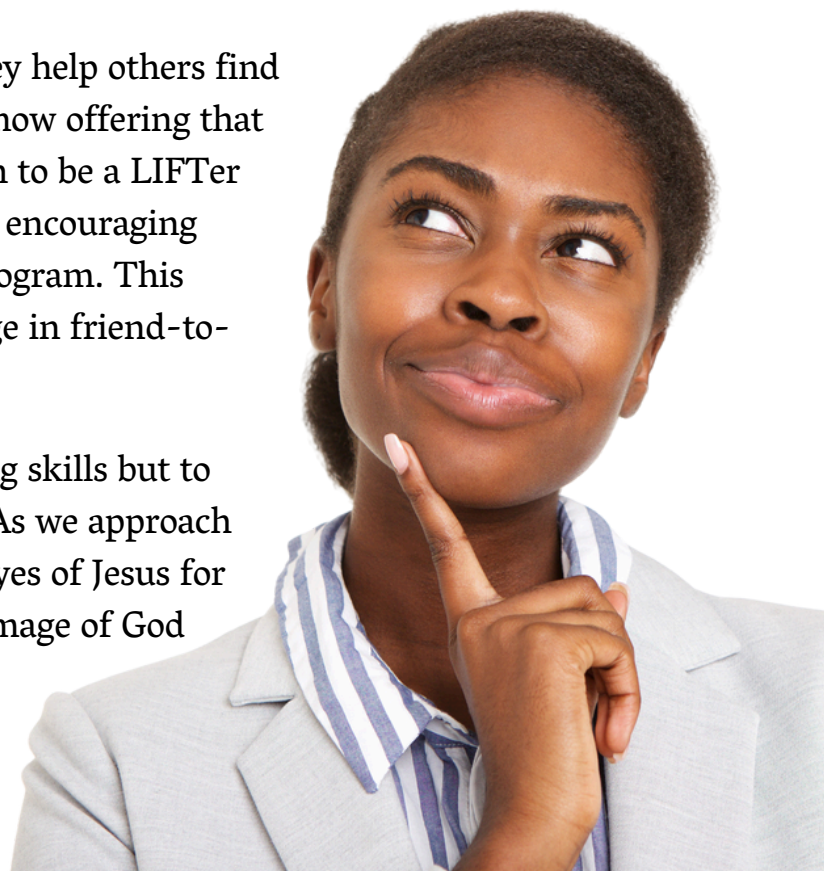
Jesus' Way of Coaching

One reason we call this program LIFT is Jesus came to LIFT people out of the pit they had fallen into, and now we follow His example as LIFTErs in our world. When we learn from Him and allow Him to work through us to connect with and support others, we become in effect “Christ Reflectors”. Doing the very work that Christ did in His world, as He came to represent His Father. We now go out to reflect Christ in our world. For instance, sometime, try just watching people and ask Jesus, “what do you want me to see in them?” “Give me your mind for them.”

To understand the LIFT program, you need to go no further than the acronym: Listen, Inquire/Inspire, Facilitate and Transform. Most of us are really good at giving information but not too good at **Listening**, getting to know people will go a long way in reflecting Christ's character. **Inquiring**- ask questions, be curious, wanting to know them better. To **Facilitate** is to help a person achieve something themselves, rather than doing it for them, which results in **Transformation**, because a person becomes stronger, reaching their goals both physical and spiritual. These are four gifts that will change our world, and make the church a change agent for good.

Many have found the joy of coaching as they help others find success in their various endeavors. We are now offering that opportunity to everyone who wants to learn to be a LIFTEr and learn the basic skills of connecting and encouraging others without taking a formal coaching program. This approach is easy and uses everyday language in friend-to-friend conversations.

Our desire is to do more than teach coaching skills but to also discover and have the mind of Christ. As we approach each individual, we see them through the eyes of Jesus for what they can become. Restoration to the image of God was His goal and it can be ours as well.



During this training, we will explore and learn from our Master Teacher how to mingle with people in every walk of life, looking for ways to help and do good for each one we meet. As we listen to understand, we ask the right questions, with a loving desire to befriend them. We help them to discover ways to a better life. This will win their confidence and open their heart and minds other gifts and instructions that God wants to give them.

The LIFT concepts are practical for relating to family, friends, and those in the workplace. People will find help through your questions, your listening, and your friendship. To these basic skills, you can add how to guide them in setting realistic goals as you provide accountability and ongoing support, personalizing how to make changes, and overcome obstacles. Every church can find greater success as its members learn these valuable principles of “Jesus’ way of coaching”.

Even though we have a monumental task of reaching our world with the gospel, it’s not too hard for the Creator of the universe. The things He did while on this earth were unbelievable, and He says that “greater works than these will you do, because I go to my Father”.

Maybe it’s time to “expect the unexpected”. I believe that the principles you will learn in this course, when applied, have the potential to prepare a people to “fill the earth with the glory of God” and usher in the closing scenes of this earth’s history. It is not because of how great we are, but because of how great a God we serve from whom we get our power and orders.

LIFTers are the hands and feet of Jesus, reflecting Him and restoring the image of God in His creation. So, let’s get started on a journey of discovery. With Jesus beside us we can reflect Him to a world in need.



WHERE TO USE LIFT

We have done well with training physicians, teachers and other instructors but have often failed at training the most important part of the team: the ones that come alongside and help to put all that knowledge into practice.

In combination with a plan for evangelism or within the spirit of ongoing support must come personal ministry. We should have an attitude of benevolence, wanting to help relieve suffering and help restore people to the image of Christ without an expectation of anything in return.

LIFT can be used to help people with lifestyle changes, but the principles can also be used to make spiritual changes as well. As we stay open to the guidance of the Holy Spirit we will sense where He is guiding us, as we hear about people's dreams and desires for change. Listen and ask questions with a discerning ear and open heart and we will truly do the same work as our great example, Jesus Christ.

Various Applications

A church trained in LIFT will be stronger and healthier and will also experience improved communication with each other leading to less internal strife.

As this support is applied to outreach it optimizes all community programs that the church is active in, while adding to the number of active members who are involved in any outreach program of the church.



WHERE TO USE LIFT

Example: LIFT as used in a local health program:

“Welcome to our first Diabetes Undone class, where you will learn the power of lifestyle in turning around diabetes. This is not just a normal health class where we give you information and then let you go on your own to apply it. We are so interested in your success, we want to provide personal support during the program and even afterward.”

“Even though the things we teach in this class are made as simple as possible, lifestyle changes are not always easy. Our **Personal Support Team** come to the same classes that you are coming to, so they can hear the same information that you learn, and to get to know you as well. You can get to know each of them during these classes so that you can find the best team combination yourself. Let’s meet them now”. (Each volunteer introduces themselves) (Hi, I’m Jane smith, I teach 5th grade and have enjoyed helping students to understand and apply the material, and as I have seen the power of lifestyle, I am looking forward to helping some of you apply what you learn in the class to improve your life and your health)



WHERE TO USE LIFT CONT.

1st contact by a LIFTer

Later Jane Smith is getting acquainted with various participants. Here is what she may say to one. “Hi, I’m Jane Smith, I think I remember you, It’s Sue, isn’t it?..... Tell me about yourself. What are some of your goals for the class”

(The “....” Indicates that the LIFTer is listening and responding to the participant) In the LIFT training you will learn some things that you should say and ask at specific times but with just a few ideas in mind, the most important thing is loving people, being curious, remembering that they are in charge, don’t take over, just guide them, it’s their journey.)

You will connect with people in a casual way, with curiosity, paying attention and remembering their name and important things they tell you. Reflect on their answers. If you call by phone, start out your conversation with something positive, like “what’s the best thing that happened this week?” Avoid the overused phrase “How are you doing?”. You don’t want them to dread your call, fearing that they will disappoint you if they haven’t done well.



HOW TO USE LIFT

As you connect with people, you will discover a variety of conditions, emotions, and needs. Jesus faced similar situations and we can learn from His example. He talked to those who were anxious, troubled, worried, weeping, afraid and hurting. In most cases He simply asked, “why are you anxious, troubled ... etc.” or He often asked “What do you want me to do for you?”

Let's look at each word in the LIFT acronym to understand it better.

LIFT - Listen, Inspire/Inquire, Facilitate and Transform

LISTEN- We meet someone at church, at work, at a health program etc. Get acquainted.

1. They may or may not have a need to change, maybe just need a listener.
2. See them through the eyes of Jesus, and all they can become.
3. Keep in mind how to reflect Christ's character in all your connections.
4. Keep in mind the personal approach, the power of one-on-one.

INSPIRE/INQUIRE- As we listen and ask questions, we are discovering more about them. We start by inquiring and **staying curious**. Jesus inquired and inspired people through his teachings, actions, and **personal example**, and **Inspiring them to live a life of love, compassion, and service to others**.

1. We discover their safe zone, where we can connect safely with them.
2. We expand what we know about them. “Tell me more”.
3. We build a rapport where they feel safe. We may discover needs or not.
4. We listen for what is important to them.
5. “Tell me your dreams and goals”.
6. Don't make them dread another meeting because we talked to much.

HOW TO USE LIFT CONT.

FACILITATE- Discovering their needs and wants. Find out if they could use help to reach a goal or other needs.

1. This may not happen at the first contact, or at all.
2. Listen for “change talk”, “I should...”, “I want to...”, and “I have to...” to discover their needs.
3. Brainstorm about options for their path and steps toward their purpose.
4. Continue to keep the “Big Picture” in mind when setting goals.
5. Help them choose the first step toward their goals.
6. “What can I do to help?”
7. Put yourself in their place, feeling their pain and joys.

TRANSFORM- Life changes take place through consistent support not by information alone. By reflecting Christ’s character, you can lead them gently to Him.

1. Help them keep the steps easy to ensure success.
2. Review the plan with them to see if you got it right.
3. Encourage them, and assure them you are available to give support.
4. Set up the next time to connect. Encouraging texts can help keep them on track.

The more you study Christ’s life, gaining more and more the mind of Christ you may not need these steps. God will guide you as you pray and trust Him. Eventually, it will become so natural for you that connecting with people becomes just who you are. Christ did not teach His disciples steps or methods. It was primarily by being around Him they were changed. We should **spend more time with Him** and then be able to do the same.

IF YOU WANT SUCCESS IN YOUR MINISTRY

WORK LIKE JESUS

Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me." MH 143

Here is my paraphrase and an acronym **MODEL** to remember it.

How to MODEL Christ

"If you want success in your ministry Work Like Jesus". Using the acronym **MODEL**

- M** Take advantage of any opportunity to Mingle with and bump into people
- O** See beyond what they are now and see them through the eyes of an Optimistic God
- D** Reflect Christ's character. As they Desire it for themselves, lead them gently to Him.
- E** Put yourself in their place with Empathy, feeling their pain and dreaming their dreams
- L** Find out what they need and want. Through Listening, find what is important to them.



L.I.F.T. - FOR YOU

As you are learning the value of LIFT-ing others, you may have discovered that you need to be LIFTed as well. As Jesus was training the twelve to be disciples (LIFTers), they needed Him to Listen, Inspire, Facilitate and Transform them first. To be an effective LIFTer, you need Jesus to disciple you before He sends you out to “go thou and do likewise”. He desires to do that for you today.

As you have been learning, He starts by getting acquainted with you, asking your name, what is important to you, and where are you headed in life. You may not hear His physical voice but He does speak to you through His word. As we read and pray, keep an ear open for those personal questions. He will be patiently **Listening** for your answer. He wants to **Inspire** you as no one else can do. He is after all the great inspirer, again it is through His word, so, be inspired as you read. And you may have noticed that not everything you read is clear, that’s because He is **Facilitating** your growth rather than just telling you everything. He knows it is better for you to discover it yourself. That happens through, reading, listening, comparing, and then testing it out.

And most of all He wants you and I to be **Transformed** into His image, restored to His original design. As He LIFTs us, we may realize that our focus was all about us. God knows that we will never find true joy and peace till our focus is on others. He will gently guide us to discover this on our own and through His Word. As the disciples were not ready to be effective LIFTers till they had been transformed, my prayer is for you to be LIFTed by Jesus, then like the disciples you can go out and change the world. But even as they went out, it was not alone. He was always there and you are never on your own either.



L.I.F.T. - IN YOUR HOME

As you have been learning LIFT, and learning to coach like Jesus. You may have been looking around and thinking about who you would start with, who you would LIFT first. May I suggest you start with your friends, your roommate, your own family, your spouse, and your children? And with that starting point, Jesus may be asking you His first question, “where is your focus?” Is it what you need, or want to **get**, in these relationships, or is it what you can **give** to them? Or He may be asking you about your “**Telling**” rather than “**Asking**” them, starting with an inquiry about them. Make no mistake, He has not forgotten about your needs. He just knows that your greatest need is met when you experience the joy of giving to others rather than getting. It is an interesting paradox that when you are always trying to **get** what you need, your spouse or children respond in kind, by also trying to **get** from you. When we live to serve and to **give** to others, those people often respond by giving in return, and our needs, as well as theirs, are met from a foundation that is the basis of God’s kingdom. As you practice these LIFT principles at home, He will be discipling you.

And the cycle continues- as you are LIFT-ed- you will learn to LIFT others. So, listen to His questions in His Word; He is **listening** to you. Let Him **inspire** you from His word as well as His personal voice to you. He will be personally **facilitating** your **transformation**, then going with you to LIFT others.



LIFT SKIT

This skit is presented here to give you an early view of what it might look like to help LIFT someone even though key skills have not been learned yet.

Things to watch for in the skit

Did they use LIFT Good listening, Inspiration, Facilitation, or Transformation.

Did it help to find a Purpose, Path, and Steps? (to be covered later)

Did you see MODEL - Mingle, Optimistic, Desire for something better, Empathy and Listening?

This was a LIFT interaction with specific goals that Gus needed help with. He had information from a previous program so I was not giving medical advice. Even so, the discussion was on basic health principles which anyone can share.

Often this support can be done over the phone or through other remote methods.



LIFT SKIT

(I was just introduced to Gus. This is our first conversation.)

Me- So, Gus, what do you do?

G- I'm a retired commercial pilot.

Me- A family?

G- Yes, I'm Married with two grown children.

Me- You seemed a little young to retire, that must be nice.

G- Well, not really, I had to stop flying because of diabetes. I thought I had it beat because four years ago my wife and I went to a Lifestyle Center with good results on weight loss and correcting my borderline diabetes. However, I could not continue the diet due to the limited food options in airports. Two years later, I was forced to take a medical leave from flying due to diabetes.

Me- I'm sorry to hear that. That must have been disappointing.

G- Yes, but I was ready to retire anyway.

Me- I'm curious about that program where you turned around your pre-diabetes.

G- Yes. It was pretty amazing. It was a plant-based diet, daily exercise, and other valuable lifestyle practices. It worked wonders when they were cooking for us and we could focus on our health and not work.



LIFT SKIT

Me- Have you considered going back to what you learned at the lifestyle center now that you're retired?

G- Yes, I am now trying to work on my health again. But I am on my own with this as my wife is working out of town for 1-2 months at a time and is not available to cook for me on a regular basis.

Me- How can I help?

G- I guess I just need to get started instead of just talking about it.

Me- I would be happy to be a support as you start this new journey. Maybe connecting by phone each week, Would that help?

G- That sounds like it could make all the difference.

Me- I will be there for you, but it will be your plan, perhaps based on what has worked for you in the past.

G- I can do that.

Me- Should we work on that now or set up a time to get started?

G- I don't have time today but how about next Tuesday, around 1:00

Me- You know, since I'm not retired yet, could we make it 6:00 pm?

G- That works just as well for me

Me- What if you pulled out some of your books from the lifestyle center and see if you get some ideas on where you may want to start again?



LIFT SKIT

Week Two-

Me- Gus, this is Rick. I'm curious what you discovered on your search of your old lifestyle information.

G- Well I found the cook book, and picked out some of the recipes I liked.

Me- So, I am guessing that you are thinking about your diet first, or maybe exercise. What things have you been thinking about that you would like to start with?

G- I am thinking slowly incorporating some of these recipes and start walking a little.

Me- That sounds like a great plan. I think you are right-on with the walking idea. Start small. What is the least amount that you know you could easily do?

G- Maybe 10 min.

Me- Good.

G- I can do that. Thanks for getting me started on this. I needed that.

Me- I'm glad I can help. Feel free to text me anytime. I will call you next week. Does Tuesday at 6:00 still work?

G- That is perfect. Thanks again for helping me regain my health.



LIFT SKIT

Week Three-

Me- Gus, from your texts this week, it sounds like you are getting a good start on this health turn-around. I'm proud of you. What do you think?

G- Yes, thanks for the texts. Those came just at the right time; when I was either getting discouraged or didn't know what to fix.

Me- Tell me what you found as far as food choices for next week.

G- Well I found those recipes from the lifestyle center. I found the ones I liked but, when I was there, they fixed them for us. I'm not much of a cook, and it's new for my wife also. I'm glad we started with looking for things, not making the food changes right away. It gives me a chance to get ready so I don't start out with a failure.

Me- Were there any easy recipes that you could do yourself?

G- You know they did show us how to do some easy things. That might get me by till we both learn how to cook these recipes.

Me- I know that I like when I can just dump cans of beans, corn, tomatoes in a pot and make something like chili, and put some greens in a pot and cook them up, and I am no cook.

G- I remember they taught us whole grains and fruit for breakfast, beans and greens for lunch or supper.

Me- What about breakfast, can you cook oatmeal or other whole grains? What do you like the best?

G- I can cook oatmeal, I think. I will give that a try.

Me- Sounds like you are getting a plan together.



LIFT SKIT

Week Four-

Me- Hey Gus, tell me about your week. From your texts, it sounds like you are seeing some gradual progress.

G- Yes, it's coming, maybe not perfect but it's better than a month ago.

Me- I want to hear more about that. But first, it might be helpful to see how your goals lead to a bigger picture in your life.

G- What do you mean?

Me- Well Gus, describe to me the path that you are on and what the end of that path might look like. Sometimes, when you see where you are going it helps you stay on track.

G- Yeah, I see what you mean. Well, I want to improve my health by making good choices and being aware that my choices have consequences. At the end of that path, I guess I see myself more active, avoiding disease. It would be nice if I could fly again, but it was probably time for me to retire anyway. Looking back, if I had put out a little more effort I could have enjoyed a few more years of work as a pilot.

Me- But, let me ask you why that path to better health is important to you.

G- I guess, even in retirement, better health allows me to be more involved with my grandchildren, my wife, and helping others.



LIFT SKIT

G- I guess I never really thought about why I have these goals. Thank you for helping me tie those smaller things to a bigger picture.

Me- What I am hearing you say is, your life purpose is to trust and serve God and others while taking the best care of your health as you can. And one of your paths is to get your diabetes under control, to avoid the complications of diabetes, to improve your health and stamina by regularly enjoying and sticking to a primarily plant-based diet.

G- That pretty much explains it.

Me- What do you think are the big motivators that will keep you on that path?

G- One big motivator is the fear of the devastating effects of disease. I desire to have better health for longer life and happiness. And I guess the desire to achieve my life purpose that we just talked about.

Me- What might get in the way and get you off the path?

G- One might be poor knowledge of how to fix appropriate food (myself and my family). And the love of foods that will not help me reach my goals.

Me- What would be a strategy to help keep you on the right path?

G- I can pray for wisdom and strength to make the hard decisions, and to have a love for the food that God has given for my best good. I need to develop a supportive family atmosphere.

Me- You can't go wrong when you rely on God's power for success.

That's about all the time we have for today. Was that helpful to get the bigger picture and see how everything goes together?

G- That was very helpful, and thank you for all your support, I wouldn't have made this much progress on my own.

Me- You're welcome, you are a true friend and I am excited to see the improvement you have made. Would you mind if we took a minute to thank God for your progress and ask Him to continue to give you the help you need?

STEP 1 - Connecting with Questions & Listening

This section deals with how to connect with people through questions and listening. These are principles based on Jesus' example. Keep in mind that **He is still available** to guide us in this process as He chooses to work with us as His disciples today

Step 1 includes

- How to connect with people
- Connecting through Questions
 - What are the reasons for your questions
 - Questions that Jesus asked
 - Two questions you should always ask
- Listening Like Jesus
 - What I am listening for
 - Listening as a way of loving others
 - Jesus' Masterclass in Listening
 - Bible Verses about Listening
- Handling Resistance



CONNECTING

Personal Connections are the best part of life, the best part of ministry, the best part of family. Let's maximize our connection ability and find the best way to connect with people. Jesus was the master at connecting with people. So, let's start by looking at how He connected with people. Learning from the master is a type of discipleship.

There are many aspects involved in connecting with someone. I have listed a few here:

1. **Observing** them at the:

- a. Gym
- b. Church or event
- c. Work
- d. School

2. **Asking Questions**

Related to what they are doing (woman at the well, getting water, ask for a drink)

3. **Listening**

It's all about their story, not yours

4. **Digging Deeper**

Be curious to know more about the things that are important to them

5. **Common Interest** between you and them.

A reason to reconnect at a later date.

6. **Follow-up** (connecting again later)

In a way that is appropriate to both of you (call, text, see at gym)

7. **Support** (helping or being available)

Be willing to go out of your way to be of service to them

CONNECTING

Connecting often occurs at events and programs like

1. Church
2. Programs (large or small)
3. Gym
4. Etc.

Programs are a means to connect.

Focus on their needs rather than the program itself and what we want to teach them in the program.

When involved in a program where you invite the community, realize that the main purpose is to connect and to get acquainted. You may have thought the main purpose was to share something the presenter understands well and wants the attendees to learn. And that may be important to those who come as well. But you will find a bonus blessing when you focus on connecting with individuals. That is the difference between a program-focused approach and a people-focused approach.

- A **program-focused** approach is all about what you have to share. This approach will be considered a success based on the number of people who come and whether they learned something.

But, in this approach no one asks the participants what they wanted, what they thought, what they learned, how it was applied, or whether it met their needs. Did they have the opportunity to respond? Was anything done to help them succeed with applying the information? A **people-focused** approach takes all that into consideration as well. Preaching- or any other one-sided presentation- is not really effective connecting.

CONNECTING THROUGH QUESTIONS:

Whether you are a follower of Jesus or not, we would all do well to study the “communication practices” of the One many believe to be the greatest communicator of all time.

Jesus’ communication style focused on two things: He told great stories and asked great questions! Both were for the purpose of restoring man back to God’s original purpose and image- one person at a time.

I don’t know about you, but I ask a lot of questions because I don’t know the answers. That was never true of Jesus. He knew all of the answers and yet he focused so much of his interaction with people on asking them questions. Why do you think He asked so many questions?

- To form a connection with the individual or group.
- It is the starting point of building a relationship.
- Conversations usually start with a question.
- It gets people to think and often they begin discovering their own answers.

Each Person is Unique: Jesus’ desire is to restore people; to restore them to the original nature he created them for, as reflectors of His image. He saw the effects of the great deceiver, and that they were living in a fog and couldn’t see the solution. They often didn’t even know that they had a problem or what they were missing. That is why He had to approach each one in a unique manner, based on their own ability to understand the truth and what was missing. But the goal was clear in His mind. He could be direct with those who knew what they needed but were just stubbornly rejecting the solution. Others had no foundation to even build truth on, so He had to start with something that they understood, something in their life that He could use. The key to unlock their soul.

As we observe and begin connecting with people, we need to pray for the discernment that He had and that He wants to give us. Be flexible and patient with everyone.

CONNECTING THROUGH QUESTIONS:

Your Turn:

I find it hard to memorize His questions. And if I did I may use them for the wrong people, or in the wrong situations. So, I like to simplify His main purpose and understand why He did certain things. Then I might have a chance to do the job He left for me. **Look at the questions on the following page that Jesus asked and ask the following questions, to learn from them. Analyze these questions, and dig into them deeper.**

- Was there a common focus, “What do you think?”
- Look at Jesus' questions and determine which category they fall in and what He was addressing.
- Is it closed-ended? (starting with; Are you, do you, will you, has no one)
 - Was there more to the question than a yes or no answer?
- How the question starts: why?, what do you?, who?.
- Did He use “bullet” questions? Short and to the point, or long ones?
- Come up with questions similar but for modern conditions, or worded in modern language.
- Look for a recurring theme.
- Can you group them into categories?
- Do you see anything that you could use in asking questions?



QUESTIONS THAT JESUS ASKED

- What will it profit a man? (What are the results of your actions and pursuits?)
- Where are we to buy bread? (Testing their faith, see where they are on their faith)
- Why are You Anxious? (Take stock of your emotions, how you feel, and why you feel a certain way)
- Do you see this woman? (Look at people, read their emotions, body language, etc.)
- Why are you troubled? (Examine your feelings and determine if they are helpful, hurtful, or even appropriate)
- Has no one condemned you? Jn 8:1-11 (Do you have reason to continue in fear and shame)
- Do you want to be healed? (Understanding if your desire is possible, and what is your real desires)
- Why do you call me Lord? (why do people do what they do? Is our talk cheap or are we just talking without thinking?)
- Who do you say I am? (Calling for personal response and commitment)



MORE QUESTIONS THAT JESUS ASKED

- Do you love me? (The real test and call for commitment)
- Why do you worry? Lk 12:23-34 (Some emotions are not helpful and only make things worse)
- Why are you weeping? (A new insight will turn weeping into joy)
- Who touched my clothes? (Own up to your actions and true desire)
- Why are you so afraid? (“Perfect love casts out fear;” if you only knew you would not fear)
- Why don’t you notice the log in your eye? (A little humor, using exaggeration to make a point)
- Who is my mother? Who are my brothers? (True connection may be less in relationships; than in common goals)
- What do you want me to do for you? (Clarify their desire vs. yours for them)
- Are you also going away? (Stay true to what matters, even in difficulty)
- Was no one found to give praise? Lk 17:11-19 (the condition of your environment and people)
- Do you have any fish? Jn 21:1-14 (What do you have vs. complaining of what you need and don’t have)
- Why have you forsaken me? Mark 15:33-39 (The why questions may help us see behind the obvious)
- Do you understand what I’ve done for you? Jn 13:1-13 (understanding God's work in your life)

Possible things you may have found in the exercise:

The Focus was Restoration

Categories: Relation to God, Relation to Man, pain, and suffering, or just to make them think.

Other principles He used:

- Using questions to see where they were at
- Wake them up from their brain fog
- Provide insight and support for victory over the enemy
- Continuation of the discussion based on their response

QUESTIONS THAT JESUS ASKED - EXTRA STUDY

Things to remember about Questions

- To ask a series of unrelated questions, and not to build on the person's response to the question feels like interrogation.
- Learn from Jesus how to apply the principles He used to connect, inspire, see their real heart, encourage growth, etc.
- I must have His heart for it to come naturally through daily interactions and not just memorize His questions trying to plug them into the right place.

We need a combination of skill and empathetic love for God and man.

If you truly love God and understand His character, you will find ways to share those principles, and in a way that is supportive and non-judgmental.

Ask questions to discover their readiness and to know where the edge of their understanding or pain is so you can ask the questions that will make it safe for them to take another step toward His truth and their restoration.

Extra study on Questions Jesus Asked

Questions to make a human connection:

When a Samaritan woman came to draw water, Jesus said to her, “Will you give me a drink?” The Samaritan woman said to him, “You are a Jew and I am a Samaritan woman. How can you ask me for a drink?” (For Jews do not associate with Samaritans.) ~**John 4:7-9**

Questions that caused introspection:

“If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who are good to you, what credit is that to you? Even sinners do that. And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful”. ~**Luke 6:32-36**

QUESTIONS THAT JESUS ASKED - EXTRA STUDY

Questions that addressed worry:

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet, I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ~**Matthew 6: 25-30**

Questions that gave balance to their grievances with others:

“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? ~**Matthew 6:3-4**

Questions to make an argument:

Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” ~**Mark 3:4**

If a man owns a hundred sheep, and one of them wanders away, will he not leave the ninety-nine on the hills and go to look for the one that wandered off? ~**Matthew 18:12b**

Questions that revealed inadequacy:

His disciples answered, “Where could we get enough bread in this remote place to feed such a crowd?” “How many loaves do you have?” Jesus asked. “Seven,” they replied, “and a few small fish.” ~ **Matthew 15: 33-34**

QUESTIONS THAT JESUS ASKED - EXTRA STUDY

Questions that reminded them of what they already knew:

Some Pharisees came to him to test him. They asked, “Is it lawful for a man to divorce his wife for any and every reason?” “Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ and said, ‘For this reason, a man will leave his father and mother and be united to his wife, and the two will become one

flesh’? ~**Matthew 19: 3-5**

My favorite question:

“What do you think?” ~**Matthew 18:12**

Questions that asked for opinion:

On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?” “What is written in the Law?” he replied. “How do you read it?” He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’” “You have answered correctly,” Jesus replied. “Do this and you will live.” ~**Luke 10:25-28**

Questions that allowed people to voice their own needs:

As Jesus and his disciples were leaving Jericho, a large crowd followed him. Two blind men were sitting by the roadside, and when they heard that Jesus was going by, they shouted, “Lord, Son of David, have mercy on us!” The crowd rebuked them and told them to be quiet, but they shouted all the louder, “Lord, Son of David, have mercy on us!” Jesus stopped and called them. “What do you want me to do for you?” he asked. “Lord,” they answered, “we want our sight.” Jesus had compassion on them and touched their eyes. Immediately they received their sight and followed him. ~**Matthew 20:29-34**

REASONS FOR YOUR QUESTIONS

When you know the reason, your questions will be much more meaningful. It also makes it easier for you to come up with the best questions, because they have a purpose. In this chapter, we will explore the reason for the questions Jesus asked. Look through these various questions and see what ones apply to your situation.

Jesus' main interest was to **restore the image of God** as in His creation. I believe that it was His primary focus when asking questions even though He often had to go to His secondary focus of relieving suffering and asking what they wanted Him to do for them. It would be good for us to do the same as He did by always keeping in mind the importance of restoring the image of God in them while getting to know them and help them with areas of need.

In your initial contact, you are just getting acquainted and making a connection. There are obvious reasons for questions; getting to know their name, family, and interests. The easiest and most appropriate questions relate to what you see them doing, or where you are, such as the gym, or grocery store. These simple questions “grow” as you ask them to tell you more about... through curiosity and responding to their answers. It is natural and ok to talk about connections to **your** interests and past as long as you keep it about them and not “your story.”



REASONS FOR YOUR QUESTIONS - THE WHY

As I read examples of questions Jesus asked, I am aware that many of these questions are based on previous encounters or perhaps someone He knew quite well like the disciples.

Each time you connect with the same individual the “story” grows, and the opportunities expand to deal with personal issues.

They may ask for help with a particular issue, lifestyle change, or personal challenge. Remember the two questions to ask as you explore deeper are: Can you please tell me more? And “What do you think” followed by “What else”. (This will be covered in the next section)

Reason for questions:

- To get acquainted.
- When you sense a need, to find out how you can help.
- To let them voice their need.
- To get some action.
- Just to get their opinion.
- To remind them of something they already knew.
- Questions to just make them think.

As you talk with and listen, you begin to learn the borders of their comfort level. You see the edges of their spiritual life. You discover the things that consume most of their time and energy.

You may get an idea of the more negative side as well. We often say something like “meet people where they are at” but where they are at is pretty broad. You could meet them where they are on the negative side of their spectrum or on the edges of their spiritual side. Jesus did this with the woman at the well and she opened that door a little wider as He explored her spiritual interests while respecting her boundaries, until He was able to restore in her the image of God.

TWO QUESTIONS YOU SHOULD ALWAYS ASK

Have you ever have responded quickly to a question or statement only to have them say; “Why don’t you first listen to me before you start trying to answer? You don’t even know what I was asking!” I have many times. So, we all could use a simple solution, and here it is: Instead of instantly trying to answer what you think the question is, simply ask: “Can you please tell me more?”

Have you heard this story:

Seven-year-old Johnnie comes running into the house, yelling to his mom, “Where did I come from?” His mom had not been expecting this question, well at least not yet! But after taking a deep breath and collecting her thoughts just a bit, she invites Johnnie to sit down as she shares all about “The Birds and the Bees.” Johnnie’s eyes are wide as saucers as he takes in every word. When Johnnie’s mom is finished, she says “Now, Johnnie do you understand where you came from? Johnnie replies, “No! Joey said that he came from California and he asked me where I came from?”

Do you think Johnnie’s mom had wished she had responded to Johnnie’s question with: **“Can you please tell me more?”**

The real benefit of asking “Can you please tell me more” not only allows you to make sure you are responding to the real issue. It will also give you more time to thoughtfully respond:

- Sometimes just with a listening ear (when he/she is not even asking for your input).
- Sometimes with an answer.
- Sometimes with a thoughtful question that will allow them to solve their own problem.

TWO QUESTIONS YOU SHOULD ALWAYS ASK - CONT.

Communication is not as much about knowing the right answers, as it is about knowing the right questions.”

“Questions are the golden keys that unlock hearts and minds.”

The Introduction of the second question begins with my confession:

Are you familiar with T.A.? Not A.A – Alcoholics Anonymous. But T.A. which stands for “Tellers Anonymous”.

I have an addiction – I am addicted to telling! At T.A. meetings I stand up and introduce myself: “My name is Rick and I am a teller.” I am addicted to telling! Today, I am a recovering teller. However, the temptation to “lead by telling” has never left me, and telling you this story is part of my recovery process. The other part is learning to lead with questions. It takes preparation, intentionality, discipline, and practice. Good news! If I can move from telling to asking, so can you!

So, the second important question is “What do you think” and you can add to these 3 more questions: “What else?”, “What else?”, “What else?”

**(Adapted from Bob Tiede at
www.biblicalleadership.com)**



CONNECTING - WITH LISTENING

Examples of Jesus Listening

(As a boy) Seating Himself at the feet of these grave, learned men, He listened to their instruction. As one seeking wisdom, He questioned these teachers in regard to the prophecies, and to events then taking place that pointed to the advent of the Messiah.

The doctors turned to Him with questions, and they were amazed at His answers.

With the humility of a child, He repeated the words of Scripture, giving them a depth of meaning that the wise men had not conceived of.

If Jesus had appeared to be trying to teach them, they would have disdained to listen.

But they flattered themselves that they were teaching Him DA 80

Even though His understanding of scripture had not been distorted by tradition, and they realized He had wisdom beyond theirs, He still came in humility to learn from them.

Asking questions and listening carefully to their questions. **Key principles (He listened and asked questions in humility as a learner. He taught by questions so that they came up with the answers themselves.)**

Jesus was non-critical of those different than Him.

In His contact with men, He did not ask, “What is your creed?” To what church do you belong? He exercised His helping power on behalf of all who needed help. DA 86

(In our connection with people, we will find some that have ideas and beliefs different than us, we should treat all the same and try not to be startled by their manners.)

Can you think of some specific ways you can apply these principles of listening that Jesus demonstrated for us?

WHAT AM I LISTENING FOR ?

The ultimate goal for our connection with people is to help them and to bring them joy, peace, and when possible, relief from suffering. In essence to undo some of the damage that sin has brought into the world, and restore the image of God. Jesus had that in mind when He was connecting with people and asking questions. So, as I ask questions and listen to them, I am listening to the Holy Spirit for guidance on the best way to assist in the restoration process. In fact, since Jesus is alive and available, I could be like one of the disciples, learning from the master while I am talking and listening to someone.

What else am I listening for? I am listening for hope; a spark of trust. But it is also ok to hear doubt and questioning, because Jesus has answers to those emotions also. He is available to work through me. I am listening for more than just problems. I'm listening for solutions, plans, and a process to improve. I am listening for a desire for help, then I can guide them to the source of Wisdom and Strength. One must be patient and comfortable with silence giving the person time to think. Our tendency is to tell them what they need to do. We know it is more lasting if they discover the solution for themselves. I like to use statements like: "What do you think might help...", or "What if...", "Do you think God might have an answer to that..." "Tell me why you feel that way or think that way?" "If you had the power to change the situation, what would you do?" "What would you want others to know?"

Listen for changes in thinking, that show the edges of their comfort area are shifting toward Him, then reinforce the shift. "How would it feel to be free of worry, anxiety etc? Do you believe God is willing to take that load from you"? Jesus has the answer, and He will not hide it from you. He is always there; never feel alone when in His service. Continue to listen with two ears- one to the person you are talking with and the other to Jesus.

LOVING OTHERS LIKE JESUS BY LISTENING

Adapted from Listening as a Way of Loving Others Like Jesus: Learn From Jesus' Example first published at American Bible Society on August 13, 2018.

“Listening to God is what grounds our ability to love others like God.”

Sarah Zaske

A story told by Sarah Zaske about listening like Jesus:

A typical Manhattan morning is noisy, crowded, and busy – and this day was no exception. Like the thousands of individuals with whom I shared the sidewalk, I had somewhere to be and was running late. As I hurried down Fifth Avenue, I heard a noise that stood out from the rest. It is common to hear construction, honking, or even shouting, but this was different—someone was crying—sobbing, actually. I looked toward the noise and saw a homeless woman sitting to the side, back pressed against a building, weeping.

Then I justified the decision. “I’m late,” I told myself, “Someone else will help her.” Despite my best efforts at self-persuasion, I made it only one block further before my conviction grew too great. Returning to the woman, I began rummaging around in my purse. I hurriedly pulled some cash from my wallet, placed it in her cup, and tried to go on my way. Conviction surfaced again. I knew this was not the right response either. God was asking something more from me.

At that moment, what I read and remembered from the pages of Scripture was surfacing, and it was clashing with my current demands and desires.

I paused to remember how Jesus encountered quite a few people in need while en route somewhere. How did he respond to the woman at the well or the disciples walking toward the village of Emmaus? What about blind Bartimaeus? While I wanted to hurry and leave, Jesus was eager to pause and listen.



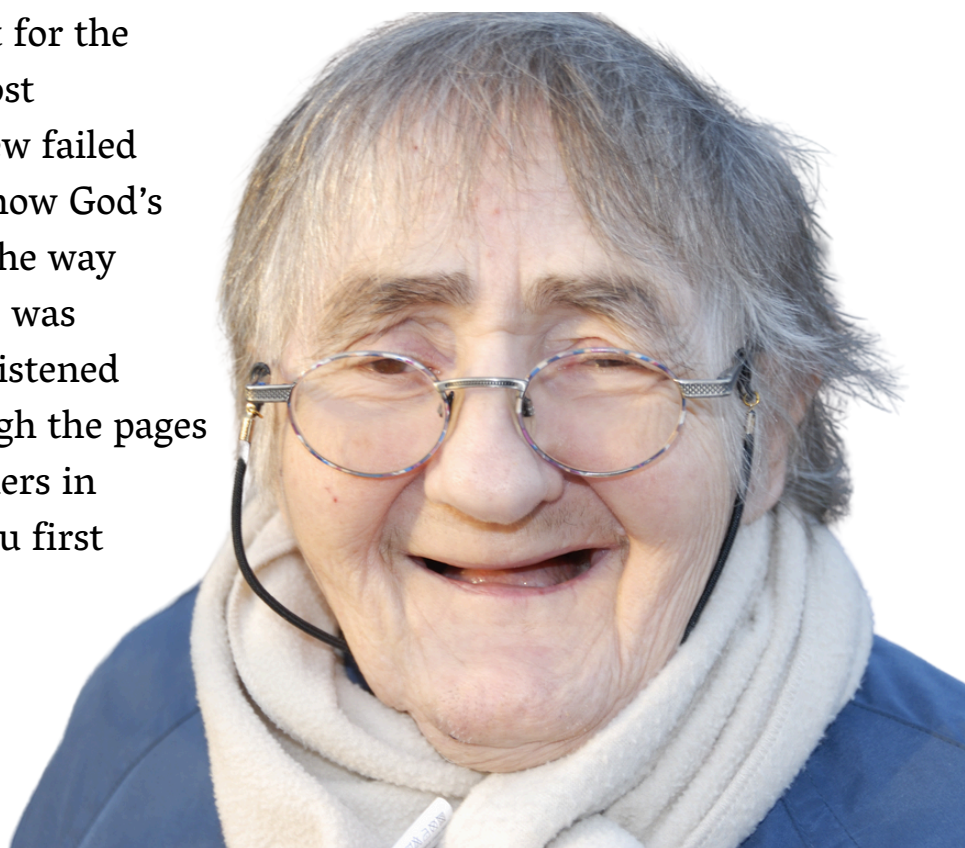
Jesus's command is clear: "Love one another. As I have loved you, so you must love one another" John 13:34. While Jesus loved others well in many ways, loving through listening was often his first move—and that day I knew it should be mine.

I knelt on the pavement next to the woman, looked her in the eye, and asked her, "Why are you crying?" I wanted to know what her tears meant. I wanted her to know that her story mattered.

Instead of worrying about everything I could not do for this woman, I focused on what I could do. I knew I could follow Jesus's lead and love her through listening.

We spent time talking about the difficulties she had encountered in life and the deep loneliness she was feeling that day. After twenty minutes of sharing her heart, we prayed together. When I opened my eyes after the prayer, I was so moved by the strength of this woman that I was the one crying and she was the one smiling. "No one ever talks to me," she said. I knew what she really meant was, "No one ever listens to me." We all need to be heard.

Theologian David Augsburger says, "Being heard is so close to being loved that for the average person they are almost indistinguishable." It took a few failed attempts, but I was able to show God's love to her that morning in the way she needed to receive it. This was only possible because I first listened to God speaking to me through the pages of Scripture. Listening to others in love is only possible when you first listen to God in earnest.



LISTENING TO GOD THROUGH SCRIPTURE

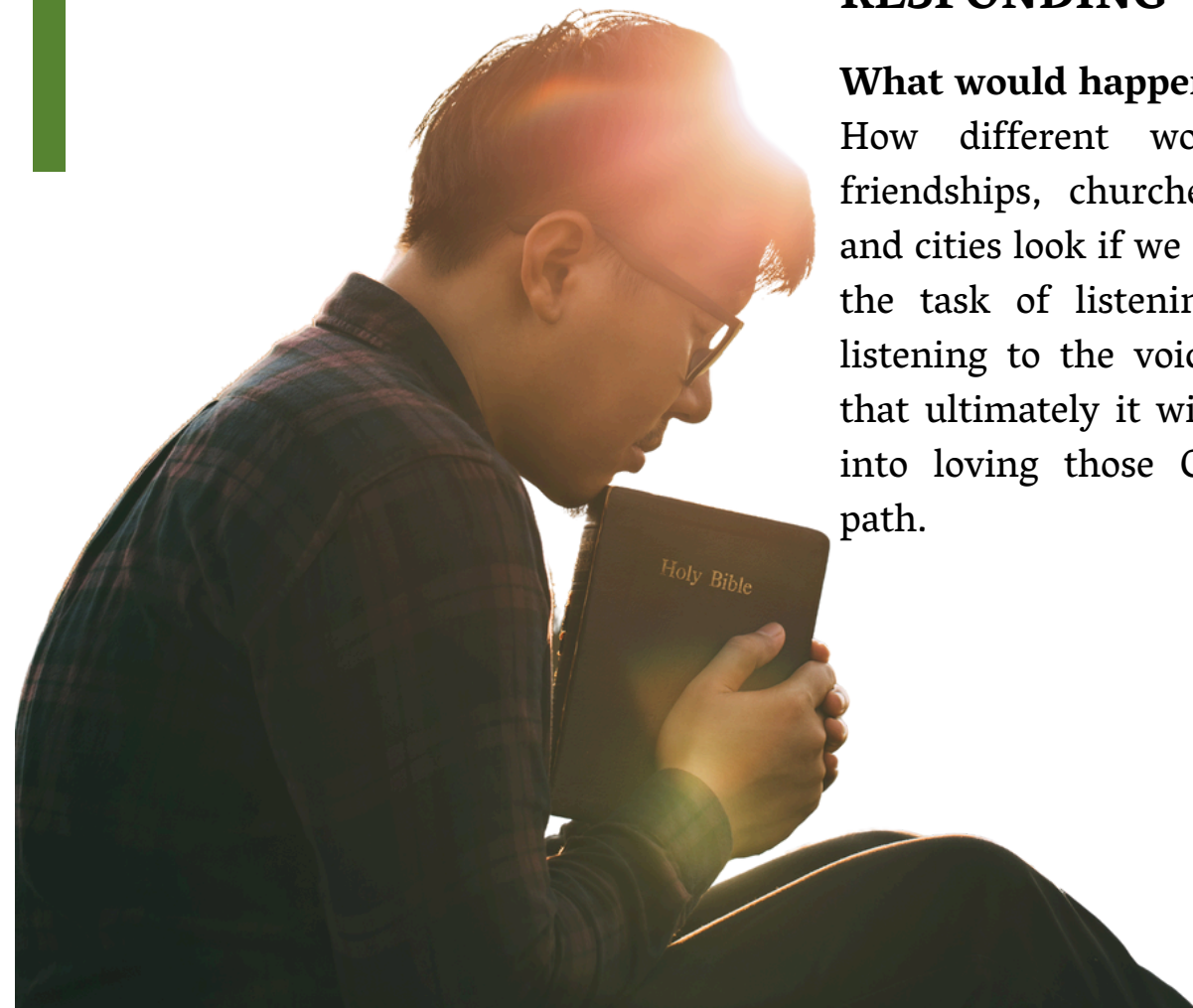
While there are many ways in which we can hear God, Scripture is foundational. When you read the Bible, you can give space for God's Spirit to teach, direct, encourage, convict, and move you toward action. Just as you have to be tuned to a radio signal to listen to music, you have to be attuned to God's voice through the Scriptures if you are to listen and respond. Radio stations are always broadcasting, yet they remain inaudible unless you tune to the right frequency. Similarly, God is always speaking, but will usually remain unheard unless we intentionally listen.

Are you simply reading the Bible, or listening for God to speak to you through your Bible reading? Is your aim to get through the text or allow the text to get through you? Are you gaining more information without a changed heart and redirected actions? If so, it may be time to listen more carefully.

LISTENING AND RESPONDING

What would happen?

How different would our families, friendships, churches, neighborhoods, and cities look if we followed through on the task of listening well? Lean into listening to the voice of God, knowing that ultimately it will cause you to lean into loving those God places in your path.



JESUS' MASTERCLASS, IN LISTENING

DECEMBER 1, 2021 | JOHN KONING SHARE TWEET EMAIL SHARE
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Listening might be defined as the ability to accurately receive and interpret messages in the communication process. Fundamental to being a human is our ability to communicate with other humans. Meaningful relationships are what makes us fully human and proper communication is absolutely critical to this end.

Effective listening is thus a skill that underpins all positive human relationships. Communication gurus call it the missing half of communication. The skill of good listening is incredibly rare. For while there is a vast amount of talking and broadcasting in our world, how much real listening is taking place?

Listening requires full attention, focused concentration, and careful thinking.

Jesus commanded us, “Consider carefully how you listen” (Luke 8:18). So listening is not a passive skill.

It is not merely being quiet and letting the other person speak. It requires full attention, focused concentration, and careful thinking. This means most of us are bad listeners. Below I show why we struggle to listen before contrasting good and bad communication. Finally, I will point to Jesus as the ultimate model when it comes to listening.



JESUS' MASTERCLASS, IN LISTENING

Five Obstacles to Listening

1. We are Not Taught to Listen

Nobody took me aside and taught me to listen. It's one of the most fundamental skills that a human can master. Yet it's not deliberately taught and it's rarely modelled. There are no courses or electives in schools and universities on this fundamental subject. Ironically, while the mode of learning is by and large through listening, we are not even taught how to do it.

2. All of Us Struggle with Pride

Behind bad listening is a complex of evil. Various forms of arrogance lie behind bad listening. We think we know everything about the speaker, both in their person and their situation. Furthermore, we believe we can anticipate what someone is going to say. The listener is actually rehearsing his response, sometimes even finishing their sentences. Interruptions and impatience indicate pride. An impatient listener is not able to fully engage in the present. Thus pride is an enemy of listening.

3. Various Forms of Laziness

Listening is hard work. Proper listening requires full attention, focus, and concentration. It's far easier to keep nodding, and saying "yes" intermittently while tuning the speaker out. Few of us excel at listening because we are lazy.

4. Our World is too Noisy

In fact, moments of quiet frighten the living daylights out of many people. Why? The rise of technology and the explosion of social media. We take refuge in our headphones, actively shutting others out, while we prefer brief soundbites and distractions through WhatsApp, YouTube, Twitter, and TikTok. Conversation is replaced by broadcasting. It's very hard to pay attention to the quiet or the subtle in such a noisy world.

JESUS' MASTERCLASS, IN LISTENING

Five Obstacles to Listening Cont.

5. The Ways We Relax and Unwind

Linked with the above, watching a series or checking out the endless options online encourages bad listening. For many contemporary people, their favorite kind of relaxation is to “veg” in front of a screen, whether it’s mindlessly scrolling or endless streaming. Consuming media in this way requires only superficial listening and trains us in those habits.

What Does God Say About Bad Listening?

In the book of Proverbs, we find practical wisdom from God. Much of this wisdom is concerned with communication, both speaking and listening. For example, “A fool takes no pleasure in understanding, but only in expressing his opinion” (Proverbs 18:2). Similarly, “If one gives an answer before he hears, it is his folly and shame” (Proverbs 18:13).

The fool only finds pleasure in speaking. Because of pride, he doesn’t care about understanding.

The “fool”—a very strong word—is someone who doesn’t listen and therefore doesn’t understand. Instead, he speaks too quickly. The first proverb above says that the fool only finds pleasure in saying what he wants to say. Because of pride, selfishness, and self-importance, the fool doesn’t care about understanding. He is impulsive. He answers without listening. According to the second proverb, such a person is both foolish and shameful.

How Can We Become Better Listeners?

Writing in the 1st century, Jesus’ half-brother said: “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry” (James 1:19). Being quick to listen and slow to speak is a disposition indicative of both wisdom and love. The profile of a good listener is the opposite of the proverbial fool. The wise listener is patient, energetic, and focused. She lets the other person finish without interrupting. She is eager to put others before herself. Thus she listens and works hard to understand the other person. She doesn’t think too highly of herself.

JESUS' MASTERCLASS, IN LISTENING

Being quick to listen and slow to speak is a disposition indicative of both wisdom and love.

Good listening also requires appropriate body language. The listener faces the speaker and maintains eye contact. We don't interrupt and we don't impose our "quick fix solutions." We ask appropriate questions to clarify things and make sure that we understand things correctly. We tune in to the other person, putting ourselves in their shoes.

Learning Conversation from Jesus

Consider Jesus and his conversations. He was a listener, par excellence; the true physician of the human soul! How engaged he was. Observe how he listened to others, asking questions in response.

He also listened to what was not said. For he was skilled at drawing others out and communicating sympathy. What would Martha, blind Bartimaeus, the woman at the well, or the disciples, say about Jesus? He listened. **He never merely listened to words**, but he listened for attitudes and he listened for the whole range of emotions. Jesus listened in a way that communicated compassion and care, taking the time to understand others.

Jesus listened in a way that communicated compassion and care, taking the time to understand others.

Do you want to be like the proverbial fool? Or do you want to be like Jesus? Growth in listening is a key part of sanctification. It's critical to care about each other. Good news: no matter how good or bad you currently are at it, listening is a skill you can develop. But, you'll never do it apart from God's strength and his grace. Nor will you do it so long as you love yourself—and your own voice—more than you do the person who is speaking to you.



BIBLE VERSES ABOUT LISTENING

Proverbs 18:13 ESV If one gives an answer before he hears, it is his folly and shame.

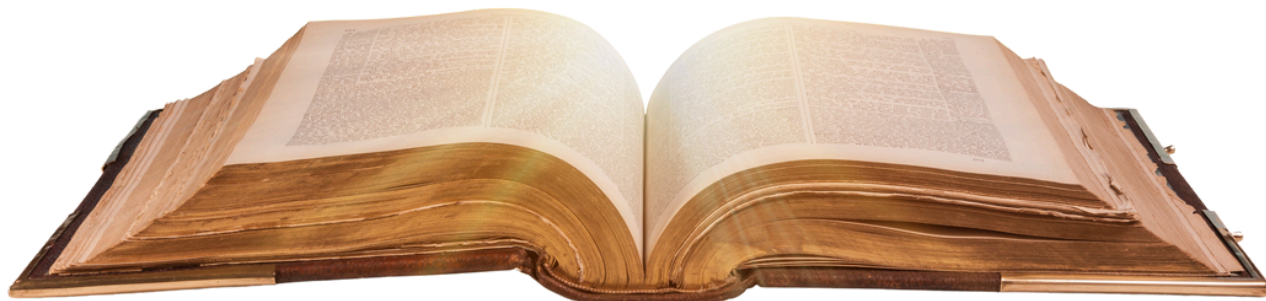
James 1:19 ESV Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;

James 3:1-18 ESV Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness. For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body. If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. So the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! ...

James 1:22 ESV But be doers of the word, and not hearers only, deceiving yourselves.

Psalms 46:10 ESV “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

James 1:1-27 ESV James, a servant of God and of the Lord Jesus Christ, to the twelve tribes in the Dispersion: Greetings. Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously.



BIBLE VERSES ABOUT LISTENING - CONT.

Romans 10:17 ESV So faith comes from hearing and hearing through the word of Christ.

Revelation 3:22 ESV He who has an ear, let him hear what the Spirit says to the churches.”

John 10:27-28 ESV My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand.

Mark 4:9 ESV And he said, “He who has ears to hear, let him hear.”

Proverbs 15:1-33 ESV A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise commends knowledge, but the mouths of fools pour out folly. The eyes of the Lord are in every place, keeping watch on the evil and the good. A gentle tongue is a tree of life, but perverseness in it breaks the spirit. A fool despises his father's instruction, but whoever heeds reproof is prudent. ...

One last thought on Listening: Even though we have learned that it is all about them, briefly sharing our related experience may be helpful and give a sense of two way sharing bringing it back to a normal conversation, removing the spotlight feel from the person we are talking to.

HANDLING RESISTANCE

There are many reasons why you might meet resistance as you are trying to help someone.

1. You have pushed them into an area that was difficult
2. They are not getting the results they want and are discouraged
3. They had to give up too much and miss some of their old habits
4. It's just “Too Hard”
5. Not enough time to put into change
6. They are meeting conflict or ridicule from family and peers

HANDLING RESISTANCE CONT.

#1, The person you are helping should choose the plan not you. “Pushing” is all about you and what you want them to do, rather than a choice they have made. If it is resistance to what you may have caused, you need to admit the mistake and apologize for pushing them in that direction, and start over with “What do you feel is something you could handle that would still move you forward on the path you have chosen?” Even if you don’t think you pushed them you can still take the blame. “I may have encouraged you to take too big of a step on that goal, what do you think is a doable plan?”

#2 “You know when we started, you had several goals you wanted to work on, what if we put this one on hold for a while and work on exercise instead?” or “I’m sorry that I was not there for you last month. Do you think it would be easier with more help in the future?”

#3 Review the Purpose and Path that they chose. “Are you still committed to the outcome? Are the good results worth the cost?” “How can I help you?” Do you want to explore other recipes etc. that may be more enjoyable?

#4 What if you had help from someone that never fails, and is always available to help you succeed? This introduces “I can do all things through Christ who strengthens me.” You can share the ideas without quoting scripture. Such as “With God's help you can do anything.” Give them time to think about each concept before adding another.

#5 “Let’s look at some options”. Brainstorm all options. Look at Bible Promises for the answer, perhaps finding the truth that destroys the lie (we will cover that later) that might be discouraging them.

#6 Peer pressure can be very strong. Talk it out, and have them explain the circumstances that are most difficult and ask them what they think would help. Ask things like “Do you think your friends would leave you if you continue making choices for your own good?” “Is it possible that they admire your willingness to take on difficult challenges and their attitude is because they know that they should do better themselves?”

MOTIVATION & CONFIDENCE

Jesus was a master motivator who inspired and encouraged people to live their best lives. Internal motivation is the best. These are ways to help that processes develop.

1. **Lead by example:** Jesus practiced what he preached and set an example for others to follow. Motivate by your example and show them what is possible with your actions.
2. **Speak with compassion:** Jesus was known for his compassion and empathy towards others. To motivate, speak with kindness and empathy, and show that you understand the challenges that others may be facing.
3. **Use stories and metaphors:** Jesus often used parables and stories to teach important lessons. People always remember stories.
4. **Encourage personal growth:** Jesus encouraged personal growth and transformation. To motivate others, help them identify their strengths and areas for improvement and encourage them to grow and develop.
5. **Emphasize faith and hope:** Jesus gave people hope and encouraged them to have faith in themselves and in a higher power. Emphasize the importance of faith and hope and to help them overcome challenges and achieve their goals.

Remember that everyone is unique and will respond to motivation differently. Use these tips as a starting point and adapt your approach to meet the needs of the individuals you are trying to motivate.

When you are faced with lack of motivation or lack of confidence, the following are things to consider to help them out.

Motivation

- Safe atmosphere
- Empathy
- Unconditional acceptance
- Facts with hope
- Weigh pros & cons
- Define the Why
- Honor values & beliefs
- Discover Purpose
- Discover Readiness
- Success stories

Confidence

- Make commitment
- Start small
- Add, rather than take away
- Have a flexible plan
- Build on previous success
- Anticipate obstacles
- Insights into behavior
- Affirmation & encouragement
- Cheerleaders
- Accountability

STEP 2 - Discovery

This section is the training on how to help your friend discover their Purpose, Path, and Steps. In other words, it helps them see the “Big Picture” (PURPOSE) and the path and steps to get there. Setting goals (PATH) and breaking them down into achievable (STEPS)

It includes:

- Finding your Purpose (The Big Picture)
- Choosing the right Path
- Steps along your Path
- Examples of Purpose, Path & Steps
- SMART goals

Introduction to Purpose, Paths and Steps



Now that we have learned more about connecting with people through asking questions and listening, keep in mind they may just want a friend, someone who will listen and be there for them. But in your conversations, they may begin to talk about things they would like to change.

This would especially be true if you met at a health program. Let’s now look at ways that you can best support them in the changes they are desiring. We all have goals in life, starting new things, improving our health, or even continuing with something we have started.

There is a better chance of achieving those goals if we are more intentional and when we have someone to give us support. Planning is a good first step, so let’s use a format that I found helpful by finding a person’s **Purpose, Path, and Steps**. If you were going on a trip, it’s a good idea to: 1. Know where you want to go on your journey and **why**. (that’s your purpose). 2. Know the route that you will take to get there (your path), and even each segment of the trip, what you will see that day, how far you will travel, and where you will spend the night, (your steps).

I have chosen Purpose, Path, and Steps because these are terms the bible uses to describe life's journey. It describes God's purpose for us. It talks about the paths that we choose and where they lead us, either for good or bad. And then it talks about our steps, the daily process of following a particular path. To maintain a peer-to-peer relationship, you can continue in a normal conversation format rather than that of a "coach". Discussing their goals and the larger purpose in their life, the paths that will help them achieve their purpose, and the small daily steps that will keep them on the path to their purpose. Steps are the paths broken down into small/daily steps to make them manageable and improve their chances of success. Here is where you may need to help them not bite off more than they can do. Help them take small steps at first, so they can experience success from the very beginning.

The process may look something like this:

Hey, Don, we have been talking about some of your dreams and goals. Have you ever thought about the big picture, what we might call your purpose in life, the "why"? Having a clear direction may be the most important step in the process of effective living. Do you have an idea of your purpose, or would you like to look at some that other people have written out to see if any of them fit you? (The next pages of this workbook have some to choose from. When they have picked a few that relate to them, you may want to jot down some of their thoughts and adjust the purpose to custom fit them). Now that you have written your purpose, what are some paths that you would do consistently that would help you reach that purpose? What kind of a routine attitude and decision-making would help you get there? (This is a good place to brainstorm, to come up with as many processes that will help them reach their purpose. It is good to have at least 5 different ideas that will lead to successful fulfillment of their purpose.) Now that we have some paths. What could you start doing this week? It is helpful to be specific (walk, eat, study), pick how often (Monday and Wednesday), and choose a time that works best for you (7 AM, 6 PM). We will look at these (SMART) goals later. It is important to make the steps simple and achievable. They can always exceed their goals, but the goal should be easy enough that they can't fail to achieve.

POSSIBLE PURPOSE, PATH, AND STEPS WITH A SPIRITUAL FOCUS

The following are examples of a person's Purpose (first), Path (second a.), and Steps (last i.)
The purpose is the "why", which is the outcome of our paths and steps.
The Path is what will get us there, it's more of an ongoing process to achieve the purpose.
The Steps are the daily/weekly things we do along the path to achieve our purpose.
The possibilities are endless based on each person's choice, this will just give you some ideas.

1. Have a growing relationship with God.
 - a. Prioritize things that will aid this.
 - i. Regular prayer, Bible study, and worship
2. Live a life of kindness,
 - a. Embody the teaching and attitude of Jesus.
 - i. Show love and kindness, respect, be forgiving seek ways to help others in need.
3. Live a life of service making a positive impact in my community.
 - a. Look for opportunities to do this in my work, home, and community.
 - i. Volunteer for projects that provide service to those in need.
4. Cultivate a character that reflects Christ.
 - a. Daily discovering more of His character and how to apply it to my life.
 - i. Study his character as seen in scripture and pray for His help.
5. Be a forgiving person, fostering reconciliation.
 - a. Work toward resolving conflicts when they arise.
 - i. Always look for the good in people and situations
6. Pursue excellence in all my endeavors and work.
 - a. Do everything as to the Lord and others deserve the best, I can give them!
 - i. Work with diligence, integrity, and excellence.
 - ii. Using skills to make a positive impact and reflect God's glory.
7. Always desire and pursue growing in wisdom and knowledge.
 - a. Be a learner, curious to learn more.
 - i. Add a new skill or knowledge every year.
8. Live a life of gratitude to God and others.
 - a. Appreciating God's gifts and others
 - i. Express appreciation for all gifts and for friendships.
9. Be an effective disciple of Christ.
 - a. Sharing my faith effectively and winsomely.
 - i. Look for opportunities and pray for wisdom to share in a loving way.
10. Overcome adversity and inspire others with hope.
 - a. Face challenges and difficulties with hope and optimism.
 - i. Daily choose to see difficulties as an opportunity to grow.

PURPOSE, PATH, AND STEPS WITH A SECULAR FOCUS

1. Strive for personal growth and self-improvement
 - a. improving skills and knowledge.
 - i. Read books, attend workshops, listen to podcasts.
2. Make my health and well-being a high priority
 - a. Prioritize your physical and mental health.
 - i. Set goals that relate to exercise, nutrition, emotional wellbeing
 - ii. Establish healthy habits.
3. Have a life that values and strengthens personal relationships.
 - a. Build relationships with family, friends, and work associates.
 - i. Schedule time to spend with those I need to build relationships with
 - ii. Set time aside, and plan to connect regularly with special people in my life.
4. Set high career and professional goals to achieve
 - a. Identifying your passions and set out to pursue a career that brings joy and fulfillment.
 - i. Look for these in your current job
 - ii. Look for opportunities to adjust what you do now to better find your passions.
5. Be involved in the community and make a social impact for good
 - a. look for opportunities to be involved in your community functions.
 - i. Talk to your friends and see what they are doing to join them.
 - ii. Find areas you enjoy or that you have skills for.
6. To raise and nurture a loving and well-balanced family
 - a. Make decisions and time commitments that support family relationships.
 - i. Schedule time for family, spouse, and children. Like date night, and events.
7. Take time to enjoy travel and exploration
 - a. Determines to broaden your exposure and knowledge of other cultures.
 - i. Become acquainted with people of different cultures.
 - ii. Plan trips to explore different areas you are not familiar with.
8. Spend appropriate time in leisure and recreation
 - a. Have a good work-life balance.
 - i. Find hobbies and activities that you enjoy and schedule the time to enjoy.
9. Have a plan to achieve financial stability and security
 - a. Have an attitude of planning and saving for things you need and want.
 - i. Have a budget and stick to it with planning for the future.
10. Enjoy personal fulfillment and happiness
 - a. Set goals that align with the things that bring you fulfillment and happiness.
 - i. Schedule and give priority to the things that bring you joy.
 - ii. Find one thing for each day that you do just because it brings you joy.

FINDING YOUR PURPOSE, PATH, AND STEPS FROM SOLOMON, IN PROVERBS

A good place to find wise direction regarding these is from the wisest man, Solomon. Proverbs is full of wisdom for life that you can't go wrong in following. Here are a few examples and you can search the book of Proverbs and find your own. Most people are open to "the wisdom of Solomon" even if they are not interested in spiritual matters.

Proverbs 1, Talks about knowledge, wisdom, and shunning evil.

Prov. 1:7 The fear of the Lord is the beginning of knowledge. (fear= trust, respect, obey)

Proverbs 2 Talks about the value of wisdom, which will help you find good paths (9).

Proverbs 3 The importance of the law, and generosity especially starting in your youth.

Proverbs 4 The path of the just, Ponder the right path (26)

Proverbs 6 Be aware of dangerous promises, indolence, and adultery and their outcome.

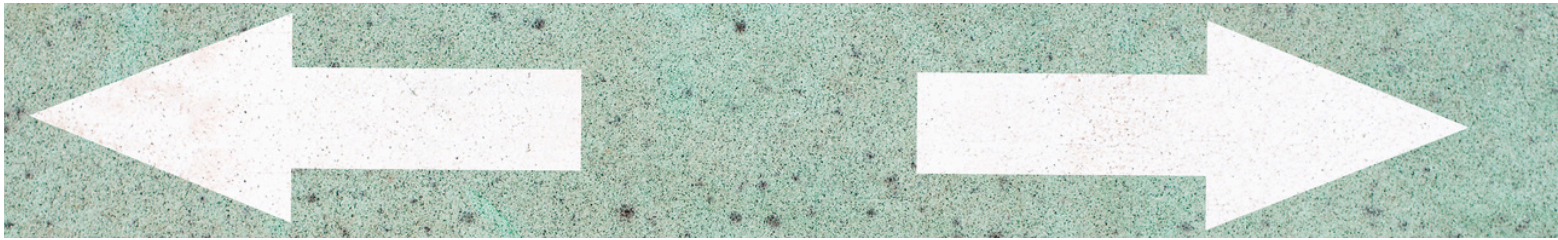
Proverbs 10 There is no good outcome to hatred and strife. Be careful of your speech.

Proverbs 11 Honesty and righteousness bring about joy and peace.

This is a good source to discover the best of our choices in life and a safe direction for anyone.



FINDING YOUR PURPOSE



Finding your Purpose is the most important part of living an effective and fulfilled life. I don't know exactly when it became clear to Jesus, but the first place in scripture that His purpose was shared was with His parents when they found Him with the teachers in the temple. Didn't you know that I must be about my father's business? Even though that was a fairly general purpose it was clear, and it showed focus. As we contemplate God's purpose for us, we can be sure that we "have been called according to His purpose". The general call is the same for all, whether we choose to accept it or not, "to do all to the glory of God", and to be obedient to Him as He reveals His will to us. The most important decision that we can make is to follow Him in every way possible to produce the happiest and most fulfilling life.

But what about a more personal purpose? One that is consistent with the general life purpose, one that is unique for you. The one that utilizes your strengths, your talents, and one that brings you the greatest joy. Finding your purpose removes much of the doubt and anxiety about you're future. There is assurance in knowing that He wants the best for us.

I remember going through the struggle to find my purpose. It was 1968, I was a high school senior. As I was trying to decide my life profession, I didn't want to make a mistake that would lead me into either something that I wouldn't like or couldn't find a job in. As I was reading through Romans there was a verse in chapter 8 that spoke to my confusion. It was vs 28. In the amplified bible it reads.

"We are assured and know that God being a partner in their labor, all things work together and are fitting into a plan for good to those who love God and are called according to His design and purpose." Rom. 8:28

That may not have told me what profession to pursue but it did tell me that God wanted to partner with me, and if I chose to be a partner with Him all things would work together for good. So, from then on, I was confident that if I asked for His guidance on my decisions and was honest with Him, with a desire to do His will, all my decisions would fit into His best plans for me. It was only when I chose to make decisions on my own wisdom that I would miss out on His wisdom and insight.

FINDING YOUR PURPOSE

The Bible can offer guidance on how to live a purposeful life. Here are a few passages that might offer insight:

- **1 Corinthians 10:31** - "So whether you eat or drink or whatever you do, do it all for the glory of God." This verse encourages us to live with a sense of purpose in all aspects of our lives, seeking to honor and glorify God in everything we do.
- **Romans 8:28** - "And we know that in all things God works for the good of those who love Him, who have been called according to **His purpose**." This verse suggests that God has a purpose for each of us, and even our struggles and challenges can ultimately work for our good if we trust in Him.
- **Ecclesiastes 12:13** - "Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind." This verse emphasizes the importance of living a life that honors God and follows His commandments, which can give our lives a sense of purpose and direction.
- **Proverbs 19:21** - "Many are the plans in a person's heart, but it is the **Lord's purpose** that prevails." This verse suggests that our purpose is ultimately determined by God's plan for us, and we should seek to align our own plans with His will.

Helping someone find their purpose can be a critical step for them as they formulate their life and the path they will choose to walk. From the above quotations, we can see that God has a good purpose for each of us.

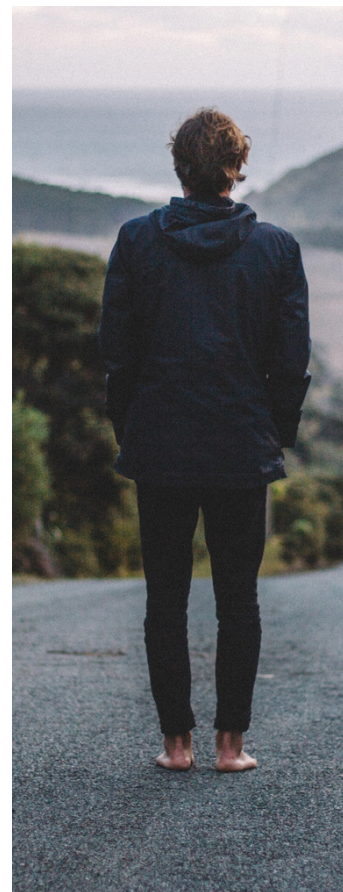
But what if we are helping someone who is not interested in God's purpose for them? We can still pray and study and keep in mind a purpose that God may have for us. After all, His plans are better than any we could come up with on our own. As you help them with their goals, you can be praying that God will open their minds to His purpose and that you will have the right questions that will begin to open doors to God's best plans and His power. Like the woman at the well, Jesus started out with just asking for a drink of water and God guided her to full restoration, one step at a time.

CHOOSING THE RIGHT PATH (PLAN)

Our path refers to the way we live and what we decide to do with our life. Choosing a path is like setting goals. In Scripture, there is abundant advice for what path will provide the most meaning and fulfillment.

The Bible offers many passages about choosing the right path in life. Here are some verses to consider:

- Proverbs 3:5-6 - "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your **paths**."
- Matthew 7:13-14 - "Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few."
- Proverbs 4:11-12 - "I will teach you the way of wisdom and lead you in **straight paths**. When you walk, you won't be held back; when you run, you won't stumble."
- Psalm 23:3 - "He restores my soul. He leads me in **paths** of righteousness for his name's sake."
- Isaiah 30:21 - "And your ears shall hear a word behind you, saying, "This is the **way**, walk in it," when you turn to the right or when you turn to the left."



These passages emphasize the importance of trusting in God, seeking wisdom and guidance from Him, and following His path rather than the way of the world, or our own wisdom. They also emphasize the rewards of choosing the right path, including spiritual fulfillment, blessings from God and guaranteed success.

Overall, the Bible teaches that setting goals and achieving them requires seeking God's guidance, diligent effort, perseverance, and taking action toward fulfilling one's purpose.

In the same way as with the purpose, as we listen to their purpose and the path that will get them there. We can work with them to achieve their plan while gently guiding them into a trust in God's best plans for them.

STEPS

If the path is the direction we are going, the steps are the daily choices we make.

Your friend may have decided on a general goal or path that they need to be on but are not clear on what to do daily. Here is where you can help, keeping a few things in mind.

- Have them brainstorm, to come up with all the possible things that might help them to reach their goals, and then narrow it down to one or two.
- Help them keep these steps specific, measurable, attainable, and realistic.
- Don't let them make these steps too big. Consistent small successes are best.
- Remind them that you will be there to help them all the way.
- God wants them to succeed and will be with them as well.

The Bible teaches that the steps we take along the path of life are important and can lead us toward our purpose and God's plan for us. Here are some Bible verses that speak to this.

- Proverbs 3:5-6 "Trust in the Lord with all your heart, and do not lean on your own understanding..."
- In all your ways acknowledge Him, and He will make straight your paths."
- Psalm 37:23 "The **steps** of a man are established by the Lord, when he delights in His way."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."
- Proverbs 29:11 "The heart of man plans his way, but the Lord establishes his **steps**."
- Jeremiah 29:11 "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

These verses encourage us to trust in God, seek His guidance, and acknowledge Him in all our ways. They also remind us that God has a plan for our lives and that our steps are established by Him. As we walk along the path of life, it's important to stay connected to God, listen to His voice, and follow His lead.



MORE BIBLE EXAMPLES OF PURPOSE, PATH & STEPS

Overall, the Bible suggests that our purpose in life is to love and serve God, and to use our gifts and talents to fulfill His plan for us. We can seek guidance and direction through prayer and study of the Scriptures, and trust that God will guide us as we seek to live a purposeful life.

Proverbs 19:21 - "Many are the plans in a person's heart, but it is the Lord's purpose that prevails." This verse suggests that our purpose is ultimately determined by God's plan for us, and we should seek to align our own plans with His will.

Mark 10:43-44 Whoever wants to be great must become a servant .

John 14:6 Jesus believed that our ultimate destiny was to be with God in heaven, and taught that the way to reach that destination was through faith in Him.

Ecclesiastes 12:13 - "Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind."

This verse emphasizes the importance of living a life that honors God and follows His commandments, which can give our lives a sense of purpose and direction.

1 Corinthians 10:31 - "So whether you eat or drink or whatever you do, do it all for the glory of God." This verse encourages us to live with a sense of purpose in all aspects of our lives, seeking to honor and glorify God in everything we do.

Jer. 29:11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." This verse reminds us that God has a specific plan and purpose for our lives.

Prov. 16:3 "Commit to the Lord whatever you do, and He will establish your plans."

Eph. 2:10 "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." We are created for a specific purpose and that God has prepared good works for us to do.



MORE BIBLE EXAMPLES OF PURPOSE, PATH & STEPS

The Bible provides several examples of choosing a path or direction in life. Here are a few examples:

Joshua 24:15 - "But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord." This verse highlights the importance of making a conscious decision to follow God and to choose the right path.

Psalms 25:12 - "Who, then, are those who fear the Lord? He will instruct them in the ways they should choose." This verse emphasizes that when we seek God's guidance, He will show us the path we should take.

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." This verse reminds us that when we trust in God and submit to His will, He will guide us and make our path clear.

Matthew 7:13-14 - "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it." This verse emphasizes the importance of choosing the right path, which may not always be the easiest or most popular.

Proverbs 16:9 - "In their hearts, humans plan their course, but the Lord establishes their steps." This verse reminds us that while we may plan our own path, ultimately it is God who directs our steps and leads us in the right direction.

Proverbs 4:26-27 - "Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil." This verse encourages us to be intentional about the path we choose and to stay committed to it.

Psalms 119:105 - "Your word is a lamp for my feet, a light on my path." This verse reminds us that God's Word provides guidance and direction for our life path.

Isaiah 30:21 - "Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'" This verse assures us that God will guide us and direct us on our life path, even when we feel lost or unsure.

MORE BIBLE EXAMPLES OF PURPOSE, PATH & STEPS

Jeremiah 29:11 - "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." This verse reminds us that God has a specific plan and purpose for our lives and that we can trust Him to guide us along the right path.

Proverbs 3:6 - "In all your ways submit to him, and he will make your paths straight." This verse emphasizes the importance of surrendering our plans and desires to God and trusting Him to lead us on the right path. These verses remind us that our life path is not something we need to navigate alone, but that God is always with us, guiding and directing our steps along the way.

Psalms 37:23 - "The steps of a good man are ordered by the Lord, and He delights in his way." This verse reminds us that God directs our steps as we follow Him and that He takes delight in our obedience.

James 4:13-15 - "Now listen, you who say, 'Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.' Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'" This verse reminds us that we can make plans for our future, but ultimately, it is God who directs our steps and determines our path.

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will." This verse reminds us that we have a choice to make each day - to either conform to the ways of the world or to renew our minds and seek God's will for our lives.

Colossians 3:17 - "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." This verse encourages us to make a daily choice to live our lives for God's glory and honor, in all that we do.

James 1:22 - "Do not merely listen to the word, and so deceive yourselves. Do what it says." This verse reminds us that our daily choices should be informed and guided by God's Word, and that we should actively seek to live out its teachings in our lives.

Psalms 37:23 - "The steps of a good man are ordered by the Lord, and He delights in his way." This verse emphasizes that God directs the steps of those who seek to follow Him and take delight in His ways.

FACILITATING CHANGE AND LEADING TO TRUST IN GOD

More on facilitating change with Purpose, Paths, and Steps

A biblical model puts trust in a God who wants the best for us and is ready to guide us to the best purpose, path, and steps.

The terms, purpose, path, and steps are not necessarily spiritual terms. But because they are Biblical concepts it allows the spiritual to be developed as the Spirit leads.

For instance, you can ask “What is the path to your desired outcome?” “And what would be the small steps you could take on that path that would not overwhelm you?” The purpose can be discovered later by saying, “I really like those steps you chose, and the path looks like it’s leading in a good direction, but I’m curious why you picked those steps and that path, Why are they so important to you?” And you continue to dig deeper- “Tell me more?” Till you get to the core of their beliefs and what is important. That is often their Purpose. You can guide them gently to Him over time.

For example, at some time you might say, “You know I used to have a real hard time making some of these changes in the past but now I have a lot of help, so I don’t have to do it alone anymore.” They may ask “What kind of help do you have?” You say, “I found out that God wants me to succeed and is ready to help anytime I ask.” And I would leave it at that unless they want to know more. I was not pushy; I didn’t say they had to do it. It is just something that works for me. You will learn lots of ideas by reading about Jesus’ way of gently leading people.

If they are willing to let God be part of their process, then you can start with the fact that God wants the best for each of us and He gives some pretty good direction on finding our Purpose and our unique needs (paths) will always lead to the same purpose for each of us. But since we are all starting at different places the paths will be different but end up at the same place. The different paths that they choose could be health, financial, service, relationship, or work-related. All of these are areas that God is interested in, but they also all lead to loving God and our neighbors and trusting and obeying Him. Each path can be broken down into small doable steps, starting with easy ones to get some success right away.



SMART GOALS

SMART Goals (Specific, Measurable, Achievable, Relevant, and have a time element) are good to keep in mind when setting a path or steps but, without sounding like a coach, you could just guide them as they start choosing a path or steps by asking. “Maybe you need to narrow that down to something specific” “How will you know when you reach it if you don’t choose something measurable” “Is that something that you could achieve? (achievable)” “Does that even fit into your overall path or purpose (is it relevant)?” These are questions that might come up as they do their planning, obviously you don’t throw these at them all at once.

This process is a great opportunity to develop a trust in God, His care for us, and the fact that He wants to communicate the best path to us.

I hope you are seeing that we are using coaching skills without sounding like a coach. Our goal is to begin to support people with these LIFT principles without even thinking about it. It is so natural. We are also learning from the greatest coach that didn’t sound like a coach either.



HOW LIFT PROVIDES ONGOING SUPPORT

We reflect Christ's character by acting like Him. Providing ongoing support is a major characteristic of God that we need to reflect. Here are some examples of God providing ongoing support that we can learn from.

God promises to always be with us. In Deuteronomy 31:6, God promises to never leave or forsake us. Jesus also promised to be with us always, even to the end of the age. Matt. 28:20

Jesus tells us not to worry about our physical needs such as food, clothing, and shelter, because God knows what we need and will provide for us. Matt. 6:25-34

In Psalms 46:1, it says that God is our refuge and strength, a very present help in trouble. Jesus also promised to send the Holy Spirit to comfort and guide us. (John 14:26)

How could we apply each of these verses to how we treat others? For an example: after a health program. Can we say that we are always there for them and we never forsake them? That is what this program is about, to teach us Jesus' way of supporting and being there.

Let's look at how to set up and provide good ongoing support:

1. You may have to sell the idea of an ongoing process of support:
 - a. This may start with developing a friendship and trust earlier.
 - b. Getting to know them during a program that they are attending
 - c. Make it simple and fit into their schedule
2. What you provide:
 - a. A supportive friend not a Judge
 - b. Accountability partner
 - c. A facilitator
3. What to do for ongoing support:
 - a. Help them find their Purpose, Path and steps
 - b. Start with an easy step for early success
 - c. Help them choose good steps in the future (each week or so)
 - d. Discover obstacles and find ways to overcome them
 - e. See, "mistakes" as opportunities to learn from them
 - f. Provide motivation and encouragement
4. The way to connect:
 - a. Phone calls
 - b. ZOOM
 - c. Text
5. Principles to follow:
 - a. Listen for their needs
 - b. As you listen to them, listen also to the Holy Spirit
 - c. It's all about them not you
 - d. Don't give advice without permission
 - e. Remember "Can you please tell me more?" and "What do you think?"

REVIEW OF THE LIFT PROCESS

As you connect with people, you will discover a variety of conditions, emotions and needs. Jesus faced similar situations and we can learn from His example. He talked to those who were anxious, troubled, worried, weeping, afraid and hurting. In most cases He simply asked, “why are you anxious, troubled ... etc.” or He often asked “What do you want me to do for you?” In most cases the answer was in the scripture, a promise, truth, or story.

The following are steps that are helpful in providing support to an individual.

1. Get acquainted.
2. Build a rapport with them. Don't jump right into “helping”. Listen and learn about them.
3. Discover what is important to them.
 - a. Where are they now and where do they want to be?
 - b. Explore the “big picture” (Purpose) that guides their life and decisions
 - c. What would it feel like to experience being where you want to be?
 - d. How important is it for them to get to that place?
4. What obstacles are preventing them from staying on the chosen path toward the “big picture?” A clue to help found in scripture is: “We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.” II Corinthians 4:8-9
5. How do we Inspire them? Jesus inspired people through his teachings, actions, and personal example, inspiring them to live a life of love, compassion, and service to others. A biblical clue is: “And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.” Galatians 6:9
And, “My God will meet all your needs according to His glorious riches in Christ Jesus.” Phil. 4:19
6. What is their support system? A biblical clue is: “I can do everything through Him who gives me strength.” Phil.4:13.
7. Brainstorm about options for their path and steps toward a purpose.
 - a. Continue to keep purpose (“the big picture”) in mind when setting goals.
8. Choose the first step toward the big picture.
 - a. Ask questions regarding their ideas to make sure they are SMART
 - b. Help them keep the steps easy, to assure success.
9. Review the plan with them to see if you got it right.
10. Encourage them with the first steps and that you will be available anytime if issues arise.
11. Set up next time to connect. More often connections are good such as encouraging texts.

These steps may be helpful, however the more you study Christ's life and by that, gain more and more the mind of Christ you may not need these steps. God will guide you as you pray and trust Him. Eventually it will become so natural for you that connecting with people becomes just who you are. Christ did not teach His disciples steps or methods it was primarily by being around Him that they were changed. We should spend more time with Him and then be able to do the same as they.

STEP 3

PRINCIPLES USED IN LIFT

This section includes general principles that help us understand the mind of Christ, our role in reflecting Him to others, and principles that make our work more efficient. They also help us understand the power that He brings to each of us and what we need to know to help others see Him better. These subjects are not necessarily shared in the LIFT process but are principles that will shape that communication and support.

Section 6 includes:

- **Walking the Health Path**
- **Christ Reflectors**
- **A Personal work**
 - **He Makes the Difference**
 - **Reflecting Through Truth**
 - **Bible Promises**

Section 7 includes:

- **The Power of Prevention**
- **Health Principles**



WALKING THE HEALTH PATH TOGETHER

If we are going to be introducing health principles in our work, we should probably address the fact that many of our church members are not following these principles themselves. Maybe this attitude may have come about as a reaction to a more legalistic approach to health as presented in the past. **“Walking the Health Path Together”** was developed to help meet that situation, as a tool for health leaders to introduce a new look at health ministry in the church. I believe that most people are interested in their health and are probably willing to make some changes toward a healthier lifestyle. They just don’t like people putting pressure on them to make the choices someone else thinks they should do with a little judgment thrown in. The **“Health Path”** approach takes the position that anyone who makes even the smallest effort to improve their health is **“on the Health Path”**. (That’s why we include a list of things they can pick from in the trifold). We may have given the impression that you are not on the **Health Path** unless you are following all of the health principles that the health leader feels are important. This program allows getting the attention of those who have been **“tunning out”** whenever a health program is presented to the church.

The health leader is there for the health of the entire church, not just the vegans. If you want to get the attention of everyone, introduce a cooking class that is not a **“vegetarian cooking class”**. Such as **“Are you getting the nutrition you need?”** This one focuses on what you add to your healthy diet, not what you remove. This does not call for people to stop eating meat, its focus is on making sure you are getting your dark greens, whole grains, fiber, antioxidants, etc. By the way **“vegan”** is a negative concept based on what you don’t eat. That’s why many vegans don’t get proper nutrients. So, before you present any new health program, introduce the **“Walking the Health Path Together”** program with a few of the other ideas presented above and get the whole church involved. We need to support each other as we take on some of the more difficult steps toward a healthier life. These graphics are available to copy and paste using: <https://www.rmcsda.org/departments/health-ministries/walking-the-health-plan-together/>





Building a healthy community begins with one universal truth:

Everyone Wants to be Healthy!



We all usually already know what we need to do to improve our health. We all have probably tried and failed many times to improve our lifestyle. We each need help and support from our friends to make these changes and have them last.

Making this decision to take care of our bodies will bring good results but doing this with others in a caring supportive manner will transform our entire being. A completed creation, reflecting more perfectly the creators original intentions. As we seek to take care of our bodies, revealing His character should become our first priority.

I CHOOSE TO WALK THE HEALTH PATH.

Signed _____ Date _____

A Team Approach to Health...



Imagine a group where everyone is on the health path, each choosing their own steps toward health and receiving support from their friends. A place where others want to become a part of this healthy team. And where young people want to stay connected and involved as they experience consistency and loving acceptance.

When Walking the Health Path:

- ▶ Choose your own starting point
- ▶ Support others regardless of their progress on the path
- ▶ Enjoy the process as you progress through these steps
- ▶ Respect others in this no criticism safe zone

Loving people unconditionally is the foundation of our existence and reflecting Jesus is our highest calling.



Choose a place to start...

WATER:

- Add one glass of water a day to your daily routine.
- Wash your hands before meals and after using the bathroom.

EXERCISE:

- Park your car farther away from the store.
- Use the stairs rather than the elevator.
- Take a 10min. walk after a meal.
- Join the Gym.
- Follow an exercise video at home.
- Limit sitting time to less than 30 min.
- Try intermittent training: 3 min. vigorous – 1 min. light.

SUNLIGHT:

- Be out in the sun for 15 min. during lunch time.
- Have your Vit. D level checked.
- Get your sunlight in many small doses. Avoid a sunburn.

TRUST:

- Identify one thing a day about God's trustworthiness.
- Look for the bright side. More praise and less complaining.
- Thank God for one thing each day.

NUTRITION:

- Write out a food diary for one week.
- Use a smaller plate with no refills.
- Eat a good breakfast.
- Replace butter/margarine with hummus.
- Replace a meat meal weekly.
- Reduce or eliminate oil in your food preparation.
- Choose water vs. other drinks.
- Cut out supper, or make it very light, like toast and fruit.
- Add one fruit a day to your routine.
- If eating meat, reduce portion size.
- Substitute fruit for sugary and high fat deserts.
- Reduce or eliminate artificial meat analogs.
- Try whole grain cooked cereals vs. boxed refined ones.
- Modify what you are eating now vs. extreme changes.
- Eat 4-5 walnut halves and 5-8 almonds each morning.
- Cook without salt; add it to taste as you eat it.
- Allow 4-5 hours between each meal.

REST:

- Stop working an hour before bedtime.
- Have your last meal at least 4-5 hours before bedtime.
- Take mini-vacations during the day. 5-10 min. breaks.

ENVIRONMENT:

- Open windows in your home to let in fresh air.
- Add some indoor plants to your home.
- Clean up clutter in and around your home and work place.
- Add some soothing music to your home or workplace.
- Practice deep breathing.

TEMPERANCE:

- Ask help to bring extreme habits into balance.
- Get help to stop (smoking, drinking, caffeine).
- Reduce caffeine drinks or stop all together.
- Practice simplicity in diet, entertainment and spiritual life.

INTERPERSONAL RELATIONSHIPS:

- Forgive someone who doesn't deserve forgiveness.
- To your spouse, live like you are dating.
- Listen more, talk less. Find out more about another person, less about you.

Begin with one, and choose more as you continue **Walking the Health Path**. Work with these or create your own.

CHRIST REFLECTORS

Different types of work provide varying degrees of opportunity to reveal Christ. The one that Christ often utilized in His ministry was coming close to the people and helping them to find the health of body, mind, and soul and bring relief from physical suffering. We read statements regarding this type of work that raise it to a level of “the most important”, “the right arm”, “the door for truth”, and “the signature of heaven”. “I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work.” CH 533. When reading about medical missionary work the idea of personal work, coming close to people to bring wellness to body, mind, and soul is repeated over and over, a work that any can do not just trained professionals.

God has blessed our church with clear instructions on how to be most effective in reaching our world, particularly in these last days. Scripture and other prophetic words tell us God's character will be revealed through the lives of those working closely with individuals from day to day especially as they help them toward wellness. The world needs today what it needed nineteen hundred years ago – a revelation of Christ ... Christ's method alone will give true success MH 143

Health Ministry can “Light the world with His glory”; or it can just give information. If we are to represent Christ in our world then we need to let Him change us, living in us, we may become like Him.

The instruction included in this LIFT training is intended to make each participant a “Christ Reflector”. There is no doubt that Jesus changed His world, revealed the character of His Father, and was successful in restoring the image of God in those who followed Him. And now He calls you and me to let Him work through us to do the same for our world today by studying Him, His methods, and His passion, and then asking Him to work in us.

What would happen if, instead of just one Jesus changing His world, there were millions with Christ living in them? The members of every church, connect, support, and love those in their family, church, work, and community. Reflecting the character of Christ and changing lives on a daily basis.

If we expect to correct the misconceptions of who God is and what He is like, we can change this by learning how to continue to support those we have come to know through meaningful ongoing support reflecting the character of Christ.

John the Revelator saw in vision the earth filled with the Glory of God. It is not information alone, even gospel information, that fills the earth with God's glory. It is the people reflecting His image. My prayer is that we will let Him use us in the most personal way, to give the gospel through word and action, and to expect the unexpected.



A PERSONAL WORK

“THERE IS A NEED OF COMING CLOSE TO THE PEOPLE BY PERSONAL EFFORT.”

Your ongoing connection and support reflect a God that will never leave them but will walk alongside them, supporting and helping them, come what may. Something that we have done is invite a neighbor over to your house, or you go to theirs, fix a healthy meal, and watch a short health video, eating together and answering their questions. This approach is more personal, gives an opportunity for more intimate discussion, leads to greater success, and is easy enough for almost anyone to do.

A lot of our health work is centered around programs. And we may think that the more people that come to the programs the better. But smaller more personal events are often more effective allowing more time for talking and listening, and getting to know each other. That was Jesus way of connecting and touching lives and its also something that most people can do.

QUOTATIONS FOR “A PERSONAL WORK”

Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of the Savior shall be perfectly reproduced in His people, then He will come to claim them as His own. It is the privilege of every Christian, not only to look for, but to hasten, the coming of our Lord. Were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel! Quickly the last great harvest would be ripened, and Christ would come. Maranatha 112.5

CH 533 I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work.

MH 142-143 Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed sympathy for them, ministered to their needs, and won their confidence. Then He bade them, “Follow Me.”

MH 145 Many have no faith in God and have lost confidence in man. But they appreciate acts of sympathy and helpfulness. As they see one with no inducement of earthly praise or compensation come into their homes, ministering to the sick, feeding the hungry, clothing the naked, comforting the sad, and tenderly pointing all to Him of whose love and pity the human worker is but the messenger--as they see this, their hearts are touched. Gratitude springs up. Faith is kindled. They see that God cares for them, and they are prepared to listen as His Word is opened.

HE MAKES THE DIFFERENCE

MM 23 God chose His son to be His representative on the earth, even so, has Christ chosen us to represent His character.

MH 143 Everywhere there are hearts crying out for something which they have not. They long for a power that will give them mastery over sin, a power that will deliver them from the bondage of evil, a power that will give health life, and peace.

The world needs today what it needed nineteen hundred years ago--a revelation of Christ. A Great work of reform is demanded, and it is only through the grace of Christ that the work of restoration--physical, mental, and spiritual--can be accomplished.

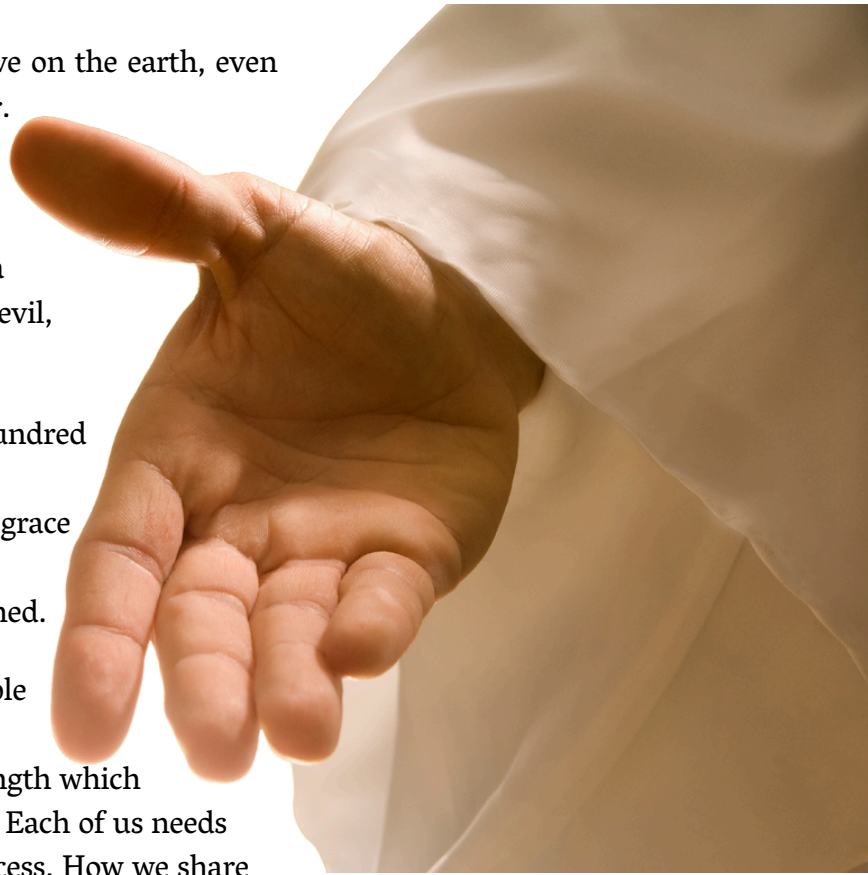
The whole purpose of this training is to help people succeed, and not fail. It is to provide personal support and connect them with the source of strength which is much more powerful than their own willpower. Each of us needs to understand these four powerful sources for success. How we share it is unique for each individual's readiness. (1) When we Trust that His instructions are good and perfect, (2) He provides all the Power we need, (3) His word reveals truth, (4) and He will give you Success. With such a source of guaranteed success, why wouldn't we find a way to share this good news?

Trust: Lack of trust was the reason for the reason for the "failure" of our first parents in the Garden of Eden. They failed because of a lack of trust. They believed the lie of a talking snake over the instructions of their creator. And the serpent said unto the woman ye shall not surely die; "For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil." Gen. 3:4,5 But on the same issue victory was gained by Jesus, the "second Adam" through trust in His Father's words. So, for us trust can either give us victory or failure today as well. For the most part, Satan uses the same deceptions on us that he used on Eve. Trusting that all God's instructions are for our good because He loves us will be the best first step to a successful life.

Who is it that makes God's instructions look like burdens? The original deceiver, and no one ever ends up better off by following his advice. Be aware of statements like "I don't see anything wrong with", or "It's not a salvation issue" These are usually subtle ways to say "I don't need to follow God's instructions, I know better". Aren't these just a clever variation of the original temptation?

Power: I often hear people say about some lifestyle change, "It's just too hard".

Would a little extra power make any difference? I think so. And the same one that gives the instructions has provided the means to achieve it. And "Satan is well aware that anyone who trusts in Christ is more than a match for the hosts of darkness". Should that then change the excuse "it's just too hard". What is true is that it feels too hard, but nothing is too hard for the one that is the source of my power. The source of strength is more than adequate and readily available to anyone who asks Christ for it. It is only when we try on our own, through our own strength that it's too hard, and we fail.



HE MAKES THE DIFFERENCE

Truth: What if I had the power to know for sure whether someone was telling the truth or a lie? That would be a convenient gift to have. Lies and deception cause much pain to all of us- A scam, a false witness in a trial, a dishonest, embezzling employee, your teenage children. If we only could know the truth, we would avoid much pain. A lie is very powerful, and a temptation is just a believable lie. But knowing the truth destroys the power of the lie, and truth gives power over temptation. Knowing the truth may not keep me from doing something I want to do, but it will make clear the lie and I am at least no longer deceived.

Where do I get all of this helpful truth? We call them Bible Promises. They are statements of truth that take away the power of the lie and like David can keep us from sinning ignorantly. **For more refer to Bible Promises in the following section.**

Success: You might call it Victory, or prevention. Either way, it is a way to avoid the problem altogether, instead of failing and then needing to fix it, asking forgiveness, or having remorse or guilt. For more on this subject, check out the page on “The Power of Prevention” to follow. And yes, it is possible that Trust, Power, and Truth can give you success and prevent much pain.

REFLECTING JESUS THROUGH TRUTH

Sometimes a simple truth or concept changes everything, helping you to see beyond perhaps just feelings to the real truth of a matter. When we are able to provide that type of clarity to a person, we may make the biggest impact for good in their life. As a Christian, I have found that type of insight in the scripture. A truth that shakes me out of my “stinken thinken”. At times this might be the ability to see hope and possibilities when all I could see before was despair and a bleak future. Or the fact that God is much bigger than my most discouraging problems.

Truth is the most powerful agent for giving new insight. When truth exposes a lie, everything changes. I have found the scriptures to be a reliable source of truth. But I did not understand how powerful until I discovered what bible promises were really all about. Maybe we should just call them “bible truths”.



BIBLE PROMISES

Bible promises are not a gimmick that God uses in which he will grant you some great help if you can quote the right text for the right situation and only then will he grant you the promised help. Instead, they are statements of fact. They are the truth, and when you know the truth, a lie loses its power. A lie will tempt you only if you think it is true, so when you know the truth the power of the lie is gone.

An example of this is if you saw your child do something he wasn't to do and later lied about it. How convincing was the lie? Not at all, because you know the truth.

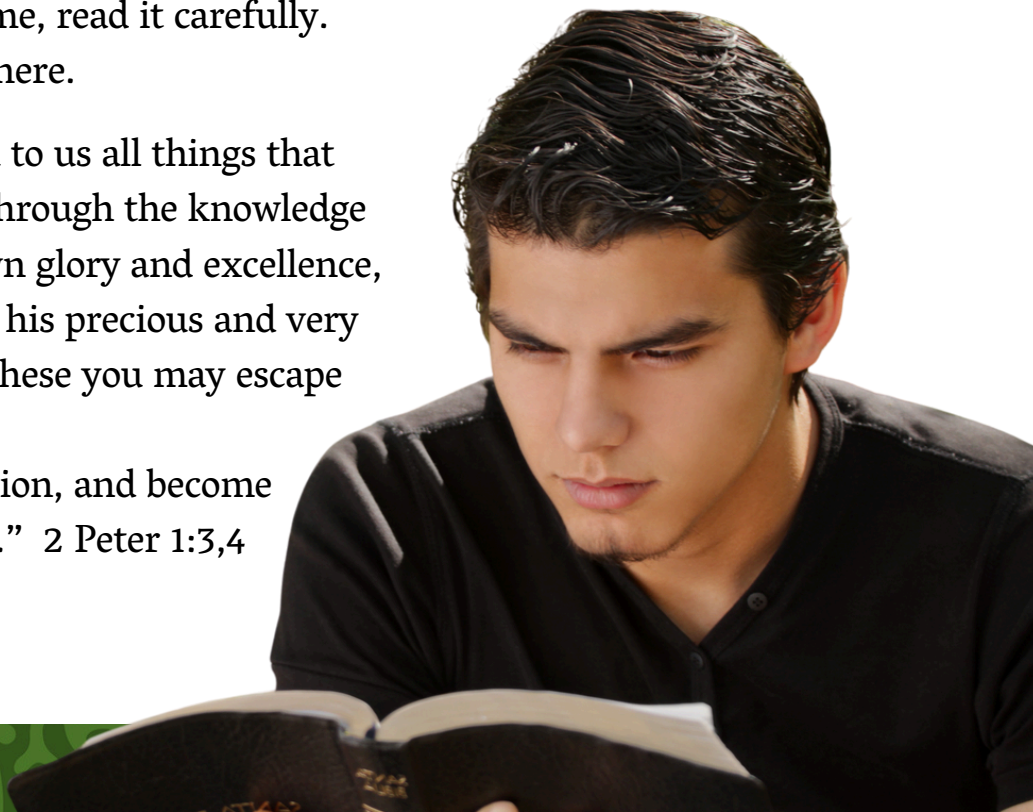
So, as you put the truth (promises) in your mind ahead of time, when a lie (temptation) comes along it has no power because you know the truth. You only quote the promise to clarify in your mind the contrast of the truth with the lie and confirm that the lie should be discarded and given no more room in your thinking.

David said: I have laid up thy word in my heart, that I might not sin against thee. (Psalms 119:11) He had memorized truth (law) so when the lie (temptation) came he resisted it with the truth (promises) and was a victor over the temptation (sin).

Memorized promises are powerful enough to win over future lies (temptation). A good exercise is to go through the promises and ask yourself, "What lie does that promise destroy?" I would suggest starting your study with

2 Peter 1:3,4. But take your time, read it carefully. There is a powerful message there.

"His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, that through these you may escape from the corruption that is in the world because of passion, and become partakers of the divine nature." 2 Peter 1:3,4



BIBLE PROMISES

- His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, that through these you may escape from the corruption that is in the world because of passion, and become partakers of the divine nature. II Peter 1:3,4
- And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Rom. 12:2
- I have said this to you, that in me you may have peace. In the world you have tribulation, but be of good cheer, I have overcome the world. John 16:33
- I have laid up thy word in my heart, that I might not sin against thee. Psalms 119:11
- But seek first His kingdom and his righteousness, and all these things shall be yours as well. Matthew 6:33
- No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it. I Corinthians 10:13
- Submit yourselves therefore to God. Resist the devil and he will flee from you. Draw near to God and he will draw near to you. James 4:7,8
- The name of the Lord is a strong tower; the righteous man runs into it and is safe. Proverbs 18:10
- Now to him who is able to keep you from falling and to present you without blemish before the presence of His glory with rejoicing, to the only God, our Savior through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen. Jude 24,25
- For the Lord God helps me; therefore I have not been confounded; therefore I have set my face like a flint, and I know that I shall not be put to shame; He who vindicates me is near. Who will contend with me? Let us stand up together. Who is my adversary? Let him come near to me. Isaiah 50:7,8
- I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20
- Because He Himself has suffered and been tempted, He is able to help those who are tempted. Hebrews 2:18
- Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour. Resist him, firm in your faith, knowing that the same experience of suffering is required of your brotherhood throughout the world. I Peter 5: 8,9
- You are of God, little children, and have overcome them because He who is in you is greater than he who is in the world. I John 4:4
- Blessed is the man who endures trial, for when he has stood the test he will receive the crown of life which God has promised to those who love Him. James 1:12
- For we do not have a High Priest who cannot sympathize with our weaknesses but be in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:15,16

MORE BIBLE PROMISES

- I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. Galatians 5:16
- Therefore, if anyone is in Christ, he is a new creation; old things have passed away, behold, all things have become new. II Corinthians 5:17
- And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Galatians 6:9
- Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:6,7
- We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed. II Corinthians 4:8-9
- "Let not your heart be troubled; you believe in God, believe also in Me. Peace I leave with you My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." John 14:1,27
- But now, thus says the Lord, who created you, O Jacob, and He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; you are Mine." Isaiah 43:1
- Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. I Peter 5:6,7
- "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." Isaiah 41:10
- When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you. Isaiah 43:2
- For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. Romans 8:38-39
- "See, I have inscribed you on the palms of My hands; your walls are continually before Me." Isaiah 49:16
- For in that He Himself has suffered, being tempted, He is able to aid those who are tempted. Hebrews 2:18
- Yet in all these things we are more than conquerors through Him who loved us. Romans 8:37
- But each one is tempted when he is drawn away by his own desires and enticed. James 1:14
- For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God? I John 5:4,5
- And my God will meet all your needs according to His glorious riches in Christ Jesus Phil 4:19
- I can do everything through Him who gives me strength. Phil.4:13.
- Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But His delight is in the law of the Lord. Psalms 1:1,2.
- Great peace have they who love your law, and nothing can make them stumble. Psalms 119: 165

Anyone in the health care system knows that with the rising cost of health care and the increase in chronic diseases, the disease/treatment model is not sustainable. To explain that further, most of us deal with our personal health, with what I call, the disease/treatment model. We wait till there are symptoms or a diagnosis, and then we go and seek help to fix the problem. Or we might say: I am getting regular medical examinations, if there are any problems my doctor will let me know and he will take care of it. The problem with that mindset is that it costs a lot more to take care of a problem once it manifests itself than to prevent it in the first place. Another more serious issue is that for some diseases once there are symptoms it may be too late. It is either not treatable, the treatment is expensive, or the treatment is worse than the disease itself. One example is breast cancer. A few breast cancer cells are not much of a problem, but it may take 20 years of silently growing till there are a billion (the amount needed for detection). Why not choose a lifestyle that fights the cancer cells before you ever know it's there? Another is heart disease. It silently develops till there is a small crack in the lining of the coronary artery forming a clot and a sudden heart attack. No symptoms and often not detectable by medical examination. For too many the first symptom is sudden death. If you were waiting for symptoms to appear to change, it's too late then. Most heart disease is preventable through lifestyle. Prevention is the only safe course, but that requires a new mindset. Instead of a disease/treatment model, you follow a lifestyle/prevention model. And the side effects of the prevention model are only good ones, like a happier, longer, healthier life, with greater mental clarity. The lifestyle that prevents these two diseases also prevents many others as well.

The question may be, Is it worth the effort? I have to admit that there will be things that you enjoy that you will have to give up. But I will also admit from my experience that what you replace them with and the positive results in your life will be worth the initial inconvenience.

How might the power of prevention change other areas of your life? Such as in relationships, preventing conflict rather than fixing it afterward. Or what about your spiritual life? The disease/treatment mode is like the sin/forgiveness mode. It will take a new mindset to practice prevention in the spiritual life as well. Make no mistake it takes no more power on God's part to give us strength to resist temptation than to forgive us afterward. In fact, He would prefer it that way. Just pray early, and avoid the remorse, hurt, and pain to yourself and others. Is it possible? The question to ask is how big is your God? He is more than able. We however are not able on our own strength, or willpower. All that it takes on our part is to just ask for His help at the point of temptation and He is more than willing to give us victory through His strength. Both physical and spiritual prevention take a new mindset, but it's the same mind that is changed. So, practicing the one helps with the other. That too is the work of the Holy Spirit.

The prince of this world cometh," said Jesus, "and hath nothing in Me." John 14:30. There was in Him nothing that responded to Satan's sophistry. He did not consent to sin. Not even by a thought did He yield to temptation. So, it may be with us. Christ's humanity was united with divinity. So long as we are united to Him by faith, sin has no more dominion over us. God reaches for the hand of faith in us to direct it to lay fast hold upon the divinity of Christ, that we may attain to perfection of character. DA

123

**Physical prevention is the answer to the health care crises.
Spiritual prevention is the answer to the great controversy.**

HEALTH PRINCIPLES

Remember that you are providing support as a friend, not a health professional. Even if you are trained in a health field, as a part of the LIFT support program your main role is to provide support and help them toward their purpose, along the path that they have chosen. Many times they have learned what they should do from their doctor or health lectures, you can just reinforce those instructions rather than coming up with your own. There are, however, some basic health principles that are generally understood and accepted that you can share as a friend, not as a health expert. The principles in NEWSTART are a good foundation.

Nutrition: Most people are aware of basic nutrition guidelines. We hear all the time on the news that we need to eat more fruits and vegetables, whole grains are better than refined. You are okay reinforcing those principles. People may just have trouble with how to get those, how to fix it, and how much. Sharing what you do or referring them to a reliable source is a safe way of helping people. It is never a good idea to get into arguments about what people should eat or not, even if you are right. I recommend focusing on what to add rather than what to stop eating. For someone whose diet is largely animal products, I would focus on adding good sources of plant nutrition to their existing diet. Later you can refer them to some sources to understand things that may be harmful to them. Let them hear it from the experts so you can remain their friend, not their judge

Exercise: Again, we all know the benefits of exercise, but there may be some precautions you could mention. Walking is always a safe place to start, but even then, I would ask them if there any reason that your doctor may want to clear you for exercise. A young person with no apparent heart disease may not need to have a doctor's clearance to start walking but just to be safe, it is good to ask. Beginning slowly and add a little at a time. Again, you are a neighbor or friend who is there to help not a health professional. Maybe join them for a walk one time a week, and check in to see how it's going. Light weights can be helpful, but it would be good to get some advice from a trainer regarding how much weight, reps, and frequency.

Water: Water is one of the easiest health practices to start, to reap great benefits. It is safe to encourage more water drinking unless they have kidney disease or have a water restriction because of some condition. Never disagree with the advice of their doctor. Water on the outside is helpful also to stay clean. Water treatments may be helpful, but remember you are not a professional. I recommend using the term "Use of hot and cold water for improving blood flow" rather than a more medical term "Hydrotherapy". If you feel it is needed, show them how to do these procedures at home rather than you doing it to them or their family.

Sunlight: Getting daily sun exposure without getting burned is helpful. This can be suggested without any issues.

Temperance: We often hear the phrase "moderation in all things", It is better to follow, "moderation in good things and avoiding harmful things". If the issue of tobacco or alcohol use arises, most people are aware of the dangers of both and we can be an assistant to help them if they are struggling with a change. Anything in excess is not good.

Air: Fresh air inside and out. Breathing deeply outside. Good ventilation in the home is also good.

Rest: Many people have sleeping difficulty there are helpful lists of ways to improve sleep quality you can refer them to.

Trust in God: The trust you have in God and the positive support that you give them will be the best witness. Be able to answer their questions without long in-depth discussions. Better to leave them wanting more, with short answers. Then let them think on it.

RESOURCES

We are not endorsing any of the following resources. They are ones that individuals have found helpful. Each person must determine for themselves the helpfulness and validity of any source they use.

<https://awhn.org/resources/>

Adventist Whole Health Network resources

<https://nadhealth.org/resources/>

NAD Health Resources

drnewstart.com

Timothy Arnott MD. FACLM Website

Vegan Cooking Sites:

<http://www.speakingwellness.com/>

Chef Erik Akko videos and seminars

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

<https://elavegan.com/#search>

Nutrition

NutritionFacts.org Michael Greger, MD. FACLM and his team study every English nutrition research papers each year and present the findings in an attractive, easy to understand manner.

A spiritual perspective on Health

<https://www.timelesshalinginsights.org/> David DeRose MD, MPH Physician and pastor has valuable insight on health with a spiritual perspective.

RECOMMENDED BOOKS

The Bible

Desire of Ages (EG White)

Medical Ministry (EG White)

Jesus Life Coach (Laurie Beth Jones)

Jesus the Master Coach (Dr. Joseph Umidi)

The Whole Life – Health Partner’s Guide (Joshua Vazquez)

In preparing this material and when using it for training, we have been careful to teach general principles of communication and have instructed all those who take this training to give no medical advice but to refer those involved to seek appropriate direction from a qualified medical professional. This training is not intended to qualify the student to be a certified professional coach.