

THE COACH TRAINING – SESSION 1

PRACTICE B-T-E-A

MESSAGE Training

ASSIGNMENT 1: Read “Minds on Fire.” This short booklet can be downloaded for FREE by going to the following web page: <http://livestransforming.com/minds-on-fire-download>.

Scripture: “He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.” - **2 Corinthians 5:21 (NASB)**

ASSIGNMENT 2: Watch the Introduction Video in the SESSION 1 training that can be found by going to <http://www.livestransforming.com/> and then to the following menus: **Training – The COACH – SESSION 1.**

Write down an example of an unhealthy Thought (T) that led to an Emotion (E) that led to an Action (A) this week and be prepared to share with your mentor. Note that sometimes starting with the unhealthy emotion is the easiest way to start:

Unhealthy Thought (T): _____
Unhealthy Emotion (E): _____ (start here)
Unhealthy Action (A): _____

ASSIGNMENT 3: Read Chapter 1 of *FREEDOM: How Grace Transforms Your Life Now* (Note: You can obtain the paperback by going to LivesTransforming.com, access the electronic version through iTunes, or may be able to obtain a copy from your church). Watch the two Videos on Opinions in the SESSION 1 training that can be found by going to <http://www.livestransforming.com/> and then to the following menus: **Training – The COACH – SESSION 1.**

Scripture: “There’s trouble ahead when you live only for the approval of others, saying what flatters them, doing what indulges them. *Popularity contests are not truth contests*—look how many scoundrel preachers were approved by your ancestors! Your task is to be true, not popular.” – **Luke 6:26 *The Message***

Write about a time when you connected your value or worth with what someone else thought about you. This assists in identifying potential underlying unhealthy beliefs:

FACILITATION Training

Scripture: John 17:17: Speaking to God the Father, Jesus prays: “Sanctify them in the truth; Your word is truth.” (NASB). This verse is very important. Millard Erickson explains, “Sanctification is the continuing work of God in the life of the believer, making him or her actually holy.” Notice two important concepts. First, we cannot sanctify ourselves, it is God and His continuing work that sanctifies. Second, notice that Jesus mentions in John 17 that sanctification occurs with God’s truth. In summary, God transforms (sanctifies) believers with the integration of God’s Truth because God (Jesus) is Truth (John 14:6). We place our minds on Truth (Rom. 12:2) and the Truth (God) transforms us.

ASSIGNMENT 4: “The Freedom Pyramid” Download at:

<http://www.livestransforming.com/download/Pyramid.pdf>

This week we will practice using the Freedom Pyramid. On the left side of the pyramid write down your unhealthy actions, emotions, thoughts, and then the underlying belief. On the right side of the pyramid, you will move the belief towards truth and then write the resulting thoughts, emotions, and actions. This is the process you will use as you start coaching other individuals. The pyramid allows you to visualize how God’s Truth transforms you (sanctifies – moves you toward holiness). This takes practice so be patient with yourself as you learn it.

UNHEALTHY

FREEDOM PYRAMID (B-T-E-A)

HEALTHY

The Circumstance

What actions are coming from the unhealthy emotion in 1?

Does 8 look more or less like obedience?

2. _____

8. _____

What unhealthy emotion are you experiencing?

If you feel 7 then what would be your action?

Ask Permission & Start Here: 1.

1. _____

7. _____

What thought(s) is causing the unhealthy emotion?

If you think 6 then what would be your emotion?

3. _____

6. _____

What does that mean to you? (Downward Arrow)

If you believe 5 then what would be your thought?

4. _____

5. _____

ACTIONS

EMOTIONS

THOUGHTS

BELIEFS

Potential to Share the Gospel:
(1) Circles of God in humanity &
(2) Romans 3:21-22 (NASB)

Identify God's Truth then summarize it above in 5

Apply Identity *IN* Christ to the Belief (Eph. 1:1-14)

I AM 100% RIGHTEOUS IN CHRIST
I AM 100% COMPLETE IN CHRIST
I AM DEEPLY LOVED
I AM TOTALLY FORGIVEN
I AM WHO GOD SAYS I AM

RENEW



