

# 3 REASONS WHY BELIEVERS



LEARN  
TO COACH

**ELEVATION LIFE TRANSFORMATION (ELTU)**

*The University of Christ-Centered Coaching, Leadership & Change*



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## 3 REASONS WHY BELIEVERS IN CHRIST SHOULD LEARN TO COACH

Greetings, I'm Dr. Merle Ray, President of **ELEVATION LIFE TRANSFORMATION UNIVERSITY (ELTU)** |

***The University of Christ-Centered Coaching, Leadership, and Change.***

Today, almost everybody and their mama calls themselves coaches. But really, are they? People tend to think that coaching is about giving advice to other people, providing directions, being the hero like a first responder or rescuer to others in trouble, being a clinician allowing others to tell you their deepest darkest secrets while you prescribe to them the answers or solutions for their lives. Well, here's the truth about professional coaching. I'm not talking about your girlfriend's groups or barbershop guy-talk; I'm not even speaking of athletic coaching, but results-

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oriented coaching for impact into the personal, professional, and spiritual lives of yourself and others.

**First, let's consider what a Spirit-filled Professional Coach is not:**

- **Your coach is not your god or guru.** *(Although the coaching experience may often prove helpful and beneficial to one's life, a coach is not the hero of the coaching conversation. That type of breakthrough comes from you as the person being coached doing the inner-work with God and the outer-work of taking action in the direction that you want to go led by the Holy Spirit.)*
- **Your coach is not your counselor.** *(Contrary to what many believe, a coach is not a therapist, clinician, mental health worker, or licensed professional counselor. This means a coach is not there to prescribe you orders, make diagnosis, prognosis or act in any capacity to "treat individuals" or give you any type of professional advice.)*
- **Your coach is not your best friend.** *(A Spirit-led Professional Coach demonstrates a sincere commitment to the care of professional practice ethics, confidentiality, and standards of integrity in coaching. Unlike a best friend who may or may not tell your secrets, a professional coach must keep secrets but reveal any information to appropriate authorities if you are ever a threat to yourself or someone else.)*

## **WHAT IS CHRIST-CENTERED COACHING?**

From these examples, we can see that coaching is not showing off our gifts and talents; it's not counseling or therapy, and it's not befriending others to influence them as we see many times on social media.

So then what is Spirit-led Christ-Centered coaching? And why should every Believer learn to coach?

Christ-Centered coaching is a biblical view of coaching, also referred to as "biblical, faith-based, or spirit-led coaching." In this discussion, these words are used interchangeably. Christ-Centered coaching is based on the life of Christ, the Word, the Ways, and views of God, predominantly provided in Scripture carried out and supported in real life through one's faith in God through a personal relationship with Jesus Christ.

Simply put:

A Christ-Centered Coach will use principles, teachings, and ideas supported in Scripture to assist clients in achieving desired objectives working on their relationship or desired relationship with Christ and His Holy Spirit.

Throughout the Bible we can see examples of how we like the people of God in the bible can be coached by our Heavenly Father. For example, in the book of Jeremiah we find the prophet being coached and mentored by God:

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***“Before I made you in your mother's womb, I chose you. Before you were born, I set you apart for a special work and appointed you as a prophet to the nations.”***

***Jeremiah 1:5***

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and again:

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***“For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.”***

***Jeremiah 29:11***

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This passage shares the biblical truth that before we are born, God's divine vision is at work in our lives, even then forming and shaping us for good success. In fact, the entire Old Testament uses patterns, principles, and divine prophesies God gave the prophets to show the people of God the coming of their Messiah who has a plan for their lives. The Old Testament was speaking of none other than Jesus, the Christ, our Lord, Savior and soon returning King.

Christ-Centered coaching is based on a relationship with Jesus which overwhelmingly signifies that God has given each of us abilities, skills, and a unique plan and purpose for our lives. As a result, in Christ-Centered coaching, we are encouraged to cultivate and explore our relationship with Christ, our living Savior, and King. By doing so, we become kings ourselves in His Righteousness and not our own. We begin to work on our personal, professional, and spiritual lives, goals, and objectives knowing that God has a plan for our lives, and He invites us to own that plan, trusting and co-partnering with Him in that plan.

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***12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.***

***13 And ye shall seek me, and find me, when ye shall search for me with all your heart.***

***Jeremiah 29:12-13***

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As we can see by Scripture, the Bible emphasizes personal accountability and responsibility, assisting us in a self-coaching process that shows us God's heart toward us as we seek Him out. By learning Christ-Centered Coaching we can explore and self-discover our identity in Christ; we can cultivate intimacy in our relationship with God, and immerse ourselves in exploring meaning for our lives, derived from studying Scripture, and submitting to the Holy Spirit as did Jesus. Yes, God does want us to know Him intimately as did Jesus!

In Christ-Centered Coaching, we get to learn more about our strengths, any weaknesses, opportunities, and risks we may need to confront. Wow, 🤖 imagine that! Yes, God does equip us to partner with Him in our lives and the lives of others! We can better understand ourselves when we do the inner-work of coaching applying biblical principles given from the Father, Son, and Holy Spirit intimately.

Christ-Centered Coaching does not require religious denominations or affiliations with any type of church organization; but rather Christ-Centered Coaching is open to all who believe in Christ.

Religion is not a requirement for coaching.

A Christ-Centered Coach forms a mutually beneficial agreement to work with you by co-partnering in a coaching agreement. This agreement consists of exploring desired goals and objectives based on your interests in searching out your relationship with Christ through Scripture, prayer, abiding in His presence, and cultivating that relationship with the assistance of a Christ-Centered Coach. It is perfectly acceptable and indeed encouraged for a Christ-Centered Coach to form a coaching relationship with anyone – Believer or not, if the person is pleased to work with a Christ-Centered Coach. This is practicing Christ-like hospitality and is supported throughout Scripture in both the Old and New Testament.

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***33 And if a stranger sojourn with thee in your land, ye shall not vex him.***

***34 But the stranger that dwelleth with you shall be unto you as one born among you, and thou shalt love him as thyself; for ye were strangers in the land of Egypt: I am the Lord your God.***

***Leviticus 19:33-34***

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***16 But whereunto shall I liken this generation? It is like unto children sitting in the markets, and calling unto their fellows,***

***17 And saying, We have piped unto you, and ye have not danced; we have mourned unto you, and ye have not lamented.***

***18 For John came neither eating nor drinking, and they say, He hath a devil.***

***19 The Son of man came eating and drinking, and they say, Behold a man gluttonous, and a winebibber, a friend of publicans and sinners. But wisdom is justified of her children.***

***Matthew 11:16-19***

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***9 And I say unto you, Make to yourselves friends of the mammon of unrighteousness; that, when ye fail, they may receive you into everlasting habitations.***

***10 He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much.***

***11 If therefore ye have not been faithful in the unrighteous mammon, who will commit to your trust the true riches?***



***12 And if ye have not been faithful in that which is another man's, who shall give you that which is your own?***

***13 No servant can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.***

***Luke 16:9-15 (KJV)***

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In professional coaching, be it Christ-Centered, faith-based, or not, if at any time either person does not wish to continue participating in a coaching arrangement, that person is free to end the coaching relationship at any time, and there are typically procedures for how to do this outlined in the coaching contract between the client and the coach ahead of time.

That said, not everyone who is running around calling themselves a coach is one. Professional Christ-Centered Coaches are genuine and voluntarily hold themselves to a set of higher ethical standards, guidelines, and core competencies.

Now you may not want to become a professional coach and that is perfectly fine. But Believers in Christ should learn coaching because we are **commissioned!**

## **NUMBER I**

### **I. We are commissioned to coach ourselves. This builds character!**

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***Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.***

***(Philippians 2:12-13 ESV)***

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***“Every athlete exercises self-control in all things. They do it to receive a perishable crown, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.”***

***1 Corinthians 9:25-27***

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From Scriptures like these we can see that Coaching that is biblical encourages us as Believers to check ourselves for consistency to see where we stand in the faith:

***Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?***

Again in Psalm 139:23-24, we learn to ask God to help us in self-examination:

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***“Search me, God, and know my heart; test me and know my anxious thoughts.”***

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It's about God building our character because it doesn't matter how good our gifts are, if we do not contain the character of Christ. So many gifted and talented people want to work for Christ but do not have the character of Christ. As Believers, we are commissioned to coach ourselves so that we are consistently (as in a pattern) showing forth the character of Christ. It is in this personal interaction and exchange with Christ that He and I get to work on my character together. ***(Yeah, like God is a real person! Hint!)***

God is a free-spirit! He doesn't limit Himself to the gifted and talented! He desires a cultivated relationship with each one of us personally! So, you are **commissioned to coach** yourself so that you can self-discover your identity in Christ through intimacy with Him. What do I mean by that? Through your personal interaction and exchange with God, you begin to form a relationship with Him, and the Lord lets you discover things about yourself in the process.

The more you see things about yourself, the more you discover that you need your character-built! It is through this personal exchange with God that we begin to see how much we were a wretch undone without Christ! The more we are humbled by His showing up in our lives, the more we realize that God is not condemning us. No! We are commissioned to coach ourselves!

## NUMBER 2

2. **We are commissioned to coach others. This builds community, care, and compassion.**

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***So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.***

***Matthew 7:12***

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***Go and learn what this means, “I desire mercy and not sacrifice.”***

***Matthew 9:13***

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It's about caring for others just as we would want others to be considerate of us. Living community means having mercy and providing it to take care of others giving them compassion, forgiveness, not just physical care, but concern for them as a whole - mind, body, and spirit.

Believers are commissioned to coach others thereby demonstrating that there is unity in community. Showing how much we care and providing love and compassion, believe it or not, is real leadership! Serving others through coaching is servant leadership. So, you are commissioned to coach others not from a position or title, but with your life.

### NUMBER 3

3. **We are commissioned to be coached. This builds true communion with God and each other.**

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*Iron sharpens iron,  
So one man sharpens another.  
Proverbs 27:17*

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*20 Giving thanks always for all things unto God and the Father in the  
name of our Lord Jesus Christ;  
21 Submitting yourselves one to another in the fear of God.  
Ephesians 5:20-21 (KJV)*

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Advancing through levels of leadership, maturity, and development through self-directed learning have been popular for decades. But today, **preserving our personal, professional, and spiritual potential through education, training, and “self-care” has never been more vital.** Co-partnering in a safe supportive environment, learning to navigate one’s way through desired change is an all-too-important task – that has in the past been left to someone else to solely do for us – our parents, our pastors, our girlfriends, guy friends, schools, employers, the government, and pretty much anybody else besides us! **Self-care has been an all-too-important task we left for others!**

But God has given us the responsibility of caring for ourselves in concert with the Body of Christ. Just as it is in the natural, the physical body has the remarkable capacity to heal itself when all the bodily systems are working properly. The church cannot keep doing church as usual. **As members of the Body of Christ, we are commissioned to become submitted to one to another in a Christ-Centered relationship.** That is what Christ-Centered Coaching is all about – forming and developing healthy relationships with one another, just like in a marriage. We have in times past looked at this only from the standpoint of us and the Bridegroom, Christ. But the Apostle Paul in Ephesians 5:20-21 first said this to us as members of **each other in the Body!**



Over the past 25 years, we have seen a tremendous falling away of physical marriages both in and out of the church. But we need to look deeper within. Could it be that this huge increase in divorce rates was a physical sign of what was taking place spiritually within the Body of Christ? Is it a possibility that the body parts were not concerned with recognizing the gifts in each other, but only looking at the gifts we have ourselves? It is like being married in bed having intercourse with one's spouse, only looking out for the needs of oneself while failing to recognize that the other person has needs also! This is how important submitting to each other is in the Body of Christ! Providing reverence giving glory and honor to God in our relationships with each other is crucial! This is what Apostle Paul is saying in Ephesians 5:20-21: *My ability to give thanks unto God for you in all things is the very proof of whether I am looking to your needs or looking only to my own needs for myself.*

It is like the foot of a physical body saying to the eye, "Hey, I am a foot, and my function is to walk, so I have don't have anything to do with you!" How far do you think that foot is going to go?

This brings whole new meaning to the phrase, ***"Doing church as usual."***

It's not just about preparing for a worship service, or planning a conference, or having a public invited event. It's about how you – each of you – are doing individually. It's about how we are doing corporately as a Body. How can we go out and save the world if we can't even save each other? The Body is saving each other when we are submitting to one another in the fear of God, just like in a marriage.

We are in Ephesians chapter 5: verses 20-21 (read it again)

If you don't believe what I am saying about the health and condition of our marriages being physical pictures of the health and condition of our relationships within the church, look here. The Word of God shows us that the Apostle Paul talks to the church in Ephesians for (5) whole chapters BEFORE he even mentions husbands and wives. This is a clear indication that he started off talking to everyone in the church first. Then finally in Ephesians chapter 5 check it out for yourself, only after he talks to the general church body, does Paul begin to talk to husbands and wives.

Yet, the whole church of today is busy doing church, doing church, doing church – without submitting to each other at least we think that we're doing church. It's like we're on auto-pilot doing church service, after service, after church service, OR doing church activity, after church activity, after church activity without being truly submitted to God, and submitted to each other, and finally submitted to the Righteousness of God instead of submitted to our own personal righteousness!

In Faith-based Professional Coaching at ELTU, we learn that every Believer needs to learn to coach. Why? Because **OUR SELF-EDUCATION NEEDS ELEVATION!**

While on earth, we are to be submitted to God, submitted to each other, and submitted to the Righteousness of God in Christ Jesus! This is how the economy works in God's view, when one is elevated by submitting oneself to God and each other in the fear of the Lord, which is reverence and respect for God's love, power and righteousness in Christ that saves us, not our own way of doing things.

God is MOVING YOU, ME, EVERYONE OF US forward in God's own way of doing things!

**Personally, professionally, and spiritually** He is moving each of us to a new level.

That's why ELEVATION LIFE TRANSFORMATION UNIVERSITY (ELTU) exists. We are a place where Believers in Christ can find out what Christ-Centered Coaching is AND how to use the deeper significance of what ministry is to change your own life first, and then positive impact others. Christ-Centered Coaching builds intimacy between you and God first inside yourself. Because you can't really love others until you know what it means to love yourself. **Coaching helps you to identify with yourself, your Maker, and your makeup.** Then you can be who you are stronger, better, faster, where needed to be. Becoming coached means you are being made a more excellent vessel in the hands of Your Heavenly Father, you are becoming a Son or a Daughter trusting in the Sovereignty of God's process – just as Jesus did!

Contact us if you'd like to become a Christ-Centered Professional Coach!

<https://www.ElevationU.com> or

<https://www.ELTU.org>

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