

SESSION 4: WHAT IS SPIRITUAL COACHING?

A Key Ingredient

What do you think of when you hear the term “spiritual coach”? How would you define spiritual coaching? Is anyone qualified to be a spiritual coach in your household? What do you think are the qualifications?

What Is Spiritual Coaching Anyway?

Discuss the definition: “Spiritual coaching is simply taking the initiative to intentionally nurture the faith of your household by promoting the three vibrant household characteristics. This nurturing happens through modeling, instructing, and encouraging in both every day and planned moments.”

Developing a Coaching Posture

LHM developed a helpful tool that equips Christians to become EAGER spiritual conversationalists. Go to lhm.org/eager to learn more about the EAGER profile, EAGER inventory, and the online course.

Considering the definition of a spiritual coach, who has filled that role in your life at various times—modeling, instructing, and encouraging—in both every day and planned moments?

Evaluating Your Household

Now that you have learned more about the vibrancy characteristics, is there anything you would change in your evaluation of your household? Make those changes now to your Inventory.

Planning Appropriate Moments

Look through the list of activities on the Vibrant Households Activities list that could help your own household grow more spiritually vibrant. As you scan through the activities, choose 3-4 to focus on. Then consider how each activity could be pursued in a planned moment in *your* household. Finally, choose one step forward, one thing you can do in your household that builds vibrancy, and fill out the *Our Vibrant Next Step* card.

Coaching in the Moment

How does focusing on God and not our fears influence the way we approach spiritual coaching?

How could applying these three suggestions—focus on God, don't interrogate, and be available—help you to provide healthy spiritual coaching in your household?
