

## SESSION 8: SPIRITUAL COACHING



You may decide to facilitate a whole-group discussion, divide into smaller groups, or pair people up to answer the session discussion questions.



You may have time to invite each pair or group to summarize their discussion for the whole group at the conclusion of discussion times. You may want to collect brainstormed activities on a whiteboard or easel pad.



### DIGGING INTO GOD'S WORD

Reflect on the following based in Hebrews 13:7

1. Who are the "leaders" in my life that have spoken God's Word to me? What is the outcome of their way of life?

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2. How am I imitating the faith of those people I named in question #1?

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3. How does it show in practical ways in my life... that Jesus is the same yesterday, today, and forever?

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4. How can I help **strengthen with grace the hearts** of those in my core & extended household?

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## EVALUATING SURVEY FINDINGS RELATED TO SPIRITUAL COACHING (Nurturing the habit of spiritual disciplines)

1. Which of these describe the action I currently need to take in my household: arrange the kindling, add another log, or stir up the coals?

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2. What specific concerns/ burdens do I feel as I prepare to take this action?

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3. Who will I ask to support me in prayer as I take this action?

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4. From the "Activity Guide" for spiritual activities (found below), what is 1 activity I feel led by God's Spirit to try in my household this week? Or... is there a different one the Spirit brings to mind?

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5. Write, or say, a prayer asking God to guide and guard me and my household as we try a new step this week in relating to Him:

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## Common Spiritual Coaches in All Households

How do the people in your household or extended household talk to you about their faith?

	Teaches me about the Bible	Talks with me about God's forgiveness	Sets an example	Teaches me about traditions	Encourages me to go to church	Encourages me in other ways
1	Grandparent 55 <sup>b</sup>	Grandparent 56 <sup>b</sup>	Grandparent 67 <sup>b</sup>	Grandparent 67 <sup>b</sup>	Grandparent 65 <sup>b</sup>	Grandparent 62 <sup>b</sup>
2	Mother 49 <sup>b</sup>	Mother 52 <sup>b</sup>	Mother 58 <sup>b</sup>	Mother 53 <sup>b</sup>	Mother 61 <sup>b</sup>	Spouse 60 <sup>b</sup>
3	Father 44 <sup>b</sup>	Father 43 <sup>b</sup>	Father 58 <sup>b</sup>	Father 48 <sup>b</sup>	Father 51 <sup>b</sup>	Mother 57 <sup>b</sup>
4	Spouse 34 <sup>b</sup>	Spouse 39 <sup>b</sup>	Spouse 48 <sup>b</sup>	Step-parent 32 <sup>b</sup>	Spouse 44 <sup>b</sup>	Father 53 <sup>b</sup>
5	Roommate 29 <sup>b</sup>	Friend 34 <sup>b</sup>	Step-parent 44 <sup>b</sup>	In-laws 30 <sup>b</sup>	Step-parent 41 <sup>b</sup>	Friend 48 <sup>b</sup>
6	Step-parent 26 <sup>b</sup>	Roommate 29 <sup>b</sup>	Friend 38 <sup>b</sup>	Friend 26 <sup>b</sup>	In-laws 41 <sup>b</sup>	Step-parent 47 <sup>b</sup>
7	Friend 23 <sup>b</sup>	Step-parent 29 <sup>b</sup>	In-laws 36 <sup>b</sup>	Spouse 25 <sup>b</sup>	Friend 32 <sup>b</sup>	In-laws 44 <sup>b</sup>
8	Unmarried partner 21 <sup>b</sup>	In-laws 28 <sup>b</sup>	Other relative 31 <sup>b</sup>	Other non-relative 22 <sup>b</sup>	Unmarried partner 29 <sup>b</sup>	Unmarried partner 44 <sup>b</sup>
9	Other non-relative 21 <sup>b</sup>	Unmarried partner 25 <sup>b</sup>	Unmarried partner 30 <sup>b</sup>	Roommate 21 <sup>b</sup>	Roommate 28 <sup>b</sup>	Other relative 41 <sup>b</sup>
10	Other relative 20 <sup>b</sup>	Other relative 25 <sup>b</sup>	Sibling 28 <sup>b</sup>	Other relative 20 <sup>b</sup>	Other relative 27 <sup>b</sup>	Sibling 32 <sup>b</sup>
11	In-laws 18 <sup>b</sup>	Other non-relative 24 <sup>b</sup>	Roommate 27 <sup>b</sup>	Sibling 17 <sup>b</sup>	Sibling 24 <sup>b</sup>	Other non-relative 31 <sup>b</sup>
12	Sibling 14 <sup>b</sup>	Sibling 19 <sup>b</sup>	Other non-relative 23 <sup>b</sup>	Unmarried partner 16 <sup>b</sup>	Other non-relative 20 <sup>b</sup>	Grandchild 31 <sup>b</sup>
13	Child 8 <sup>b</sup>	Child 14 <sup>b</sup>	Grandchild 15 <sup>b</sup>	Child 7 <sup>b</sup>	Child 13 <sup>b</sup>	Roommate 30 <sup>b</sup>
14	Grandchild 7 <sup>b</sup>	Grandchild 11 <sup>b</sup>	Child 13 <sup>b</sup>	Grandchild 6 <sup>b</sup>	Grandchild 12 <sup>b</sup>	Child 26 <sup>b</sup>

n=9,347 U.S. practicing Christian adults and teens, aged 18-71, 2018. Respondents were only shown relationship types that live with or visit them regularly in their home, not including children under age 18.



## Households of Faith – Activities Guide

### Applying Spiritual Disciplines

#### First steps:

- Enjoy a nonspiritual activity together as a household – work or play together.
- Evaluate your church attendance. Can you increase your times of worship? Try to go to church as a household at least 2 times each month.
- Say a short prayer with household members (even a memorized or downloaded one) at mealtimes or even just at suppertime.
- Find an age-appropriate devotion book (ask Katelyn Lloyd, Kristin Blair, or Seth Illich for suggestions) and read it as a household once or twice a week.
- If you have attended only worship services, try staying as a household for the “Going Deeper” hour – kids to Kingdom Kids classes and adults to a Bible Class offering.
- Pray as a household before bedtime – thank God for blessings from the day and ask His help for needs for tomorrow.
- Write a Bible verse on the bathroom mirror with a dry-erase marker or highlighter.

#### Next steps:

- As a household, join a Connection Group
- If already in a Connection Group, evaluate your investment – can you be more regular in attendance, or can you help host or facilitate gatherings or activities in some way?
- Buy a new Bible and place it in a prominent place in your house.
- Read some of the shorter Psalms together as a household – invite the older youth to help read.
- Put simple names and topics on craft sticks to pull out for prayer at mealtimes.
- Say to household members, “God bless you with (a fruit of the Spirit Galatians 5:22)”, as they head off to work or school.
- Ask your household which book of the Bible interests them, and read it together.

#### Out-of-the-Box Steps:

- During Advent, Lent, or a family vacation... read a short Scripture passage and pray as a household each day of this special time.
- As a household, choose a favorite Bible verse, and order a large sign, piece of art, or plaque with the verse to display in a visible place in your home.
- “Blessed rather are those who hear the Word of God, and keep it.” Luke 11:28 ESV – As a household, help out at a “Third Thursday” or “International Friendship Center” event.
- Order and use the prayer-starter called Every Moment Holy with your household (available Amazon).
- Order and use the new children’s hymnal, One and All Rejoice with your household (available from Concordia Publishing House)
- Order and use with your household, the music CDs from “Sing the Bible with Slugs & Bugs”, and “Seeds Family Worship” (both available from Amazon)
- Watch as a household the movie, “The Lion, the Witch, and the Wardrobe”, and talk about the parallels to our Christian faith.
- As a household, memorize a Psalm or favorite passage of Scripture

E"Special"ly for Singles:

- Say a new prayer at meal or bedtime (The Lutheran Book of Prayer can be ordered from Amazon or at [www.cph.org](http://www.cph.org)).
- Begin a new weekly or daily online or book format devotional. (Try Pastor Mark's "Shelter in a Grace Place" online devotion available on Emmanuel's website, or Lutheran Hour Ministry's daily devotion on the LHM website.)
- Start a prayer notebook or chalkboard... writing down needs & praises, and noting the dates God sends His answers
- Ask a family member, friend, or neighbor how you can pray for them, and then follow up with them
- Commit with another family member or friend to memorize a favorite Psalm or other passage of Scripture
- Ask Katelyn Lloyd or Kristin Blair how you may help meet a need for ELC's Kingdom Kids
- Offer to become a "Prayer Pal" for one of Emmanuel's confirmation students (Contact Kim for info)
- Join one of ELC's men's Bible studies, or one of ELC's women's Bible studies
- Join one of Emmanuel's Connection Groups
- Help at Third Thursday or the International Friendship Center
- Commit to participating in one of ELC's Senior Center Services when they are again allowed
- Offer to send notes or make phone calls to ELC's shut-ins or hospitalized