READY. SET. GO. Coaching Sunday, October 6, 2019

I. Synopsis

We can glean principles about being a follower of Jesus from the life and training of an athlete. The Apostle Paul uses the metaphor of being athlete, specifically a runner to explain how to Christians are called to live. This week learn about the importance of coaching and how this relates to the being a disciple of Christ.

.

II. Ice Breaker Question

In the world of sports, in your opinion, who is a good coach? Why?

III. **Scripture**: 2 Timothy 1:1-14 (ESV)

IV. Discussion Questions

1. Coaching is one of the ways an athlete prepares for a race. How does a coach inspire the person? How does the coach challenge the person? What kind of relationship does the coach have with their client? What are the benefits of having a coach?

2. Paul coaches Timothy to take on the mantle of leadership, as he realizes his days are coming to a close. Having worked together for 15 years, Paul and Timothy have a deep relationship. Paul understands Timothy's weaknesses and strengths. How does Paul encourage Timothy in this passage? How does Paul challenge Timothy?

3. Paul admonishes Timothy to receive the gifts the Holy Spirit has given him, "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline" 2 Timothy 1:7 (NIV). Who in your life exemplifies the qualities of power, love and self-discipline? How could coaching aid you in becoming a mature follower of Jesus?