



# Coaching Guide

Active Prayer



Where spiritual formation and disciple making movements intersect

***“Prayer is a conversation that God has started through his Word and his grace, which eventually becomes a full encounter with him.”***

*Prayer: Experiencing Awe and Intimacy with God - Timothy Keller*

Our goal is to inspire you to utilize prayer as a critically key element in our disciple making journey.

As Christians we agree that prayer is vital to our life of faith. We know the biblical foundations to pray, the importance of the work of the Holy Spirit to expose blind spots and transform the heart and mind to care for the lost so that we seize opportunities where God is intersecting our lives. So, what element of prayer is missing in our discipleship journey?

Before we begin this journey to introduce the nuanced progression from a disciple to a disciple coach, here are our basic definitions:

- The disciple, by definition, is a follower of Jesus.
- The disciple shifts, ever so slightly, when they become a disciple maker.
- The disciple maker shifts, by adopting a coach approach, to multiply disciples.

## Overview

You will have your own experience in prayer that is unique to who God designed you to be. Below is a story of how one person incorporated prayer as he began his disciple coach journey. Hopefully, this will serve as a catalyst for you to approach prayer as a conversation that God has started through his Word with grace, which eventually becomes a full encounter with Him.

## Real-life Journey

After several months, an older man I met through an acquaintance reached out to let me know he had time to do some paving for me. This is a project I have been waiting to get done...It's just part of normal life. After working together for a week or so, I found myself driving him to another job site and he began to talk about God, starting from when he was a kid. In a million years I could not have made this connection, but as a result of prayer and building a relationship, we have begun having spiritual conversations.

Another friend of mine had been intentionally building relationships with non-christians, but there hadn't been any fruit in quite a while. After a brief conversation with him he stopped and prayed for those he was in relationship with. That day one of the individuals called him out of the blue and wanted to meet to talk about this "Jesus thing".

It is easy to just slide these and other examples into the coincidence bucket, but the Bible guides us on the power of prayer to change lives.

As a novice disciple coach I have begun to pray four things:

- 1.That my desire to reach the lost continues to grow,
- 2.That the Holy Spirit will nudge people my way,
- 3.That I have eyes to see who these people are, and
- 4.That this will meld with my everyday life.

Each of us understands that prayer flows when the source of our life is abiding in Christ. "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me" (John 15:4). Abiding or remaining in Christ allows for the work of the Holy Spirit to change our heart and transform the mind.

What element of prayer is missing in your discipleship journey?

## Reflect

Take 20 minutes of alone time and walk through the Reflection Questions below by writing out your answers on a piece of paper. Most of us resist writing our answers down, but please take the extra several minutes to do so.

- 1.Our first reflection area is understanding prayer for ourselves. We must have a heart and mind for the lost, that translates to compassion and action.



- What are your biblical foundations for disciple making?
- How have others seen you live out these foundations in the last 60 days?
- What moves and motivates you to make disciples?
- What do others say moves and motivates you?

2. Our second reflection area is *prayer for those God is leading our way*. We can pray they are open to the touch of the Holy Spirit.

- Do you have eyes to see who God is leading your way?
- What disciple making opportunities is God creating for you?
- Who is God preparing for you to connect with on their discipleship journey?
- Who is praying with you for the people you are discipling?
- As a leader, how can you pray for those God is moving and motivating to take an initial or a next step on their discipleship journey?

*"Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them."*

- Matthew 18:19-20

## **Act**

### Option #1

This week talk to one of the people you have been building a relationship with. Begin by praying for yourself to have a heart to act on who God is placing in your life to begin or support on their discipleship journey. Pray for one of these people to be open to engaging with you as you travel through life together.

### Option #2

In today's busy world it is a struggle to love others more than ourselves. As you reflect, pray for two random people you encounter each day. Pray for God to fill them with wisdom and understanding for the things of God. Pray that God uses you to love them, in whatever capacity he desires (from a prayer and a smile to becoming a friend). They may be a Christian, they may not, but they are all God's children.



## Discover

Transformation begins with me being empowered and changed through the Holy Spirit. Jesus prayed without ceasing. To complete His mission here on earth, Jesus was speaking intimately and consistently with His Father, withdrawing from his friends to pray and show deep trust in His relationship with God. Jesus also modeled the necessity of connecting with the Father to his disciples. Here are three things we can learn from His prayers:

1. Jesus prayed for himself, "If you are willing, take this cup from me".
2. He submitted, "Nevertheless, not my will, but your will be done".
3. And he prayed for his disciples, "Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one".

As you pray for yourself on this discipleship journey, who is God placing on your heart to team up with? Have a discussion this week with one individual that will partner with you on the journey. It may be a support person or a mentoring individual. Let God lead and help you.

## Going Deeper

Quote:

*"Prayer is a conversation that God has started through his Word and his grace, which eventually becomes a full encounter with him."* - Prayer: Experiencing Awe and Intimacy with God, Timothy Keller

Verse:

*"For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God,"* - Colossians 1:9-10

***What book, video, podcast, coaching, webinar or additional support do you need to learn how to activate prayer in your disciple making relationships?***

