



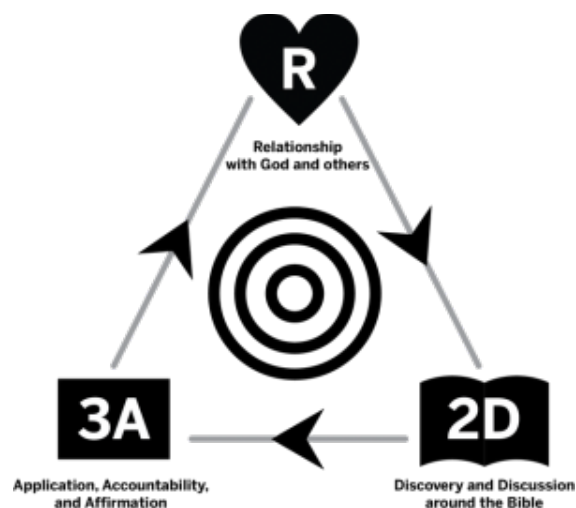
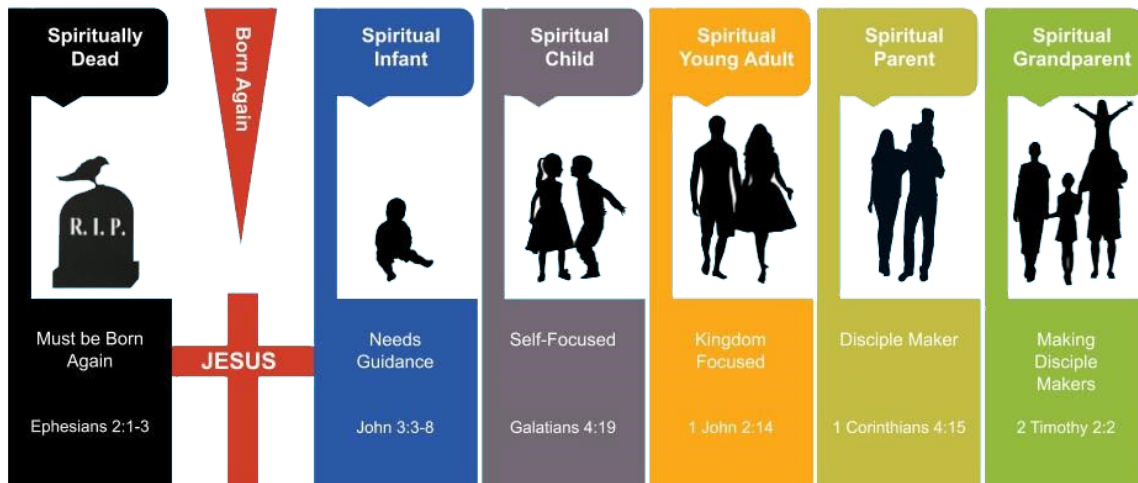
COACH
THE BIBLE

SPIRITUAL HEALTH
INVENTORY
TRAINING GUIDE

PURPOSE OF COACH THE BIBLE TRAINING

Coach the Bible to:

- ✓ Fulfillment in Knowing Jesus resulting in fruitful Maturity experiencing Fullness in Christ and Unity of the Faith. (Eph 4:11-13)
- ✓ Become Healthy Multiplying Disciple makers. (Matthew 28:19-20)



HOW TO GET COACH TRAINING

If this is what you want, then we would like to suggest several paths that you can travel to use this site to help you there.

1. Go to our [Coach Training](#) page and discover the path of being coached and becoming a coach. Requirements for being a trained coach are laid out there. Sign up for our live, coached, online class offered twice a year.
2. Work through the site from the [Lost Section](#) to the [Spiritual Leader](#) and discover, on your own, the riches we have in Christ.
3. Call upon one of our trained coaches to help you and your church walk together on this journey. [Contact Us](#)

EMOTIONAL HEALTH WILL ENHANCE OR HINDER SPIRITUAL GROWTH AND MATURITY!

The GREAT news is that:

1. Jesus LOVES you!
2. You are NOT alone.
3. There is HELP.

Click on the logo (right) to contact our friends at Rock House Center or go to page 24 for more information or complete the assessment on page 25.



More information on page 24
or complete the assessment on
page 25

COACH THE BIBLE TRAINING MANUAL COURSE OUTLINE

COURSE OBJECTIVE

To equip the follower of Jesus Christ as a disciple maker, with the knowledge, skills, assessments, and practice to reproduce Christ in others from the LOST to the LEADERSHIP stages of their spiritual growth.

"...so that the man or woman of God may be fully capable, equipped for every good work."

2 Timothy 3:17

COURSE OUTLINE: ALONG THIS PATH A PERSON CAN EXPERIENCE

SPIRITUAL STAGES OF MATURITY

1. New Life in Christ. - [Dead/Lost](#)
2. The **Commitments** necessary for a foundation of Growth. - [Infant](#)
3. To build critical **Convictions** of action essential to obeying God's word. - [Child](#)
4. To acquire the needed **Character** to sustain long term fruitfulness and productivity. - [Young Adult](#)
5. To grow in **Competence** in caring for spiritual infants to young adults. - [Parent](#)
6. To have the vision, intentionality and means to **Reproduce** spiritual maturity - [Grandparent](#)
7. To strengthen the **Leadership** skills and vision to create environments of fulfillment, maturity, oneness, and ongoing disciple making. - [Leaders](#)
8. To know how to assess **Emotional health** by completing the [Well Being Assessment](#) and give direction for next steps.

COST OF TRAINING & LOCATION

1. Based on the need of the trainees and location the training can be in person.
2. The training can be delivered by zoom. (10-20 weeks)
3. There will be regular classes offered Fall and Winter semester
4. Cost for the training is \$149 per person
5. Cost for training manual is \$49
6. Individual or group coaching is also available at \$125 per hour

SPIRITUAL ASSESSMENT INSTRUCTIONS

Go through each of the statements below and assess yourself on a scale of 1 to 5 and write the score on the space provided on the right.

1. = **No** - I am unfamiliar with this concept or do not agree.
2. = **Learning** – I am open to learning more in this area.
3. = **I Understand** – I have knowledge, but struggle with implementation.
4. = **Getting Stronger** – I am actively working on this area in my life.
5. = **Convinced** – I am consistently living this in my life.

THIS ASSESSMENT IS NOW ONLINE

The Online Assessment has been broken up into the for separate sections. It can be found on each of the stages for [Spiritual Infant](#), [Spiritual Child](#), [Spiritual Young Adult](#) and [Spiritual Parent](#).

You may also go to our [Assessments](#) page and find them all there too.

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SPIRITUAL ASSESSMENT

On the above scale below 1-5 how would you answer the following questions?

1. No 2. Learning 3. I Understand 4. Getting Stronger 5. Convinced

Section A – COMMITMENT – INFANT STAGE

- 1. I am sure of my salvation. [I John 5:11,12,13] _____
- 2. I can trust God to answer my prayers. [John 16;24] _____
- 3. God will help me with temptations. [I Corinthians 10:13] _____
- 4. I know that I am forgiven [I John 1:9] _____
- 5. God will guide me in my life [Proverbs 3:5,6] _____
- 6. I committed to understand the Bible. [John 16:13-II Timothy 3:16,17] _____
- 7. I have a reading and a daily devotional plan. [Revelation 1:3] _____
- 8. I am convinced that the Bible is true. [John 7:17] _____
- 9. The commitment Jesus is asking of me is clear. [Matthew 4:19] _____
- 10. I love to listen to God and respond. [Romans 8:16] _____
- 11. I committed to fellowship with other believers. [Hebrews 10:24] _____
- 12. I am committed to deepen my love for God? [Psalm 16:1-11] _____
- 13. I understand and can share the good news of Jesus. [Ephesians 2:1-10] _____
- 14. I have made my commitment to follow Jesus. [Luke 9:23; 10:27] _____

1. No 2. Learning 3. I Understand 4. Getting Stronger 5. Convinced

Section B – CONVICTIONS – CHILD STAGE

- 1. I understand how to build convictions in my life. [II Timothy 3:10-16] _____
- 2. I know how to hate evil [Proverbs 4:25-27] _____
- 3. I am convinced about the authority of the Bible [2 Timothy 3:16] _____
- 4. I have growing experience in explaining the Trinity [Ephesians 2:18] _____
- 5. I understand what it means to Lay down my life [Romans 5:8] _____
- 6. I have embraced the Centrality of Christ [Colossians 1:15-20] _____
- 7. I have a Life Purpose statement [2 Timothy 3:10] _____
- 8. I have developed a -Life Plan. [Proverbs 16:9] _____
- 9. I know my part and God’s part in life planning [Proverbs 16:9] _____
- 10. I understand how to have a Sabbath Rest [Exodus 20:8-11] _____
- 11. I can explain the major Doctrines in the Bible [2 Timothy 3:16] _____
- 12. I am consistently putting Christ first in my life. [Gal 2:20] _____
- 13. I have disciplines to grasp the Word of God (Hand) [Ps. 119:9,11] _____
- 14. I have prayer disciplines and habits. [I Thessalonians 5:16-18] _____
- 15. I have relationships in my church family. [Hebrews 10:24,25] _____
- 16. I am equipped to tell my story and share my faith. [Romans 1:16] _____
- 17. I am obeying the Word of God in my life. [James 1:22] _____

1. No 2. Learning 3. I Understand 4. Getting Stronger 5. Convinced

Section C – CHARACTER – YOUNG ADULT STAGE

- 1. I need and have a plan to grow stronger in character. [2 Peter 1:3-11] _____
- 2. I have learned the secret of contentment. [Philippians 4:11-13] _____
- 3. I see the quality of excellence in my life. [1Thessalonians 3:11-13] _____
- 4. I have seen God build honesty in my character. [Ephesians 4:25] _____
- 5. I am strengthening my heart to greater love. [I John 4:7-11] _____
- 6. I display in my home and life the quality of patience. [James 5:7-11] _____
- 7. I am growing in humility as I rid myself of pride. [James 4:6-11] _____
- 8. I am learning to hate evil and pursue purity in my life [Col 3:1-11, I Thes 4:1-8] _____
- 9. I am deepening in God centered faith. [Hebrews 11:6, Colossians 3:1,2] _____
- 10. When I have trials, now I embrace them as good. [James 1:2-4] _____
- 11. I do all I do with a wholehearted attitude [Psalms 86:11, Luke 10:27,28] _____
- 12. I have the peace of God in the challenges of life. [Philippians 4-4-8] _____

Section D – COMPETENCE – PARENT STAGE

- 1. I am confident in Heart [Ps. 37:4] Vision [Prov. 29:18] and Knowhow in making disciples. [Matthew 9:36-38] _____
- 2. I am strong in Planning and Decision Making. [Proverbs 24:3,4] _____
- 3. Leadership and working with a Team is strong [Philippians 2:2] _____
- 4.. I know how to have life to life relationships. [2 Timothy 3:10-16] _____
- 5. I love to parent and follow up New Believers [I Thessalonians 1:1-5] _____
- 6. I love being with the lost and Spiritual Parenting [I Thessalonians 2:1-11] _____
- 7. I am convinced and practicing disciple making [Matthew 28:18-20] _____
- 8. I want to be a part of raising up a New Generation of Leaders [2 Timothy 2:2] _____
- 9. I love Shepherding people. [Matthew 9:35-39, I Peter 5:1-5] _____

LOST COACH TRAINING EXPECTATIONS – (SPIRITUALLY DEAD)

“Completed” means you did the worksheet with questions. “Coached” is that you shared it with someone else, “Coach” is the initials of your coach in observance of completion of this step.

Complete Coached Coach

I. Complete the following message of the Bible worksheets & have them signed off

- | | | | |
|----------------------------------------------------------------------------|-------|-------|-------|
| A. Message of the Bible 1 “I understand the Human condition.” | _____ | _____ | _____ |
| B. Message of the Bible 2 “How Jesus describes the Kingdom.” | _____ | _____ | _____ |
| C. Message of the Bible 3 “How the Bible describes sin. “ | _____ | _____ | _____ |
| D. Message of the Bible 4 “What does the ‘wages of sin’ mean? | _____ | _____ | _____ |
| E. Message of the Bible 5 “How good deeds will affect my future.” | _____ | _____ | _____ |
| F. Message of the Bible 6 “Jesus came to seek and save the lost. “ | _____ | _____ | _____ |
| G. Message of the Bible 7 “How God demonstrates his love for us.” | _____ | _____ | _____ |
| H. Message of the Bible 8 “Who is Jesus?” | _____ | _____ | _____ |
| I. Message of the Bible 9 “I am the way, the truth and the life.” | _____ | _____ | _____ |
| J. Message of the Bible 10 “Jesus ‘Come and see’ invitation .” | _____ | _____ | _____ |
| K. Message of the Bible 11 “What does repentance mean?” | _____ | _____ | _____ |
| L. Message of the Bible 12 “What steps does it take to increase my faith?” | _____ | _____ | _____ |
| M. Message of the Bible 13 “I understand what it means to follow Jesus.” | _____ | _____ | _____ |
| N. Message of the Bible 14 “What it means to be born again. ” | _____ | _____ | _____ |
| O. Message of the Bible 15 “I understand the final judgment.” | _____ | _____ | _____ |

2. Complete all the videos by watching them & working through the discussion questions

- | | | | |
|-----------------------------------------------------------------------|-------|-------|-------|
| A. Watched and discussed the BibleProject video “ In the Beginning. “ | _____ | _____ | _____ |
| B. Watched and discussed the BibleProject video “The “Image of God. “ | _____ | _____ | _____ |
| C. Watched and discussed the BibleProject video “Tree of Life. “ | _____ | _____ | _____ |
| D. Watched and discussed the BibleProject video “Khata-sin. “ | _____ | _____ | _____ |

- E. Watched and discussed the BibleProject video "Atonement. " _____
- 3. I have written and given my testimony from the training in 2-7 Book 2** _____
- 4. I plan to work through the book "Opening the Door." (see link on CTB)** _____
- 5. I listened to the message by Dawson Trotman "His testimony."** _____
- 6. I watched the testimony of Allyn Donaugh from the lost section** _____
- 7. I have used the 15 messages of the Bible to teach young people the gospel** _____

INFANT COACH TRAINING EXPECTATIONS – (COMMITMENT)

“Completed” means you did the worksheet with questions. “Coached” is that you shared it with someone else, “Coach” is the initials of your coach in observance of completion of this step.

Complete Coached Coach

I. Complete the following Infant worksheets & have them signed off

- | | | | |
|---------------------------------------------------------------------------|-------|-------|-------|
| A. Infant Session 1 “I am sure of my salvation.” | _____ | _____ | _____ |
| B. Infant Session 2 “I can trust God to answer my prayers.” | _____ | _____ | _____ |
| C. Infant Session 3 “God can help me with temptations. “ | _____ | _____ | _____ |
| D. Infant Session 4 “I know that I am forgiven.” | _____ | _____ | _____ |
| E. Infant Session 5 “God will guide me in my life.” | _____ | _____ | _____ |
| F. Infant Session 6 “I am committed to understanding the Bible . “ | _____ | _____ | _____ |
| G. Infant Session 7 “I have a reading and daily devotional plan” | _____ | _____ | _____ |
| H. Infant Session 8 “I am convinced the Bible is true .” | _____ | _____ | _____ |
| I. Infant Session 9 “The commitment Jesus is asking is clear.” | _____ | _____ | _____ |
| J. Infant Session 10 “I love to listen to God and respond.” | _____ | _____ | _____ |
| K. Infant Session 11 “I am committed to fellowship with other believers.” | _____ | _____ | _____ |
| L. Infant Session 12 “I am deepening my love for God. “ | _____ | _____ | _____ |
| M. Infant Session 13 “I understand and share the good news of Jesus. “ | _____ | _____ | _____ |
| N. Infant Session 14 “I have made my commitment to follow Jesus. “ | _____ | _____ | _____ |

2. Complete all the videos by watching them & working through the discussion questions

- | | | | |
|-----------------------------------------------------------------------|-------|-------|-------|
| A. Watched the “Father’s love letter” video and discussed. | _____ | _____ | _____ |
| B. Watched the BibleProject video “Image of God” and discussed. | _____ | _____ | _____ |
| C. Watched the BibleProject video “What is the Bible” and discussed. | _____ | _____ | _____ |
| D. Watched the BibleProject video “Understanding God and discussed. | _____ | _____ | _____ |
| E. Watched the BibleProject video “Story of the Bible” and discussed. | _____ | _____ | _____ |

F. Watched the BibleProject video “Messiah” and discussed.

3. I can explain the Three things an infant needs to grow.

4. I looked at each resource and saw how “2-7” Book 1 supports this stage.

CHILD COACH TRAINING EXPECTATIONS – (CONVICTIONS)

“Completed” means you did the worksheet with questions. “Coached” is that you shared it with someone else, “Coach” is the initials of your coach in observance of completion of this step.

Complete Coached Coach

I. Complete the following Conviction Worksheets and have them signed off

- | | | | |
|------------------------------------------------------------------------|-------|-------|-------|
| A. Conviction 1 “I understand how to build convictions.” | _____ | _____ | _____ |
| B. Conviction 2 “I know how to hate evil.” | _____ | _____ | _____ |
| C. Conviction 3 “I am convinced about the authority of the Bible. “ | _____ | _____ | _____ |
| D. Conviction 4 “I have growing experience in explaining the trinity.” | _____ | _____ | _____ |
| E. Conviction 5 “I understand what it means to lay down my life.” | _____ | _____ | _____ |
| F. Conviction 6 “I have embrace the centrality of Christ. “ | _____ | _____ | _____ |
| G. Conviction 7 “I have a life purpose statement.” | _____ | _____ | _____ |
| H. Conviction 8 “I have developed a life plan.” | _____ | _____ | _____ |
| I. Conviction 9 “I know my part and God’s part in Life Planning.” | _____ | _____ | _____ |
| J. Conviction 10 “I understand how to have a sabbath rest .” | _____ | _____ | _____ |
| K. Conviction 11 “I can explain the major doctrines of the Bible.” | _____ | _____ | _____ |
| L. Conviction 12 “I am consistently putting Christ first in my life.” | _____ | _____ | _____ |
| M. Conviction 13 “I have disciplines to grasp the Word of God.” | _____ | _____ | _____ |
| N. Conviction 14 “I have prayer disciplines and habits. ” | _____ | _____ | _____ |
| O. Conviction 15 “I have deepening relationships in my church family.” | _____ | _____ | _____ |
| P. Conviction 16 “I am equipped to tell my story and share my faith.” | _____ | _____ | _____ |
| Q. Conviction 17 “I am obeying the Word of God in my life.” | _____ | _____ | _____ |

2. Complete all the videos by watching them & working through the discussion questions

- | | | | |
|------------------------------------------------------------------------------|-------|-------|-------|
| A. Watched and discussed the BibleProject video “ Old Testament . “ | _____ | _____ | _____ |
| B. Watched and discussed the BibleProject video “New Testament . “ | _____ | _____ | _____ |
| C. Watched and discussed the BibleProject video “Gospel of the Kingdom _____ | _____ | _____ | _____ |

D. Watched and discussed the BibleProject video “The Covenants. “ _____

E. Watched and discussed the BibleProject video “Atonement. “ _____

F. Watched and discussed the BibleProject video “The Kingdom Gospel. _____

G. Watched and discussed the BibleProject video “The “Image of God. “ _____

I. Watched and discussed the BibleProject video “Restoration. “ _____

J. Watched and discussed and practiced the video “The “Bridge. “ _____

3. I completed the Online Assessment and sent it to my coach. _____

4. I have looked at the resources on the Word Hand _____

5. I have looked at the resources on the Prayer Hand _____

6. I have looked at the resources on the Next Steps _____

YOUNG ADULT COACH TRAINING EXPECTATIONS – (CHARACTER)

“Completed” means you did the worksheet with questions. “Coached” is that you shared it with someone else, “Coach” is the initials of your coach in observance of completion of this step.

Complete Coached Coach

I. Complete the following character worksheets & have them signed off

- | | | | |
|--------------------------------------------------------------------------|-------|-------|-------|
| A. Character Session 1 “I have a plan to grow stronger in character.” | _____ | _____ | _____ |
| B. Character Session 2 “I have learned the secret or contentment.” | _____ | _____ | _____ |
| C. Character Session 3 “I see the quality of excellence in my life. “ | _____ | _____ | _____ |
| D. Character Session 4 “I have seen God build honesty in my life.” | _____ | _____ | _____ |
| E. Character Session 5 “I am strengthening my heart to greater love.” | _____ | _____ | _____ |
| F. Character Session 6 “I display patience in my home and life. “ | _____ | _____ | _____ |
| G. Character Session 7 “I am growing in humility....” | _____ | _____ | _____ |
| H. Character Session 8 “I am learning to hate evil and pursue purity.” | _____ | _____ | _____ |
| I. Character Session 9 “I need to overcome my selfishness.” | _____ | _____ | _____ |
| J. Character Session 10 “When I have trials, I embrace them as good.” | _____ | _____ | _____ |
| K. Character Session 11 “I do all I do with a wholehearted attitude.” | _____ | _____ | _____ |
| L. Character Session 12 “I have the peace of God in life’s challenges. “ | _____ | _____ | _____ |

2. Complete all the videos by watching them & working through the discussion questions

- | | | | |
|-------------------------------------------------------------------------|-------|-------|-------|
| A. Watched the BibleProject video on Character and discussed the study. | _____ | _____ | _____ |
| B. Watched the BibleProject video on Holiness and discussed the study. | _____ | _____ | _____ |

3. I can explain the Triangle Drawing & the Picture of a disciple. _____

4. I plan to work through the Workbook “The Ways of an Alongsider.” _____

5. I listened to the message by Dawson Trotman “Born to Reproduce.” _____

6. I completed the Online Assessment and sent it to my coach. _____

7. I have a copy of the 2-7 book 3 or equivalent and know how to use it. _____

8. (Optional) I watched the testimonies from this section. _____

PARENT COACH TRAINING EXPECTATIONS – (COMPETENCE)

“Completed” means you did the worksheet with questions. “Coached” is that you shared it with someone else, “Coach” is the initials of your coach in observance of completion of this step.

Complete Coached Coach

I. Complete the following Competence Worksheets and have them signed off

- | | | | |
|----------------------------------------------------------------------------|-------|-------|-------|
| A. Competence 1 “I am confident in Heart, Vision and Know How.” | _____ | _____ | _____ |
| B. Competence 2 “I am strong in planning and decision making.” | _____ | _____ | _____ |
| C. Competence 3 “Teamwork and leadership is strong. “ | _____ | _____ | _____ |
| D. Competence 4 “I know how to have life to life relationships.” | _____ | _____ | _____ |
| E. Competence 5 “I love to follow up and parent new believers.” | _____ | _____ | _____ |
| F. Competence 6 “I love being with the lost and spiritual parenting. “ | _____ | _____ | _____ |
| G. Competence 7 “I am practicing disciple making.” | _____ | _____ | _____ |
| H. Competence 8 “I envision myself being a part of spiritual generations.” | _____ | _____ | _____ |
| I. Competence 9 “I love shepherding people” | _____ | _____ | _____ |

2. Complete all the videos by watching them & working through the discussion questions

- | | | | |
|------------------------------------------------------------------------------------|-------|-------|-------|
| A. Watched and discussed the BibleProject video “ I Thessalonians. “ | _____ | _____ | _____ |
| B. Watched and discussed the BibleProject video “2 nd Thessalonians . “ | _____ | _____ | _____ |

3. I will look at the book “DISCIPLES ARE MADE NOT BORN” _____

4. I have gone to the Book and Course section and seen 2-7 and Next Steps _____

5. I have looked at the book resources (i.e. Abide in Christ & 10 Qualities _____

6. I completed the Online Assessment and sent it to my coach. _____

7. I watched the testimony from Julie Pitch in this section. _____

GRANDPARENT COACH TRAINING EXPECTATIONS – (DISCIPLE MAKING)

“Completed” means you did the worksheet with questions. “Coached” is that you shared it with someone else, “Coach” is the initials of your coach in observance of completion of this step.

Complete Coached Coach

I. Complete the following DISCIPLE MAKING Worksheets and have them signed off

- | | | | |
|---------------------------------------------------------------------------|-------|-------|-------|
| A. Disciple making 1 “I enjoy coaching by the Holy Spirit.” | _____ | _____ | _____ |
| B. Disciple making 2 “God’s perspective on life, politics and the future. | _____ | _____ | _____ |
| C. Disciple making 3 “I can see beyond worries. “ | _____ | _____ | _____ |
| D. Disciple making 4 “I want to deepen my contemplative time with God. | _____ | _____ | _____ |
| E. Disciple making 5 “I spend silence and solitude with God.” | _____ | _____ | _____ |
| F. Disciple making 6 “I know how to spend a day alone with God. “ | _____ | _____ | _____ |
| G. Disciple making 7 “I know how to have an hour of power.” | _____ | _____ | _____ |
| H. Disciple making 8 “I experience the joy of journaling.” | _____ | _____ | _____ |
| I. Disciple making 9 “I am in the process of God transforming me.” | _____ | _____ | _____ |
| J. Disciple making 10 “I can coach the ways of the Holy Spirit .” | _____ | _____ | _____ |
| K. Disciple making 11 “I can coach the Beauty and Creation.” | _____ | _____ | _____ |
| L. Disciple making 12 “I know why I am here on this earth.” | _____ | _____ | _____ |
| M. Disciple making 13 “(F1)I know I am forgiven.” | _____ | _____ | _____ |
| N. Disciple making 14 “(F2)I see the path of maturity in Scripture. ” | _____ | _____ | _____ |
| O. Disciple making 15 “(F3)I know how to get more power in my life.” | _____ | _____ | _____ |
| P. Disciple making 16 “(F4)I am able to apply Scripture to my life.” | _____ | _____ | _____ |
| Q. Disciple making 17 “(F5)I constantly put Christ first in my life.” | _____ | _____ | _____ |
| R. Disciple making 18 “(F6)I am getting strong in the area of obedience.” | _____ | _____ | _____ |
| S. Disciple making 19 “(F7) “I know how to help someone grow spiritually. | _____ | _____ | _____ |
| T. Disciple making 20“(F8)” I know how to claim God’s promise.” | _____ | _____ | _____ |
| U. Disciple making 21 (F8)” I know how to find the will of God” | _____ | _____ | _____ |

V. Disciple Making 22 (F9) "I am able to experience God's love when I fail. _____

2. Complete all the videos by watching them & working through the discussion questions

A. Watched and discussed the BibleProject video "1st Timothy" _____

B. Watched and discussed the BibleProject video "2nd Timothy" _____

C. Watched and discussed the BibleProject video "Titus" _____

3. I have read the book by Andrew Murray "Abide in Christ" _____

4. I have read the book "Intentional Disciple" Making by Ron Bennet _____

5. I listened to the message by Dawson Trotman "Born to Reproduce." _____

6. I completed the Online Assessment and sent it to my coach. _____

7. I have read the Practice of God's Presence by Andrew Murray _____

8. I have read "The Pursuit of God" by A.W. Tozer _____

9. I have read "The knowledge of the Holy" by A.W. Tozer _____

10 I have read "The lost art of Disciple Making" by Leroy Eims _____

SPIRITUAL LEADER COACH TRAINING EXPECTATIONS – (CHAMPIONING)

“Completed” means you did the worksheet with questions. “Coached” is that you shared it with someone else, “Coach” is the initials of your coach in observance of completion of this step.

Complete Coached Coach

I. Complete the following Spiritual Leader worksheets & have them signed off

- | | | | |
|---------------------------------------------------------------------------|-------|-------|-------|
| A. Spiritual Leader 1 “How do I go about building spiritual parenting.” | _____ | _____ | _____ |
| B. Spiritual Leader 2 “I have vision, intentionality and means.” | _____ | _____ | _____ |
| C. Spiritual Leader 3 “I have my calling, who I am sent to and vehicle. “ | _____ | _____ | _____ |
| D. Spiritual Leader 4 “I know where I am going as a leader.” | _____ | _____ | _____ |
| E. Spiritual Leader 5 “I have confidence and power as a leader.” | _____ | _____ | _____ |
| F. Spiritual Leader 6 “I know how to build love into the team I lead . “ | _____ | _____ | _____ |
| G. Spiritual Leader 7 “I have the resources I need to lead.” | _____ | _____ | _____ |
| H. Spiritual Leader 8 “I am an effective communicator.” | _____ | _____ | _____ |
| I. Spiritual Leader 9 “Leadership and working with a team is strong.” | _____ | _____ | _____ |
| J. Spiritual Leader 10 “I know how to solve problems as a team.” | _____ | _____ | _____ |
| K. Spiritual Leader 11 “I know how to lead with powerful questions.” | _____ | _____ | _____ |
| L. Spiritual Leader 12 “I am comfortable in building relationships. “ | _____ | _____ | _____ |
| M. Spiritual Leader 13 “I know how formal coaching improves leadership.” | _____ | _____ | _____ |

2. Complete all recommended leadership and disciple making resources

- | | | | |
|-------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|
| A. I have linked to the Ways of Alongsider free resource | _____ | _____ | _____ |
| B. I can teach the Alongsider Model in the Spiritual Leader section | _____ | _____ | _____ |
| C. I can teach how to develop a picture or model of a disciple | _____ | _____ | _____ |
| D. I have studied through all 10 chapters of the Ways of an Alongsider | _____ | _____ | _____ |
| E. I have watched the BibleProject video “I Timothy” and studied the book to draw out principles of Biblical Leadership | _____ | _____ | _____ |

EMOTIONAL HEALTH COACH TRAINING EXPECTATIONS – (CARING)

“Completed” means you did the worksheet with questions. “Coached” is that you shared it with someone else, “Coach” is the initials of your coach in observance of completion of this step.

Complete Coached Coach

I. Complete the following Emotional Health worksheets & have them signed off

- | | | | |
|------------------------------------------------------------------------|-------|-------|-------|
| A. Emotional Health 1 “I feel alone.” | _____ | _____ | _____ |
| B. Emotional Health 2 “I am fearful about the future.” | _____ | _____ | _____ |
| C. Emotional Health 3 “I feel so insecure. “ | _____ | _____ | _____ |
| D. Emotional Health 4 “I don’t feel very significant.” | _____ | _____ | _____ |
| E. Emotional Health 5 “How do I grow in emotional maturity?” | _____ | _____ | _____ |
| F. Emotional Health 6 “What are the levels of emotional maturity? “ | _____ | _____ | _____ |
| G. Emotional Health 7 “Understanding the Iceberg and deep issues.” | _____ | _____ | _____ |
| H. Emotional Health 8 “Dealing with Anger.” | _____ | _____ | _____ |
| I. Emotional Health 9 “Anxiety, worry and depression.” | _____ | _____ | _____ |
| J. Emotional Health 10 “Dealing with Guilt and Shame.” | _____ | _____ | _____ |
| K. Emotional Health 11 “I want more joy in my life.” | _____ | _____ | _____ |
| L. Emotional Health 12 “I am fearful about politics and government. “ | _____ | _____ | _____ |
| M. Emotional Health 13 “I fear my work will not turn out as I desire.” | _____ | _____ | _____ |

2. Complete all recommended Emotional Health resources

- | | | | |
|-------------------------------------------------------------------|-------|-------|-------|
| A. I have linked to the Spirituality and Mental Health | _____ | _____ | _____ |
| B. I have visited the Rock House Center Website and the resources | _____ | _____ | _____ |
| C. I have visited the Life Model Works Website | _____ | _____ | _____ |
| D. I have visited the Emotionally Healthy Spirituality Website | _____ | _____ | _____ |

DON'T GO ANY FURTHER

UNLESS YOU HAVE COMPLETED, AND HAVE SIGNED, OFF ALL THE ACCOUNTABILITY CHECKS ON EACH PAGE OF THE OF THE COACH THE BIBLE ITEMS FROM LOST TO THE SPIRITUAL LEADER SECTION. USE THE CHART BELOW TO ESTIMATE YOUR PROGRESS.

LOST SECTION	0 _____ 100% complete
INFANT SECTION	0 _____ 100% complete
CHILD SECTION	0 _____ 100% complete
YOUNG ADULT SECTION	0 _____ 100% complete
PARENT SECTION	0 _____ 100% complete
GRAND PARENT SECTION	0 _____ 100% complete
EMOTIONAL HEALTH SECTION	0 _____ 100% complete

When you have completed all the sections a total of 100% you may move to your GRADUATION!

CONGRATULATIONS!

You have diligently completed the required training of Coach the Bible. We have confidence that you have the [COMMITMENTS](#), [CONVICTIONS](#), [CHARACTER](#), and [COMPETENCE](#) as a mature disciple of Jesus. As evidence of your commitment to excellence and faithfulness to complete the course, you now have EXPERIENCE to help the Church fulfill the Great Commission...creating disciples of Jesus Christ.

We would like to personally reward you with a certificate similar to the one on the following page.

Please email to coach@coachthebible.com your completed and signed tracking expectation pages along with your contact information we will gladly send a certificate to you. We will need the following:

Name: (as you would like it to appear on the certificate)

Phone Number:

Email Address:

Physical Address:

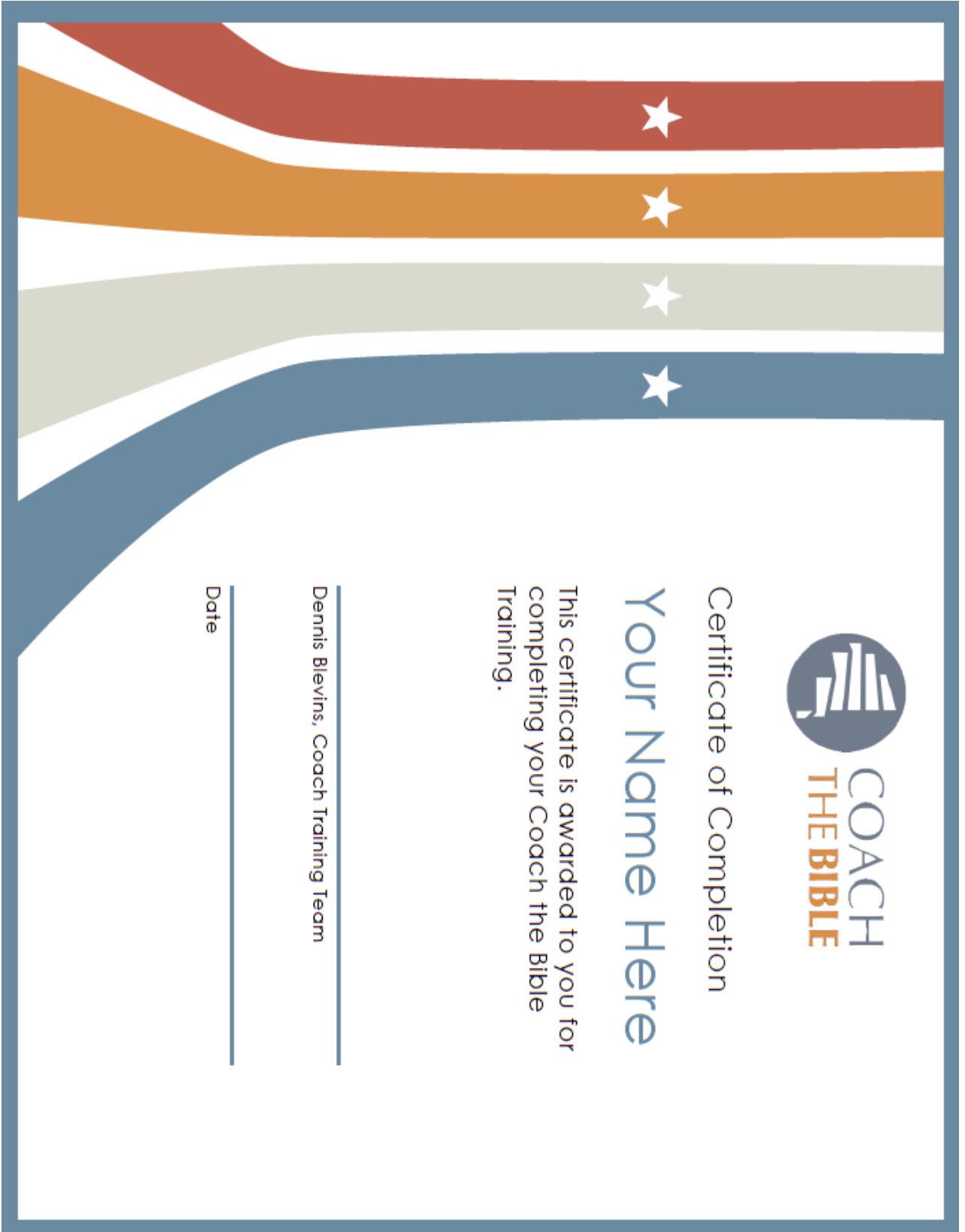
Your Coach's Name:

Also share with us some of your hopes and dreams how you will use this resource in your disciple-making and your fulfillment of Ephesians 4:13.

"...until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ."

If there are ways we can improve the training experience, please let us know.

FURTHER ONGOING COACHING IS AVAILABLE.



NOTE: EMOTIONAL HEALTH WILL ENHANCE OR HINDER SPIRITUAL GROWTH AND MATURITY!

As you proceed forward in your training through COACH THE BIBLE stages of spiritual maturity, you may find yourself snagged or losing momentum in your growth and completion of each item. This may be due to traumas and other emotional pains that still hinder your heart for full transformation. These may show up as addictions, distractions, or being pulled to satisfy the desires of your heart given by God for God with temporary counterfeit solutions offered by the world.

God's plan for your life is to have a transformed heart. (Romans 12:1-2) He wants to see your heart be changed to be like Christ for the huge blessing it will be to your life. (Romans 8:28-29). He wants to draw you closer to Him in a heartfelt fulfilling change of the peace, love, and the purposes he has planned for you.

We have gathered resources and other items to help you assess where you are in your journey toward emotional and heart health. We have included 4 assessments.

WELLBEING ASSESSMENT - This measures your emotions, spiritual wellbeing, behaviors, and physical symptoms.

RELATIONSHIP ASSESSMENT - This measures relational quality of emotions, interaction, and Personal response.

MARRIAGE ASSESSMENT - This measures the marriage quality in emotions, interaction, and Personal response to your mate.

PARENTING SELF ASSESSMENT - This measures your current state of parenting, your personal emotional condition and spiritual wellbeing.

Based on the results from these assessments there are additional resources to explore that will provide steps toward better emotional and relational health. [Rock House Center](#) offers resources, videos, workbooks, and counseling to determine the best path for your emotional, relational, marriage and parenting health. You can contact the [Rock House Center](#) through their website. There is a workbook called "[Be Transformed](#)" and other self-directed resources online to help you. You can work through these resources on your own or with others. A free introductory "learn more" session may assist you in your decision making.

The [COACH THE BIBLE](#) team is committed to provide key scriptures and coaching that will assist your walk toward spiritual maturity, disciples creating disciples. These steps in emotional health will make this journey more cohesive and Spirit filled.

WELLBEING ASSESSMENT

Category 1: Emotions

	Circle Level of Current Experience									
Anxiety, Worry	1	2	3	4	5	6	7	8	9	10
Panic	1	2	3	4	5	6	7	8	9	10
Fear	1	2	3	4	5	6	7	8	9	10
Phobias	1	2	3	4	5	6	7	8	9	10
Depression	1	2	3	4	5	6	7	8	9	10
Grief	1	2	3	4	5	6	7	8	9	10
Guilt	1	2	3	4	5	6	7	8	9	10
Hopelessness/Despair	1	2	3	4	5	6	7	8	9	10
Anger	1	2	3	4	5	6	7	8	9	10
Lack of confidence	1	2	3	4	5	6	7	8	9	10
Stress	1	2	3	4	5	6	7	8	9	10
Isolation, loneliness	1	2	3	4	5	6	7	8	9	10
Rejection	1	2	3	4	5	6	7	8	9	10
Self-pity	1	2	3	4	5	6	7	8	9	10

Category 2: Spiritual Wellbeing

Distant from God	1	2	3	4	5	6	7	8	9	10
Not trusting God	1	2	3	4	5	6	7	8	9	10
Spiritually dry	1	2	3	4	5	6	7	8	9	10
Angry at God	1	2	3	4	5	6	7	8	9	10
Fearful of God	1	2	3	4	5	6	7	8	9	10
Lacking discernment	1	2	3	4	5	6	7	8	9	10

Category 2: Behaviors/Physical Symptoms

Addictions	1	2	3	4	5	6	7	8	9	10
Obsessive/Compulsive behaviors	1	2	3	4	5	6	7	8	9	10
Binge tendencies	1	2	3	4	5	6	7	8	9	10
Relationship struggles	1	2	3	4	5	6	7	8	9	10
Rage	1	2	3	4	5	6	7	8	9	10
Weight control, eating issues	1	2	3	4	5	6	7	8	9	10
Unmotivated	1	2	3	4	5	6	7	8	9	10
Lack of focus, concentration	1	2	3	4	5	6	7	8	9	10
Self-harm	1	2	3	4	5	6	7	8	9	10
Racing heart	1	2	3	4	5	6	7	8	9	10
Racing breathing	1	2	3	4	5	6	7	8	9	10
Sleeplessness	1	2	3	4	5	6	7	8	9	10
Headaches	1	2	3	4	5	6	7	8	9	10
Night terrors	1	2	3	4	5	6	7	8	9	10
Back, neck pain	1	2	3	4	5	6	7	8	9	10
Chest tightening, pressure in chest	1	2	3	4	5	6	7	8	9	10
Digestive issues (IBS, heartburn, reflux)	1	2	3	4	5	6	7	8	9	10

RESULTS

Write down the total number of symptoms in all three categories that are greater than 3 here (a)_____.

Add up the total of all scores above a 3 in all categories. Write the total here (b)_____.

Divide the number on line (b) by the number on line (a).

Write that number here (c)_____.

RECOMMENDATIONS

Based on the number in (c):

No symptom above 3: [workbook](#) or [online course](#)

If (c) Score 4 to 6:

Then; Contact RHC for more information.

If (c) Score 7 to 10:

Then; Contact RHC to set up an introductory session.

[Rock House Center](#)

615/369-0668

rockhousecenter.com

OTHER RESOURCES

Below you will find other helpful resources from our friends at Rockhouse Center.

[WELLBEING ASSESSMENT](#)

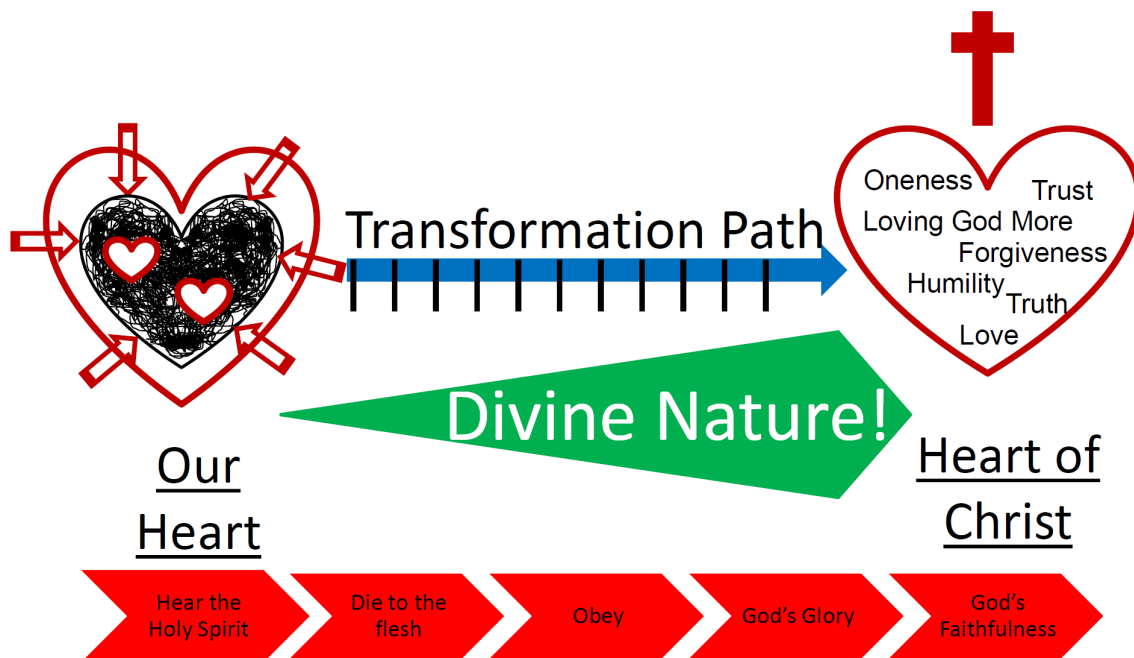
[RELATIONSHIP ASSESSMENT](#)

[MARRIAGE ASSESSMENT](#)

[PARENTING ASSESSMENT](#)

[PODCAST CHAPTER LIST](#)

GOD’S VISION FOR THE NEW LIFE



Anytime in our journey we may find that we hit a snag. This is the reflection of our heart. The heart needs transformation. If this is so you may want to visit our emotional health section check list to diagnose your health. From this you can see steps to take toward transformation and spiritual health.