

A Comprehensive Description of MMW a Personal Work Applied in Coaching

A Personal Work

Christ's most important and precious work for His people is to represent Him in their daily lives. To present a picture of what Christ is, His love and how He would treat us if He were here today. We are to be His hands and feet and heart to the world. Many do not trust Him only because they do not know Him.

Different types of work provide varying degrees of opportunity to reveal Christ. The one that Christ often utilized in His ministry was coming close to the people and helping them to find health of body, mind and soul and bring relief from physical suffering. Over 100 years ago this was called Medical Missionary work. The name itself may not describe the work for today but the concept is just as important. We read statements regarding this type of work that raise it to a level of "the most important", "the right arm", "the door for truth", "the signature of heaven". "I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work." CH 533. When reading about medical missionary work the idea of a **personal work**, coming close to the people to bring wellness to body, mind and soul is repeated over and over, a work that any can do not just trained professionals.

God has blessed our church with clear instruction on how to be most effective in reaching our world and particularly in these last days. What I see in scripture and through His prophetic gift is God's character being revealed through the lives of those working closely with individuals from day to day but especially as they help them toward wellness. "The world needs today what it needed nineteen hundred years ago – a revelation of Christ ... Christ's method alone will give true success ... there is a need of coming close to the people by personal effort." MH 143.

We as a church are known for our health work and it has been effective. We have built large facilities, we have developed live in health centers, we hold many programs for people to come and listen to information regarding health and we count our success by how many attend our programs or how many facilities we operate. But the results in changed lives does not reach the magnitude predicted in these quotations. There is much emphasis on the big programs and little on the one-on-one which, in my opinion is the most important for our success. Information seldom leads to lasting change without the personal support of a caring friend to support and encourage.

The evangelistic work in all parts of the world as well as here in North America is often not as effective as we would like. Many times there are large numbers who accept the teachings that are presented and are even baptized but soon leave the church and return to their previous lifestyle. What God demonstrated when He sent His son and later the Comforter to help us, was that we need personal help to make changes in our life. Instead of just giving information we need to learn how to reveal Christ through personal help work. Assisting others to make the changes in their life that they long for, to help them set and reach goals through encouragement and in sharing with them the source of real power for success. Then we would experience in our churches what many are longing for, the power to live a healthy and happy life growing into the image of Christ

Coaching

When I became aware of Wellness Coaching I began to see how Gods people can help others in a powerful and personal way to reach their goals for a better life. The principles are those used by Christ, whether or not the organizations doing the training realized it. Maybe that is why the modern coaching movement is finding such success.

Coaching is a partnership between a coach and an individual in the community or church, who desires to make changes in his/her lifestyle; prayerfully walking together over a set period of time. This interactive ministry moves individuals from information to action in this partnership. Wellness coaching is an innovative, biblical way to build supportive relationships so that participants experience sustainable lifestyle change. It is not therapy or counseling. A wellness coaching approach helps individuals make healthy lifestyle changes that are holistic because the body mind and spirit are intrinsically intertwined. The Spirit's presence prior to and during each interaction is essential, opening both minds to Christ's will. This approach is effective as it follows Christ's method of working with people.

A coach does not need to have medical training, but a coach needs to learn to really listen and through powerful questions help their client find their own answers for reaching their goals. There are a variety of coaching roles that a person can fill. From the simplest plan of being available to walk with a neighbor who needs that simple encouraging support. Or they may become skilled to the point where they can do this as a profession. There are some that have taken our coaching classes that have found the listening and communication skill very valuable in their daily life as they relate to their own family and friends. Those in our churches that have a burden for souls can be trained in a short time to be an effective Wellness Coach.

There are three main areas of training needed for a balanced coach, even though some who take advantage of this training may already have skills in any or all of these topics. The first is an understanding of the spiritual dimensions of total health. Knowing what should come first in a healthy journey. Grace and works must be understood to avoid some of pitfalls of the past. They must understand the way to weave in the spiritual appropriately following Christ's methods of mingling, win confidence, meet their needs and then bid them to follow Him. The Second is the skill of coaching. Along with many other skills coaching involves good listening skills and asking the right questions to guide a person to the steps that will help them reach the goals they have decided on. This is the way that Jesus taught and helped people to change their lifestyle and heart. The third is to understand basic health principles including: basic nutrition concepts, appropriate exercise, the use of the eight natural remedies to preserve and regain health. They need to be aware of dangers and to know when other professional help is required, how to refer to others that can help such as professional counseling or medical care. Like a next door neighbor who is there to encourage you but not take the place of a medical professional.

As I have worked in the medical profession and the health education arena it has become clear to me that we have done well with training of physicians and teachers but have not trained the most important part of the team, the one that comes alongside and helps to put all that knowledge the health professional has been sharing into practice through a personal relationship and caring heart.

In combination with a plan for evangelism or within the spirit of ongoing evangelism must come personal ministry.. We must start with an attitude of benevolence, of wanting to help relieve suffering and help restore people to image of Christ without an expectation of anything in return (even the hope of a baptism). We should be training our members and students in the principles of personal ministry and wherever possible to give more in depth training in coaching skills.

My training has been in coaching for lifestyle changes but the principles can be used for those wanting to make spiritual changes in their life as well. As we stay open to the guidance of the Holy Spirit we will hear where the HS is guiding them as they tell us their dreams and desires for change. Listen and ask questions with a discerning ear and open heart and we will truly do the same work as our great example Jesus Christ. And when His character is perfectly revealed through His people in thought and deed then He will come.

Cooperative

Wherever possible the church and the hospitals need to partner together, both groups benefit in this cooperative effort. Wellness coaches are not stand alone workers, neither do they disparage other health work rather they augment it and support all other work, including: physicians, ministers, health educators, evangelists, hospitals, live-in-centers and their own neighbors.

Various Applications

The Church:

With a group of coaches in a church the church will be stronger and healthier but also with improved communication skills the church will have less internal strife. Then as the coaching is applied to outreach it optimizes all community programs that the church is active in. With trained members there are more active members for any outreach programs.

Hospitals:

Once church members are trained as coaches they will be able to help local hospital to assist their community to reach their health goals.

Live-in Lifestyle Centers:

These centers are fabulous in the personal connection and their ability to help people make changes while in a protected environment with a whole team of dedicated workers. But when their guests return home in many cases the changes made are short-lived due to lack of support at home. I have talked with some of these centers and they would be thrilled to have trained volunteer coaches to follow up with regular calls for support and encouragement, following the instruction given them by the center. Because of the modern communication available much can be done for anyone no matter where they live.

This teams up those church members looking for a meaningful ministry with those who's hearts are very open to their help both for body and soul. This help will make the difference between failure and a changed life with hope for the future.

Physicians:

Wellness coaches can team up with physicians in their town to assist their patients to make the changes the physician has encouraged. It should be noted that coaching should not counter any instructions give by the health professional remembering that coaching is helping a person reach their goals therefore this would be a welcome change for physicians to have someone helping their patience to reach the goals they have set for them. The doctor doesn't have enough time to help all his patience like he would like to do. With the patients success through coaching the physicians will be open to other programs that the church and coaches are involved with.

Health Programs:

These programs such as Stop Smoking, Cooking schools, Stress/Depression seminars, Evangelistic Efforts, Health Lectures, CHIP. Turn these efforts from a passive spectator event into a personal learning experience that will continue long after the program is over, with a personal friendship of a coach that will last a lifetime.

With all of our health work, at every level, we are often missing the most critical, foundational component. The personal one on one support of an individual who cares, to make effective the many programs that we are conducting.

It is time to train as many of our members as we can to become personal helpers for the scores of people who want to make a change but don't know how and at the same time pull many aspects of the work together into a coordinated and effective effort. There may be many ways to do personal work that is critical for preparing the world for His coming but I have seen relationships built stronger and faster through coaching than in any other ministry that I have experienced, but what ever we do we must get busy training and fitting a people to reveal Christ more perfectly to the world today so that He may come.

Quotations for “A Personal Work”

Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of the Savior shall be perfectly reproduced in His people, then He will come to claim His own. It is the privilege of every Christian, not only to look for, but to hasten, the coming of our Lord. Were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel! Quickly the last great harvest would be ripened, and Christ would come. Maranatha 112.5

Dan. 12:6,7 ... How long shall it be to the end of these wonders?
... and when he shall have accomplished to scatter the power of the holy people, all these things shall be finished.

I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work. CH 533

Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed sympathy for them, ministered to their needs, and won their confidence. Then He bade them, “Follow Me.” MH 142-143

MH 145 Many have no faith in God and have lost confidence in man. But they appreciate acts of sympathy and helpfulness. As they see one with no inducement of earthly praise or compensation come into their homes, ministering to the sick, feeding the hungry, clothing the naked, comforting the sad, and tenderly pointing all to Him of whose love and pity the human worker is but the messenger – as they see this, their hearts are touched. Gratitude springs up. Faith is kindled. They see that God cares for them, and they are prepared to listen as His word is opened.

MM 22 We are now to unify, and by true medical missionary work prepare the way for our coming King.

MM 23 God chose His son to be His representative on the earth, even so has Christ chosen us to represent His character.

MM 28 Christ is willing to unite with His devoted ministers today in healing the sick and suffering.

MH 143 Everywhere there are hearts crying out for something which they have not. They long for a power that will give them mastery over sin, a power that will deliver them from the bondage of evil, a power that will give health and life and peace.

The world needs today what it needed nineteen hundred years ago—a revelation of Christ. A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration, physical, mental, and spiritual can be accomplished.

How to Understand Bible Promises

Bible promises are not a gimmick that God uses, in which he will grant you some great help if you can quote the right text for the right situation and only then will he grant you the promised help. Instead they are statements of fact. They are truth, and when you know truth, a lie loses its power. A lie will tempt you only if you think it is true, so when you know the truth the power of the lie is gone.

An example of this is if you saw your child do something he wasn't to do and later he lied about it. How convincing was the lie? Not at all, because you know the truth.

So as you put the truth (promises) in your mind, when a lie (temptation) comes along it has no power because you know the truth. You only quote the promise to clarify in your mind the contrast of the truth with the lie and confirm that the lie should be discarded and given no more room in your thinking.

David said: Thy law have I hid in my heart that I might not sin against thee. He had memorized truth (law) so when the lie (temptation) came he resisted it with truth (promises) and was a victor over the temptation (sin).

Memorized promises are powerful to win over future lies (temptation).

Bible Promises for *Life*

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Rom. 12:2

I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world. John 16:33

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, that through these you may escape from the corruption that is in the world because of passion, and become partakers of the divine nature. II Peter 1:3,4

I have laid up thy word in my heart, that I might not sin against thee. Psalms 119:11

But seek first His kingdom and his righteousness, and all these things shall be yours as well. Matthew 6:33

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it. I Corinthians 10:13

Submit yourselves therefore to God. Resist the devil and he will flee from you. Draw near to God and he will draw near to you. James 4:7,8

The name of the Lord is a strong tower; the righteous man runs into it and is safe. Proverbs 18:10

Now to him who is able to keep you from falling and to present you without blemish before the presence of his glory with rejoicing, to the only God, our Savior through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and for ever. Amen. Jude 24,25

For the Lord God helps me; therefore I have not been confounded; therefore I have set my face like a flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who is my adversary? Let him come near to me. Isaiah 50:7,8

I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20

For because he himself has suffered and been tempted, he is able to help those who are tempted. Hebrews 2:18

Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour. Resist him, firm in your faith, knowing that the same experience of suffering is required of your brotherhood throughout the world. I Peter 5: 8,9

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. I John 4:4

Blessed is the man who endures trial, for when he has stood the test he will receive the crown of life which God has promised to those who love him. James 1:12

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:15,16

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. Galatians 5:16

Therefore, if anyone is in Christ, he is a new creation; old things have passed away, behold, all things have become new. II Corinthians 5:17

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Galatians 6:9

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:6,7

We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed. II Corinthians 4:8-9

"Let not your heart be troubled; you believe in God, believe also in Me. Peace I leave with you My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." John 14:1,27

But now, thus says the Lord, who created you, O Jacob, and He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; you are Mine." Isaiah 43:1

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. I Peter 5:6,7

"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." Isaiah 41:10

When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you. Isaiah 43:2

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. Romans 8:38-39

"See, I have inscribed you on the palms of My hands; your walls are continually before Me." Isaiah 49:16

For in that He Himself has suffered, being tempted, He is able to aid those who are tempted. Hebrews 2:18

Yet in all these things we are more than conquerors through Him who loved us. Romans 8:37

But each one is tempted when he is drawn away by his own desires and enticed. James 1:14

For whatever is born of God overcomes the world. And this is the victory that has overcome the world--our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God? I John 5:4,5

And my God will meet all your needs according to His glorious riches in Christ Jesus Phil 4:19

I can do everything through Him who gives me strength. Phil.4:13.

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But His delight is in the law of the Lord. Psalms 1:1,2.
Great peace have they who love your law, and nothing can make them stumble. Psalms 119: 165. NIV