



## **Connect to Reflect**

(Connect with them to Reflect Him)

Connect to Reflect is a Rocky Mountain Conference Health Ministry Training program to maximize the ministry and personal impact on their home, church and community.

We believe that God has an effective plan for reaching our world and preparing it for His soon coming. His plan involves us, and can not be achieved without the assistance of His church on earth, His methods involve personal effort that all members can and should be a part of.

***Christ's methods alone will give true success... there is a need of coming close to the people in personal effort. MH 143***

Whether or not the members are already reaching out to their community we believe that proper training can add to their effectiveness in this personal work

Health ministry is one of the most effective ways of reaching out to others in our church and our community but informational health programs alone are not as effective as when they include ongoing personal support. This involves developing supportive relationships during and following the program.

Over two thousand years ago when God wanted to reach his creation in rebellion He sent His Son to effectively reflect His character. If all that was needed was information He could have sent a book, but He knew that coming in person was the only effective way for them to know the truth about Him. It is the same today, but now He sends us to **reflect** Him. As we get close to people by providing personal support and encouragement, we become effective **character reflectors**.

***When the character of the Savior shall be perfectly reproduced in His people, then He will come to claim His own. COL 69***

One of the most effective ways to **connect and reflect** is through Christian Coaching. Whether it is done formally or in a more informal way applying the principles in everyday communication. Utilizing principles that reflect Christ's character by interacting with others as Christ does us. Four **character reflecting** traits we use are: Insight, Listening, Asking questions and Ongoing Support. As we prayerfully use these God **reflecting** principles we are able to help people reach their goals and improve their life while **reflecting** how God treats us.

Coaching skills help a person put into writing their most important "dreams" or vision and set reachable goals by putting into place achievable action plans for weekly success.

These coaching skills will be utilized to: strengthen family communication and support. Be supportive to fellow church members and to provide ongoing assistance for community participants in our various church outreach programs.

These training programs will be tailored to each individual church based on their particular needs and what programs they are currently using. It ranges from a whole weekend (Friday night, Sab. School, Sermon, Sab. PM, Sunday) or as little as the Sabbath sermon.

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