



L.I.F.T. Training

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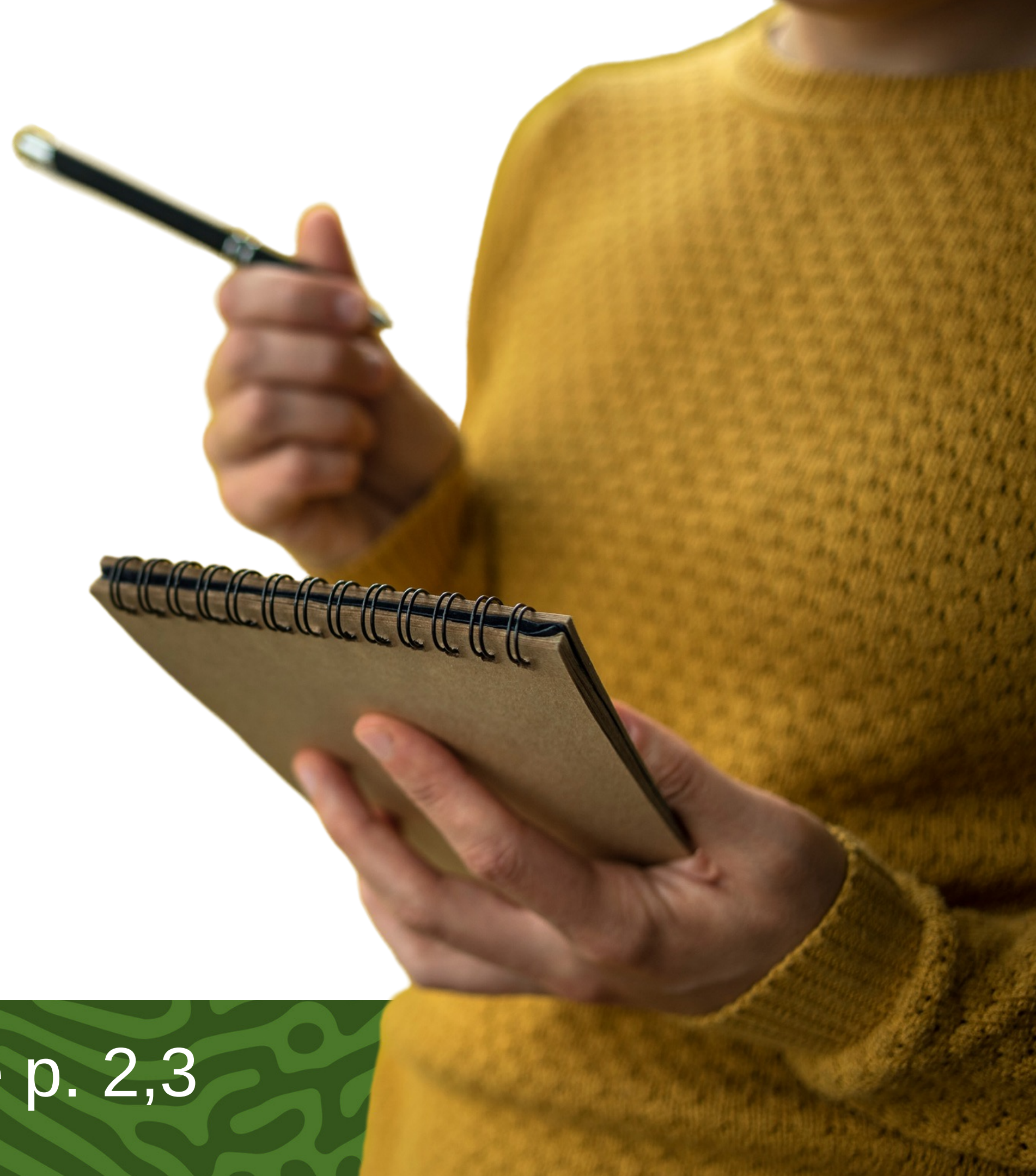
Seventh-day Adventist[®] Church
NORTH AMERICAN DIVISION

ADVENTIST ASSOCIATION OF
HEALTH & WELLNESS COACHING

Outline

Introduction

1. Connecting
2. Discovery
3. Principles



Disclaimer

In preparing this material and when using it for training, we have been careful to teach general principles of communication and have instructed all those who take this training to **give no medical advice** but to refer those involved to **seek appropriate direction from a qualified medical professional**. This training is **not intended to qualify the student to be a certified professional coach**.

Introduction



**THIS IS NOT JUST ANOTHER
PROGRAM BUT SKILLS
DEVELOPMENT ALL CAN USE**

It is Jesus in the Marketplace
learn how to do the following:



All of us can!

- **Bump** into people
- **Connect** with them
- **L.I.F.T.** them



Why we need

L.I.F.T.



**We are good at
Telling!**

**We need to get better at
Asking Questions
& Listening**



JESUS WAS BALANCED IN:

- **Asking**
- **Listening**
- **Telling**




Story

On a Train to Innsbruck Austria



**THESE ARE SKILLS WE
MUST INCLUDE IN OUR
MINISTRY IF WE ARE TO
TRULY FOLLOW JESUS'
METHODS**





”...all the earth shall be filled with
the glory of the Lord.”

Numbers 14:21 (ESV):

LIFTErs

- Develop friendships
- Provide ongoing personal support
- Help others set goals
- Help minimize obstacles
- Introduce the power available for success



L.I.F.T. is:

- Based on a Coaching model
- Peer to Peer
- Easy to start
- Anyone can learn
- Valuable for all areas of ministry



(an example)

**LIFT-ing at a health
program**



Listen

Inquire/Inspire

Facilitate

Transform



L.I.F.T.

**We then get
acquainted and
LISTEN**



L.I.F.T.

We **INQUIRE** to get
acquainted
And **INSPIRE**
For lasting change



L.I.F.T.

We **FACILITATE** change
if they need help



L.I.F.T.

Through Christ, they
are **TRANSFORMED**



LISTEN

- Importance of listening to get acquainted
- See through the eyes of Jesus: this is His child!
- May not be ready to talk about change yet – just listen and get to know them
- What’s important to them?

INQUIRE/INSPIRE

- Stay curious
- Discover more about them
- Connecting/safe zone
- “Tell me more”
- Dream their dreams!

FACILITATE

- Needs and wants
- Listen for “change talk”
- Options for their path
- “What can I do to help?”

TRANSFORM

- Provide consistent support (accountability)
- Keep steps easy for success
- Review plans
- Encourage continually

“There is a need of coming close to the people by **personal effort.” MH 143.**



**If you want success in your
ministry**

Work Like Jesus
(MODEL Him)



Mingle
Optimism
Desire
Empathy
Listen



M

Take advantage of any opportunity to **Mingle** & bump into people.



O

See beyond what they are
now and what they can be
through the eyes of an
Optimistic God.



D

As they see Christ in you and **Desire** that for themselves lead them gently to Him.



E

Put yourself in their place with **Empathy**.
Feel their pain and
dream their dreams.



L

Find out what they need and want beyond their current condition. **Listen** to what is important to them.



**Can you think of a place
you could use LIFT?**



Start by
Being **disciplined**
(LIFT-ed) by Jesus



LIFT-ing at home



Skit (LIFT-ing Gus)



LISTEN

- Importance of listening to get acquainted
- See through the eyes of Jesus: this is His child!
- May not be ready to talk about change yet – just listen and get to know them
- What’s important to them?

INQUIRE/INSPIRE

- Stay curious
- Discover more about them
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FACILITATE

- Needs and wants
- Listen for “change talk”
- Options for their path
- “What can I do to help?”

TRANSFORM

- Provide consistent support (accountability)
- Keep steps easy for success
- Review plans
- Encourage continually

**What did you learn
from the skit?**



STEP 1

CONNECTING

Study Guide p. 21

Connecting with People to Reflect Him



Different Ways We Connect



Decide to
Love them
Unconditionally
Before you meet



Getting Acquainted



AT THE GYM

Ask gym-related
questions, their
goals, etc.



IN A HEALTH CLASS

**Questions related
to the
presentation.**



Water Was the Connection



- Start with a common interest
- Their answers and interest drive the conversation
- Stay curious, “Tell me more”
- Build on their answers to the above



**It may start in
a program...**



**But it needs to
progress
to personal**



In the next video write down ways that Ty is connecting like Jesus and that you can do also.

**Tell me what
you learned.**



Jesus had a purpose for connecting with people

The woman at the well - Restoration of the person to the image of God.

But what if they were not ready for that



CONNECTING Through QUESTIONS

Study Guide p. 21

Questions in Conversation

- Start a conversation.
- A flow between asking and listening.
- Avoid “interrogation”
- Why did Jesus ask questions?



Jesus' Questions

- Purpose
- Closed-or open-ended?
- Was there more to them?
- Start: “why,” “who,” “what”
- “Bullet questions”



In your groups look through the type of Questions that Jesus asked SG 28-31 and discuss.

- Where you would use these.
- How you would ask them today.



Jesus asked Questions to...

- Form a connection
- Build a relationship
- Get people to think



Let's go deeper:
John 4:5-26

How is He connecting with her? What questions did He ask? Why did He ask them?



Reasons for your Questions

Restore the image of God

Explore both ends of their comfort zones

To know what is safe to ask

Two Questions to Always Ask

- Can you please tell me more?
- What do you think?



“ The purposes of a man’s heart
are deep waters, but a man of
understanding draws them out.”

-Solomon



CONNECTING Through LISTENING

Listening Like Jesus

Study Guide p. 35

Jesus as a boy

He **listened** to their
instruction. As one
seeking wisdom...

What to **listen** for



A listening response

- “What do you think might help...?”
- “What if...”
- “Do you think God might have an answer to that?”
- “Tell me why you feel/think that”
- “If you had the power to change the situation, what would you do?”
- “What would you tell someone else in your shoes?”

Listening as a way of loving others like Jesus

Listening to God is what grounds
our ability to love others like God -

Sarah Zaske



Taking Time to Listen

(Story by Sarah Zaske)

A homeless **woman** weeping



Love Through Listening

“Being heard is so close to being loved that for the average person, they are almost indistinguishable.”

-David Augsburger

“Listening to others in love is only possible when you first listen to God in earnest”. Sarah Zaske

How does listening to God make me a better listener to others?

How does my love for others
make me a better listener?

Five Obstacles to Listening

- **We are not taught to listen**
- **All of us struggle with pride**
- **Various forms of laziness**
- **Our world is too noisy**
- **The ways we relax and unwind**



Listen like Jesus

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry”

- James 1:19

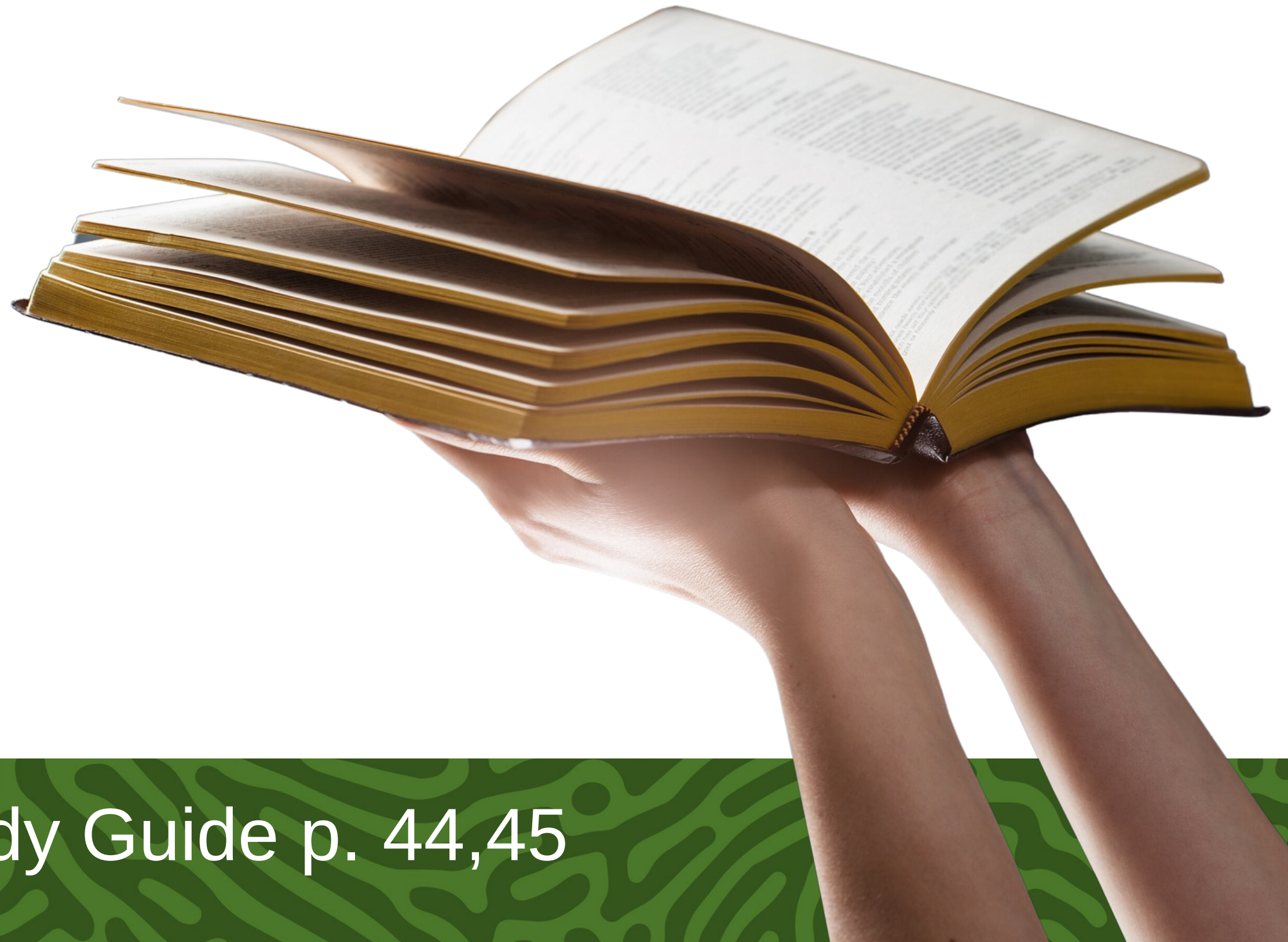
**Don't be afraid
of SILENCE**



**Share your story
(briefly) to relate
to them and
connect further**

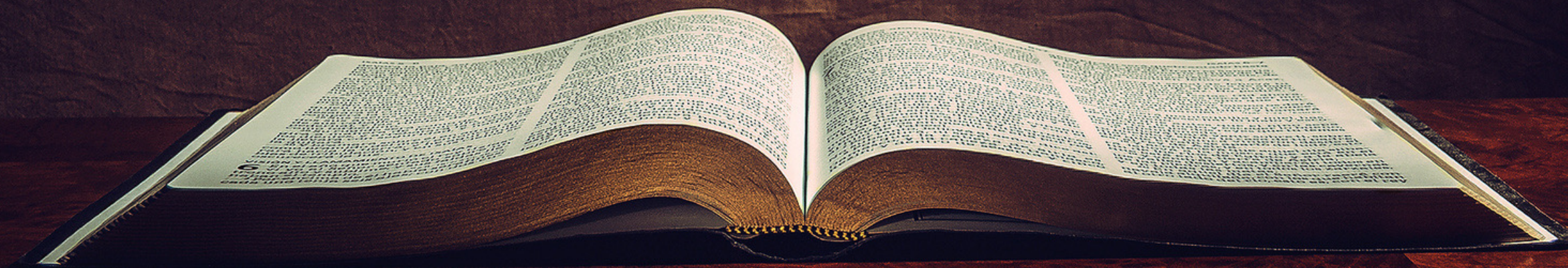


What Does the Bible Say About Listening?



A fool takes no pleasure in understanding, but only in expressing his opinion. **Proverbs 18:3**

If one gives an answer before he hears, it is his folly and shame” **Proverbs 18:13**



What have you found that has helped you to listen better?

PRACTICE

- What are you listening for
- It's all about them
- Explore with curiosity
- Build on their answers
- Silence is ok
- Give advice only with permission



Handling Resistance



Reasons for **resistance**

- You pushed them way out of their comfort zone
- They're discouraged because of lack of results
- They had to give up too much and miss old habits
- It's "too hard"
- Not enough time put into the change
- Conflict with family/friends

Motivate Like Jesus

- Lead by example
- Speak with compassion
- Use Stories to teach
- Encourage personal growth
- Emphasize faith and hope



Motivation & Confidence

—motivation

Can't but want to	Can and wants to
— Can't and — doesn't want to	Can but doesn't want to

—Confidence

—107

Motivation

- Safe atmosphere
- Empathy
- Unconditional acceptance
- Facts with hope
- Weigh pros & cons
- Define the Why
- Honor values & beliefs
- Discover Purpose
- Discover Readiness
- Success stories

Confidence

- Make commitment
- Start small
- Add, rather than take away
- Have a flexible plan
- Build on previous success
- Anticipate obstacles
- Insights into behavior
- Affirmation & encouragement
- Cheerleaders
- Accountability

Increase Motivation

- Safe atmosphere
- Empathy
- Unconditional acceptance
- Facts with hope
- Define the Why



Increase Confidence

- Make commitment
- Start small
- Add, rather than take away
- Have a flexible plan
- Build on previous success





Step 2

Discovery

Making a Plan

Study Guide p.48

Life's Journey

We take **Steps**

along a **Path**

To fulfill our **Purpose**



Purpose, Path, Steps

Purpose: “Big picture”

Path: Chosen method

Steps: Smaller stepstones in method

**Purpose drives all that
you do**

It's what directs your path
and guides your steps.



"If you start with a good **purpose** then you can choose paths that are consistent with that **purpose.**"



How to find Their Purpose

- Have them list the paths they are on and/or that they want to be on and where will that get them.
- Where it leads is your PURPOSE.
- Have them think about the end result and is that what they want in life.
- Better paths will lead to better purposes.

Examples of Purpose and helping someone find theirs



Purpose is also in the
smaller joys that God
wants us to enjoy in
abundance



An example of a purpose that is acceptable to both God and society is:

Live a life of service, making a positive impact in my community.



"You can make many plans, but the LORD's
purpose will prevail."

Proverbs 19:21 (NLT)



How to find God's Purpose

- Prayer
- Study of Scripture
- Trust that God will guide you
- Seek guidance from Godly counsel
- Seek to live a purposeful life
- Have a desire to do His will



Trust that He wants to partner with you and will not leave you without guidance.



Your Paths



Your Path

Your path is the direction you walk through—things you do consistently to reach your purpose.

Your method.



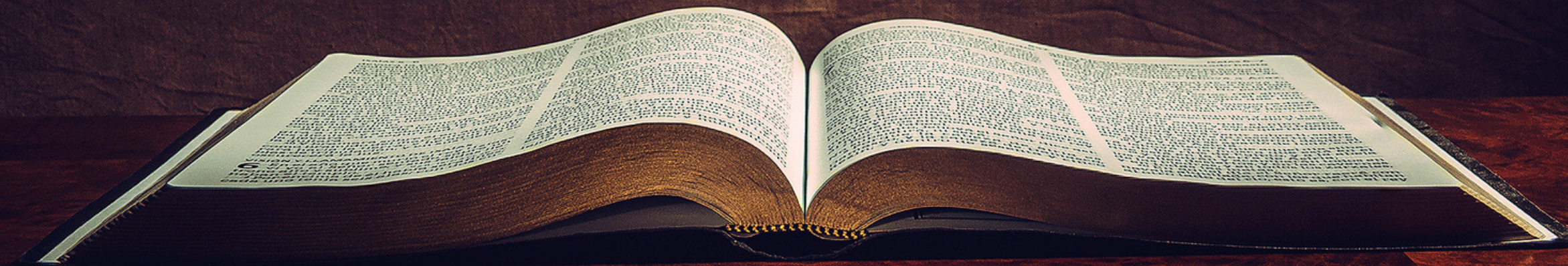
**Trust in the LORD with all your heart and lean
not on your own understanding; in all your
ways submit to him, and he will make your
paths straight.**

Prov. 3:5,6



You make known to me the path of life; you will fill me with
joy in your presence, with eternal pleasures at your right
hand. Psalm 16:11

Your word is a lamp for my feet, a light on my path.
Psalm 119:105



A path could be to start with a desire and look for opportunities to serve in your work, home and community. And to delight in Gods' direction.



Scenario:

Gentleman wants to be in good shape when his daughter is older so he can walk her down the isle at her wedding!



Your Steps



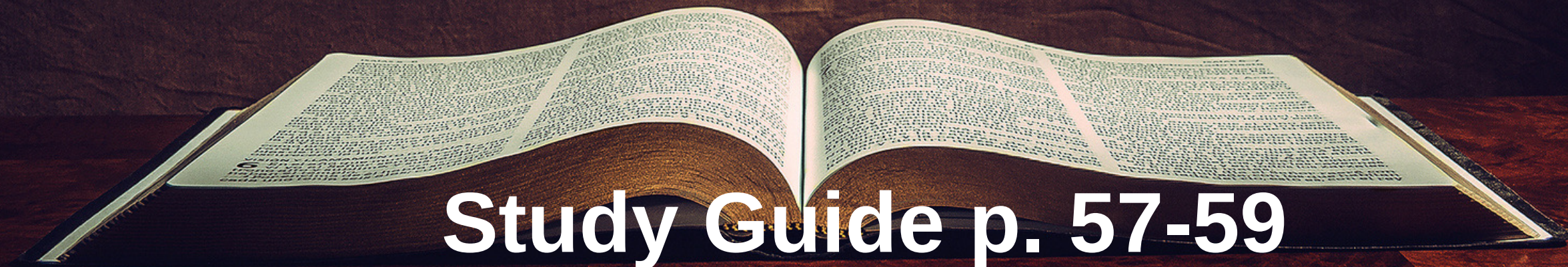
Your Steps

If the path is the direction we are going, the steps are the daily choices that we make along that path.



**The LORD makes firm the steps of the one
who delights in him;**

Psalm 37:23-24



Help them choose steps

Without steps we can get **discouraged** because the path is so long and hard to see the end.



Making steps successful

Start out very simple and build on it as able.

Remember God is able and we all need to learn to trust and not feel that we can do it on our own.

Example of how to do it

- How have you been enjoying the Diabetes Improvement classes?
- Tell me what you found to be most important to you?
- Can you see a clear path to start reversing the disease?

If they are not ready

Even though Gods plans are better than our own we can still help them find their “path or purpose” using basic coaching skills.



How to start

- Brainstorm all possible steps
- Keep steps specific, measurable, attainable, realistic and timely (SMART). SG p. 61
- Keep steps small
- Assure support from you and God

Cont-

- What does that look like?
- What is the first smallest step that you are willing to start with?
- What makes this path so important to you?

Your Turn

Think about ways you can help someone to find their **purpose**, **path** and **steps**.



- SMART Goals
- Ongoing Support
- Review of L.I.F.T.



S specific
strategic
significant

M measurable
meaningful
motivational

A attainable
achievable
adjustable

R relevant
realistic
results

T timely
tractable
tangible

Goal setting



- Discover their paths, and help them make SMART goals.
- Help them discover the first small steps to take on their paths



- Encourage them as they work through progressive steps on their paths
- Pray that you may know God's plan for them
- Find God's plan within their plan



Ongoing Support



- A Big Need
- Often Missing
- Reflects **Gods Character**



The Principles to Reflect

“I’ll always be with you, right up to the end
of the world!”

Matt. 28:20



Reasons for Ongoing Support

- It improves their success rate
- Reflects the character of an ever-supportive God
- You develop strong friendships
- You find their real needs
- It makes ministry more exciting



Steps for Ongoing Support

- You begin the friendship at the program
- You support them during the program
- With their permission, to continue support
- You connect with them weekly by phone
- You help as long as needed



Steps continued

- If you live close connect socially
- As they become more successful you may reduce support as appropriate
- Keep an ongoing connection at least monthly
- Offer to pray about their needs and success
- Women support women, men support men



Review of the L.I.F.T. process

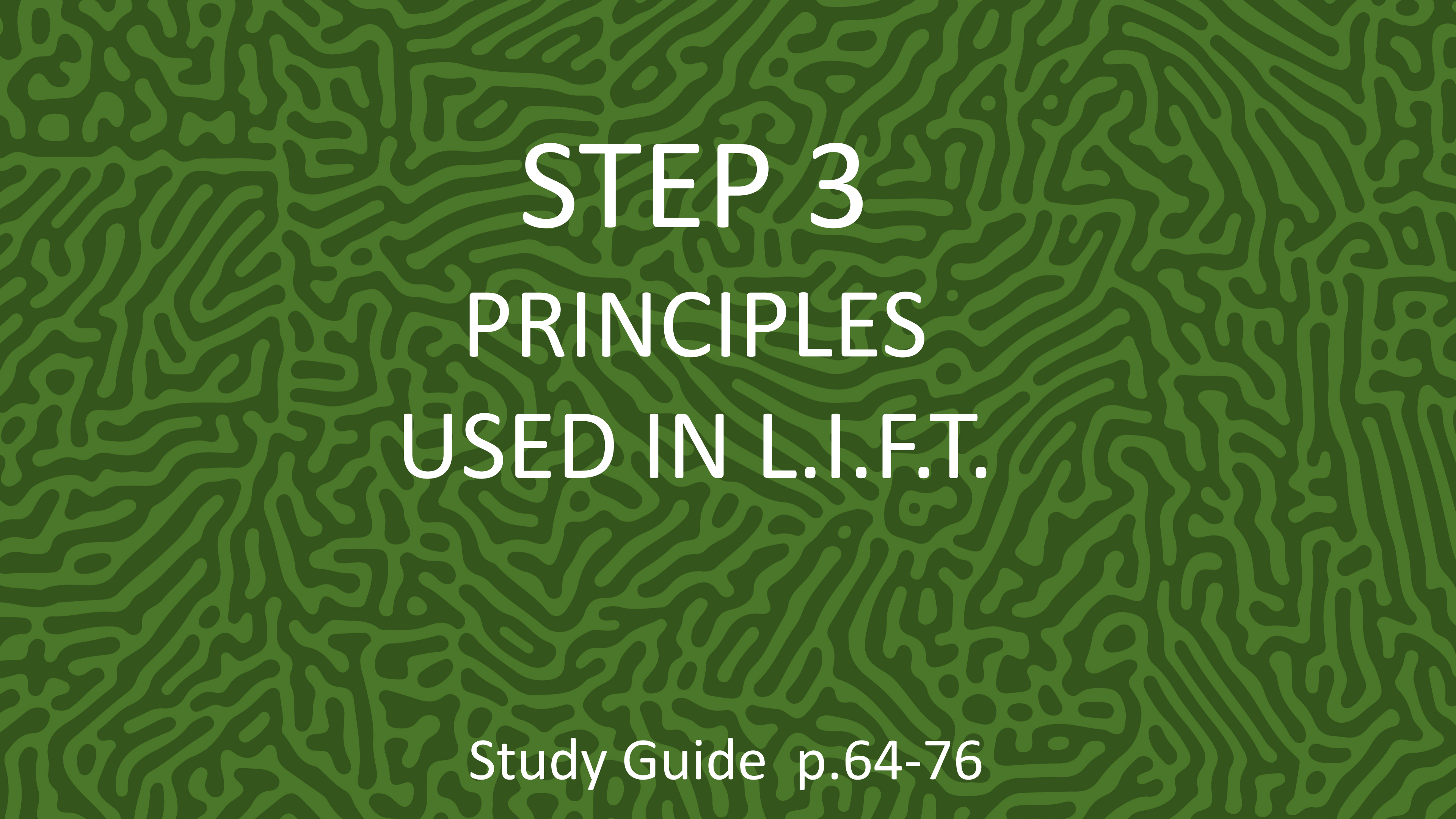
- Get acquainted and build rapport
- Discover what is important to them
- Identify obstacles
- Inspire them
- Support them



Review of the L.I.F.T. process

- Brainstorm for options
- Discover Purpose, Path, and Steps
- Review the plan
- Encourage them
- Set up another time to meet





STEP 3
PRINCIPLES
USED IN L.I.F.T.

Study Guide p.64-76

This section includes:

- **Personal work**
- **Bible Promises**
- **Power of Prevention**
- **Health Principles**



Walking the Health Path Together



Reflecting His Character



"And I, when I am lifted up from the earth, will draw all people to myself."

John 12:32



**The Great Controversy
is all about
The Character of God**



God does
have a **PLAN!**

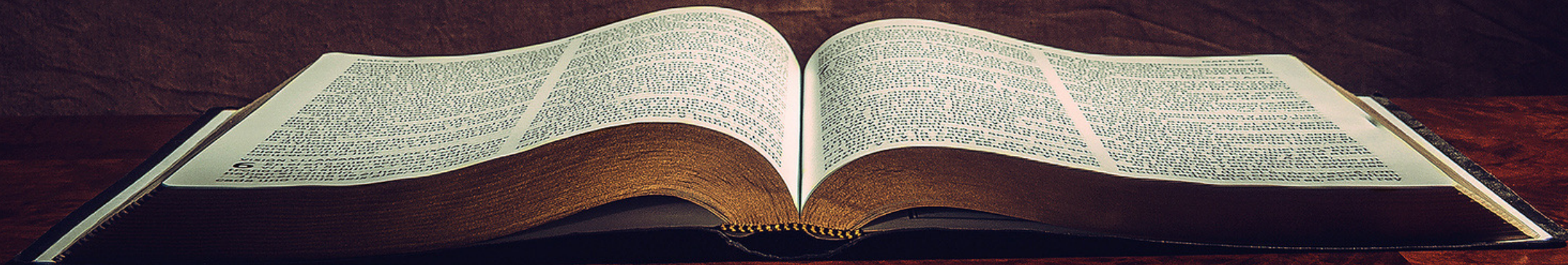


Through Using Christ Reflectors



Arise, shine; for thy light is come, and the
glory of the LORD shall
arise upon thee, and
His glory shall be seen upon thee.

Isaiah 60:1



Building these **Skills** is like:

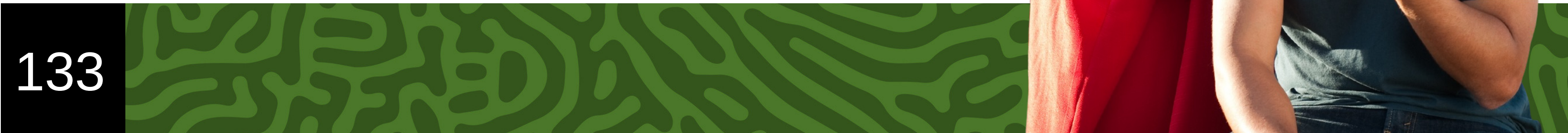
Polishing your mirror for a
better **Reflection**



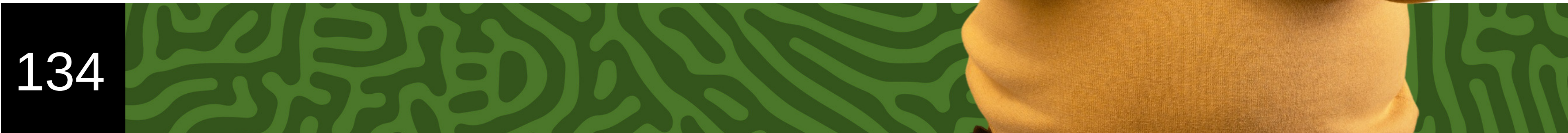
So how do we reflect
His **Character**?



Do **what** He did

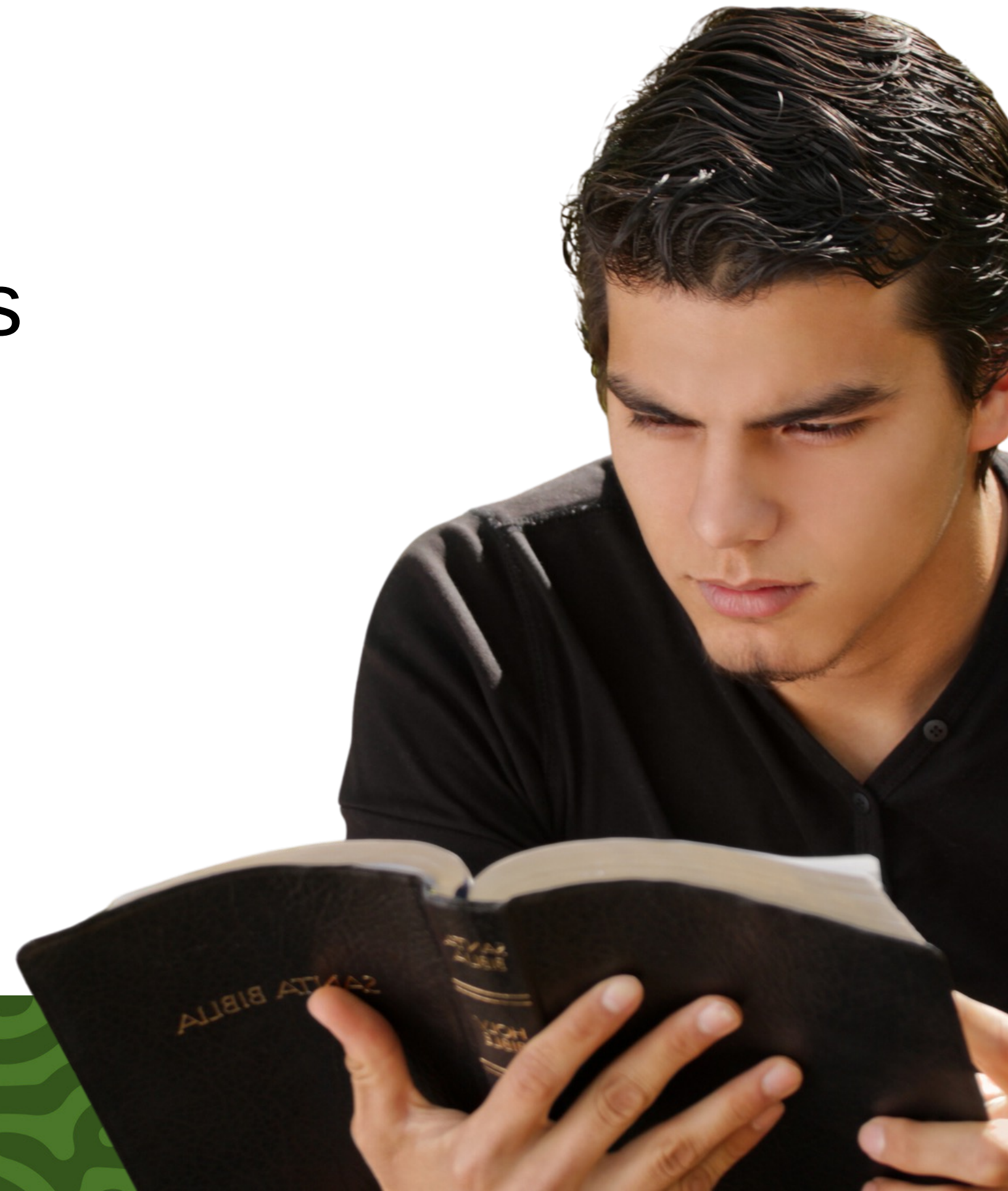


We Need the Mind of Christ



Study Jesus

- His life, works and sayings
- His prayers
- His focus and priorities
- Study people through His eyes



Restoration

Restore in men and women
the image of God

is His/Our Focus



Make it Personal



“There is a need of coming close to the people by **personal effort.**” MH 143



Take the time to
connect



**How do you
measure
success?**

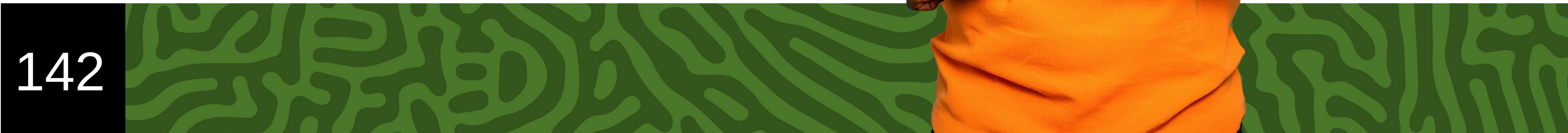


Is your view of
success the same
as the **participants**?



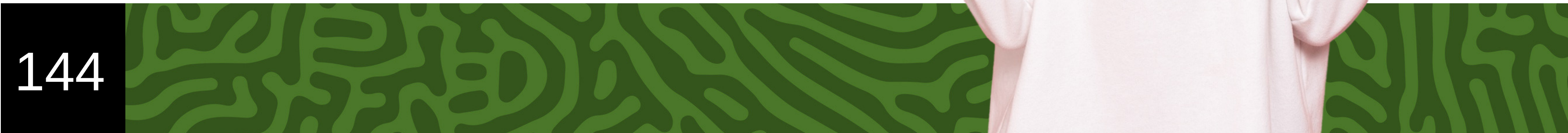
Did anyone even ask them:

What do you want?
What do you need?
How can I help?





Why do **people** fail?



He makes the Difference



Study Guide p.
70

Trust



Trust that His Instructions are good and perfect, He provides all the **Power we need, His Word reveals the **truth**, and He will give you **Victory**.**



The First **Temptation**
was based on **Distrust**



And the serpent said unto the woman ye shall not surely die; For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

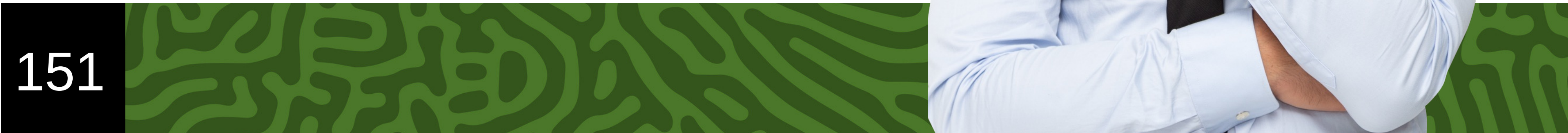
Genesis 3:4,5



The first victory of the
second Adam was
through Trust



Does Satan use the
same temptations
today?

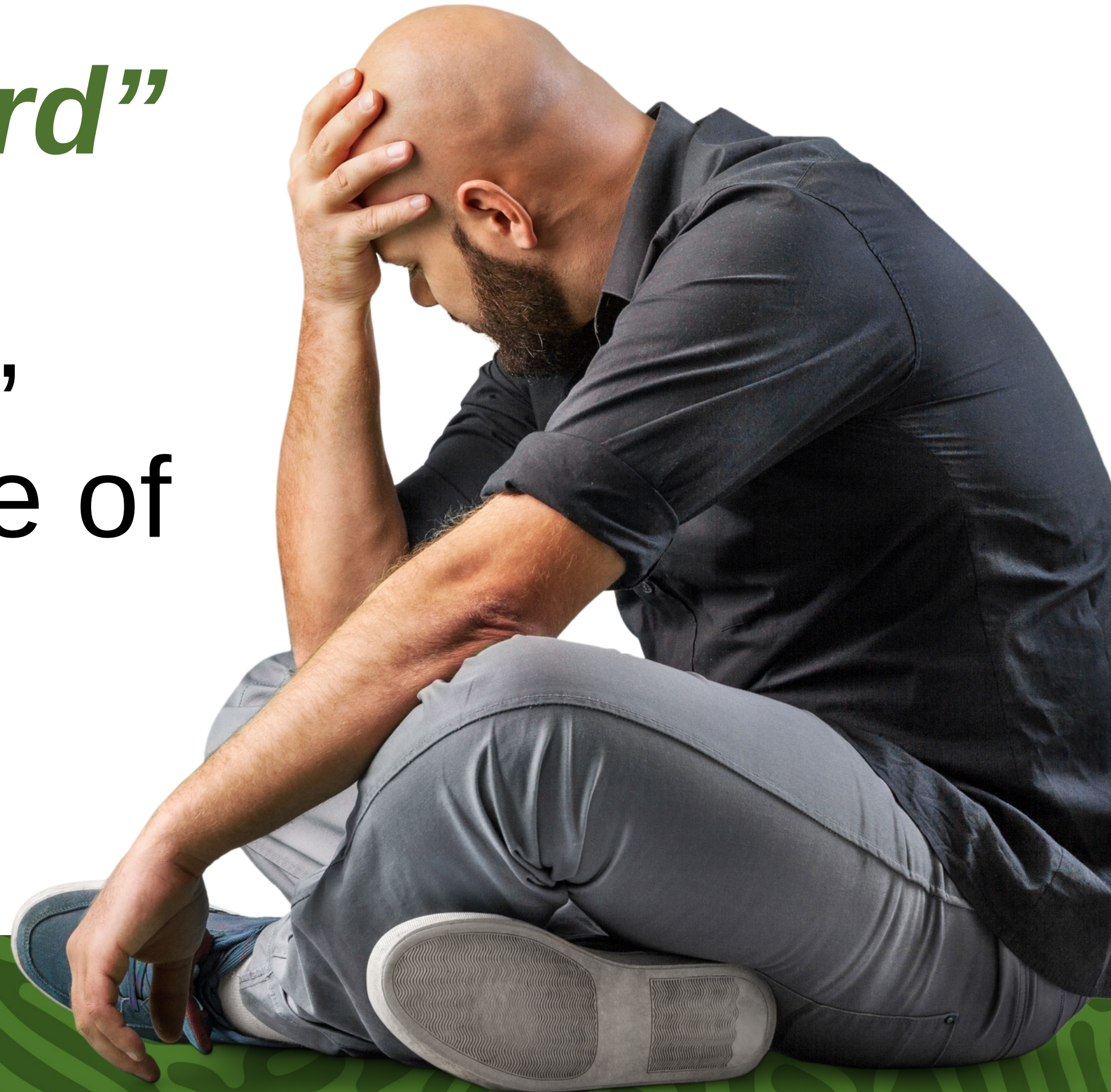




Power

“But it's too hard”

**If it feels too hard,
check your source of
power.**



**Satan is well aware that anyone
who trusts in Christ is more
than a match for the hosts of
darkness**

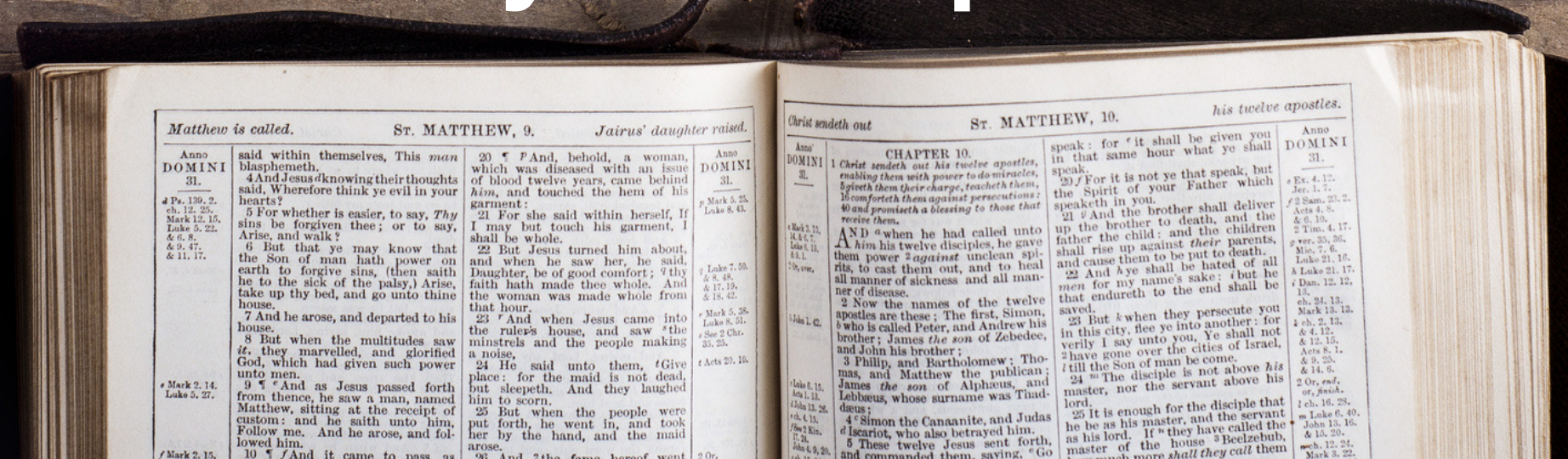
Truth



Bible Promises

Are Statements of truth you can
trust

Study Guide p. 72



Truth destroyed the
power of the lie
(temptation)



**A Temptation is
a believable lie**



Confusion - Deception

“Take heed that no one deceives you”

Matt. 24:4



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

Ps. 119:11



Victory



Using our own wisdom

“I don’t see anything wrong with...”

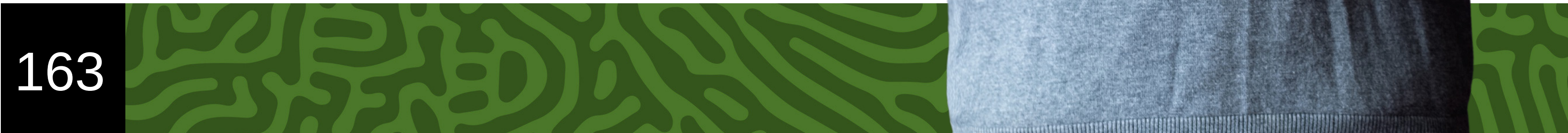
“It’s not a salvation issue”

“I think...”

“I feel...”



**Find a Bible
Promise that
speaks to you**





The Power of
PREVENTION

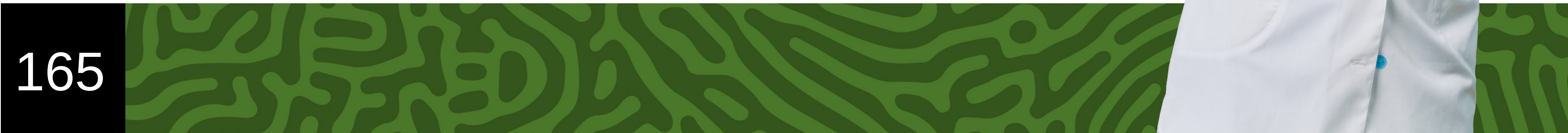
Study Guide p. 75

Disease & Treatment

or

Lifestyle &

Prevention



**It takes a whole new
MIND SET**

What about the
prevention in the
spiritual dimension?

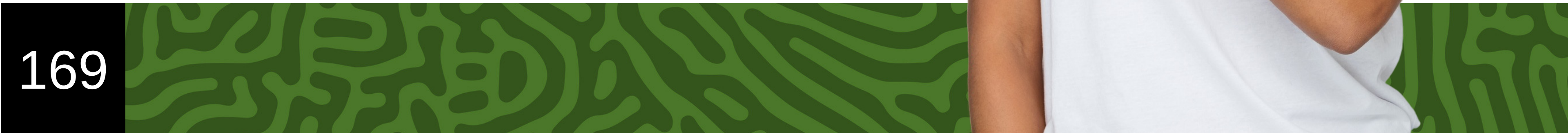


He Brings us

A New Mind Set



Other Coaching Principles



Three Simple Rules

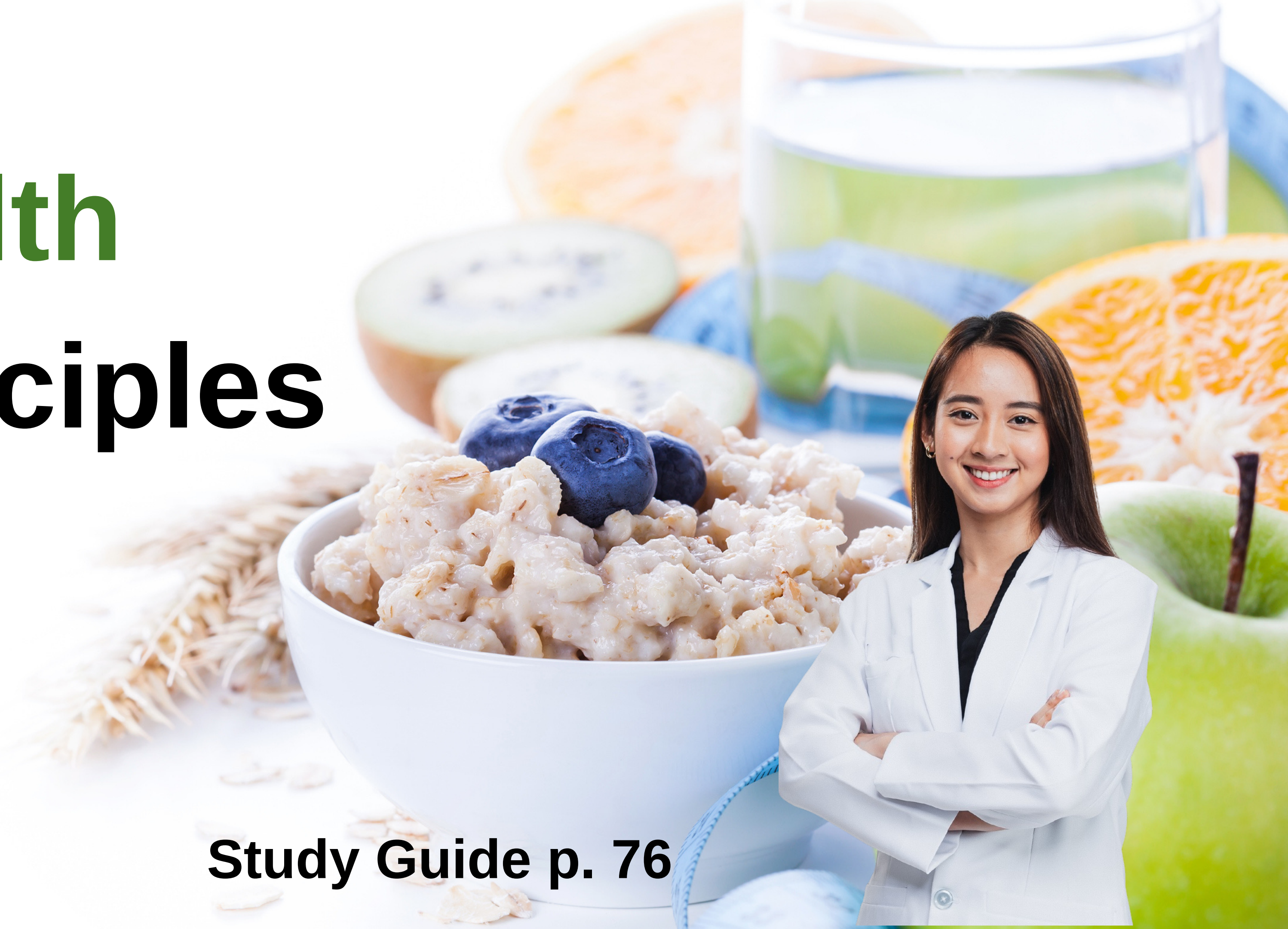
- Don't give advice without permission
- Don't tell people something they can discover on their own
- Don't fix the problem for them



Balancing Guilt and Hope

- “Not your fault” = No Guilt.
- But no hope
- If you know the cause you have hope of preventing it next time
- Responsibility vs blame

Health Principles



Without giving medical advice you can share simple health principles that are:

- Evidenced Based
- Basic Health Principles
- **NEWSTART**
- Build on the good things the person is already doing



Support

- Direction given by a healthcare provider
- Something your partner wants to do
- The information they have found is from a reliable resource.



Health Support Example

- How can I help you succeed in the steps you have decided on?
- If you see that they need further medical, emotional, or spiritual help, you can encourage them to seek further assistance from a qualified provider, after which you can support them based on advice the professional has given.

Disclaimer for Resources

We are not endorsing any of the following resources. They are the ones that individuals have found helpful. Each person must determine for themselves the helpfulness and validity of any source they use.



Resources

<https://awhn.org/resources/> Adventist Whole Health Network resources

<https://nadhealth.org/resources/> NAD Health Resources

drnewstart.com Timothy Arnott MD Website

Vegan Cooking Sites:

<http://www.speakingwellness.com/> Chef Erik Akko videos and seminars

<https://www.veganblueberry.com/>

<https://elavegan.com/#search>

Nutrition

NutritionFacts.org Michael Greger, MD. FACLM and his team study every English nutrition research paper each year and present them in an attractive easy to understand manner.

A spiritual perspective on Health

<https://www.timeleshealinginsights.org/> David DeRose MD, MPH Physician, and Pastor that has valuable insight on health with a spiritual perspective.

Recommended Books

- The Bible
- Desire of Ages (EG White)
- Medical Ministry (EG White)
- The principles and practice of Health Evangelism (Elvin Adams)
- Jesus Life Coach (Laurie Beth Jones)
- The Whole Life – Health Partner’s Guide (Joshua Vazquez)