

COACHING WITH THE BIBLE

*Bringing God's Word
into Life Coaching*

IDENTITY IN CHRIST • PURPOSE IN LIFE • DECISION MAKING
CONFLICT RESOLUTION • TIME MANAGEMENT



Dear Friend,

God's Word says, *"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you"* (Psalm 32:8). The Lord promises to lovingly guide us throughout life. He instructs and teaches us with His Word, and He often uses people just like you to help others find the right path. The Bible says, *"victory is won through many advisers"* (Proverbs 24:6).

As Christian Life Coaches, ministry leaders, or just everyday people-helpers . . . we have the awesome responsibility of helping people discover their God-given purpose, maximize their God-given potential, and fulfill their God-given calling. We created this resource to do just that—to help bring God's Word into your life and coaching so you can grow personally and be better equipped to help others.

This resource provides practical guidance from God's Word on understanding and embracing your identity in Christ, discovering your purpose in life, making wise decisions, resolving conflicts, and managing your time wisely. These are common issues that people struggle with—and God's Word speaks to all of them.

Whether you're a life coach, ministry leader, or you're just looking to grow in biblical wisdom . . . we pray that God will use the truths in this resource to help you and those you serve get unstuck, overcome obstacles, and move forward in life with greater confidence and faith in the Lord.

Blessings,

The ICCI Team

*"Now may the God of peace ...
equip you with everything good for doing his will,
and may he work in us what is pleasing to him,
through Jesus Christ, to whom be glory
for ever and ever. Amen."*

(Hebrews 13:20-21)



ABOUT ICCI

The International Christian Coaching Institute is a faith-based network of Christian Life Coaches dedicated to serving others with compassion and competence. We use biblical principles to assist clients in setting and achieving their goals through a collaborative partnership that addresses the whole person.

ICCI offers an opportunity to network with like-minded servant-leaders, receive masterclass-quality online training, and pursue credentials as a Christian Life Coach. Our mission is to bring life and living into focus and maximize each person's God-given potential. ICCI is a strategic initiative of Hope for the Heart—the biblical counseling, coaching, and caregiving ministry of June Hunt.

Learn more at:

www.iccicoaching.com

 INTERNATIONAL
Christian Coaching Institute

A Strategic Initiative of Hope for the Heart

CHRISTIAN LIFE COACHING

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

(JEREMIAH 29:11)

The History of Life Coaching

Coaching is often linked to sports-related activities, and some suggest the concepts of coaching go all the way back in history to the Master-Apprentice relationships that existed among many of the early trades. From the 1940s–1970s, numerous businesses and corporations worked with organizational psychologists in an effort to improve the overall productivity of their workers.

Life Coaching came into its own as a movement in the 1990s and has since exploded into a multibillion-dollar global industry. It is now the second fastest growing profession in the world after information technologies. According to the International Coach Federation (ICF), there are well over 50,000 *certified* life coaches worldwide (a third who practice in the United States).

The primary focal point of Life Coaching is on future performance and outcomes. It is therefore more proactive, solution-focused, collaborative, and forward-oriented in terms of personal and/or professional growth than traditional counseling and other mental health services, which tend to address past issues with the goal of symptom reduction and problem resolution. Colleges and universities are increasingly gravitating toward Life Coaching degree programs, both at the undergraduate and graduate levels, and because Life Coaching is by and large an unregulated field, coaches place a high value on education, training, certification, and credentialing.

Core Foundations of Christian Life Coaching

By using biblical principles, Christian Life Coaches should always pursue the primary ethical and core principle to: Honor God in All Things. A secondary principle is to assist clients in setting and achieving individualized Christ-centered goals through a dynamic and collaborative partnership that addresses the whole person.

Proverbs 29:18 says, *“If people can’t see what God is doing, they stumble all over themselves; but when they attend to what he reveals, they are most blessed”* (MSG). Christian Life Coaches are considered trusted role models and safe accountability partners who facilitate God-honoring growth by equipping, empowering, and encouraging others. They help people—through the agency of the Holy Spirit—shape new vision and plans, create a sense of purpose, and establish appropriate goals and objectives to generate desired results.

A Christian Life Coach is trained and devoted to making godly disciples and guiding others into greater competence, confidence, and commitment, so that by faith, clients can say, *“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”* (**Philippians 3:12-14**)

The Goals and Process of Christian Life Coaching

Initially, the focus of Christian Life Coaching is to help clients set and reach their goals, maximize their potential, and step more fully into their God-given calling. Finding solutions is a results-oriented, systematic process. Although Life Coaches act as facilitators to help unlock potential and gifting, it is the client who primarily guides the process.

In that regard, Life Coaches facilitate learning and development through active experiential discovery, more so than merely “teaching” a method or approach. The key here is to understand coaching as a process that takes place over time through a relational alliance between the Life Coach, the client, and the Lord.

In one regard, God allows the Christian Life Coach to be His optometry assistant when people need to have their “vision” checked. Some clients are nearsighted. They can only see what is right in front of them and ignore almost everything else all around. Others are farsighted. It becomes everyone else’s fault or problem, but they fail to take personal responsibility when it is called for or really needed. And finally, some are simply blind.

When they allow God to correct their vision, then, and only then, will they be able to see what He sees. And if God can use Life Coaches for this purpose, then others can more effectively become His eyes, His ears, His hands, His feet, His voice . . . to a world desperately looking for hope and answers.

IDENTITY & SELF-IMAGE

Knowing What's True about You

What Is God's Heart on Your Identity?

Paul had it all—born into the right family, educated by the best teachers, and held the top status job and position in his culture as a religious teacher, a Pharisee. He said, *“I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin—a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law. I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault”* (Philippians 3:5–6 NLT).

His identity was wrapped up in where he was born, who he knew, and what he did. But that all changed when he met Jesus. Paul continues, *“I once thought these things were valuable, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord”* (Philippians 3:7–8 NLT).

As Paul compared his past identity to his identity in Christ, there was no contest. He even says about his former accolades and accomplishments: *“I consider them garbage, that I may gain Christ and be found in him”* (Philippians 3:8–9).

When you are *“found in him,”* everything changes. The identity you receive in Christ far outweighs any other identity you may have. Your gender, your family, your age, race, culture, school, job, accomplishments, status, and hobbies may all reveal important aspects about you—but they are not where your ultimate identity is found. Your identity is to be rooted in Christ.

*“Just as you accepted Christ Jesus as your Lord,
you must continue to follow him.
Let your roots grow down into him,
and let your lives be built on him.
Then your faith will grow strong
in the truth you were taught,
and you will overflow with thankfulness.”*
(COLOSSIANS 2:6–7 NLT)

12 Truths about Your Identity in Christ

You are loved.

“God loves you and has chosen you to be his own people” (1 THESSALONIANS 1:4 NLT).

You are chosen.

“Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes” (EPHESIANS 1:4 NLT).

You are accepted.

“Christ has accepted you so that God will be given glory” (ROMANS 15:7 NLT).

You are redeemed.

“But now, this is what the LORD says—he who created you . . . he who formed you . . . ‘Do not fear, for I have redeemed you; I have summoned you by name; you are mine’” (ISAIAH 43:1).

You are precious.

“You are precious to me. You are honored, and I love you” (ISAIAH 43:4 NLT).

You are forgiven.

“You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins” (COLOSSIANS 2:13 NLT).

You are cleansed.

“But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God” (1 CORINTHIANS 6:11 NLT).

You are renewed.

“Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 CORINTHIANS 5:17 NLT).

You are empowered.

“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness” (2 PETER 1:3).

You are gifted.

“In his grace, God has given us different gifts for doing certain things well” (ROMANS 12:6 NLT).

You are useful.

“We are God’s handiwork created in Christ Jesus to do good works, which God prepared in advance for us to do” (EPHESIANS 2:10).

You are blessed.

“All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ” (EPHESIANS 1:3 NLT).

What Does It Mean to Be Made in God's Image?

Do you know the first thing God says about humanity—about *you*? It's perhaps the most important truth to know about your identity and your worth: *"God said, 'Let us make mankind in our image, in our likeness . . .' So God created mankind in his own image, in the image of God he created them; male and female he created them"* (Genesis 1:26–27).

You are made in God's image—it's the first thing God tells you . . . about *you*. This truth is foundational to your identity, self-image, and worth. The Bible describes God as infinitely beautiful, glorious, and majestic. There is nothing greater than God. And you are made in His image! You therefore have inherent, unchanging, and immeasurable worth.

*"When I consider your heavens, the work of your fingers,
the moon and the stars, which you have set in place,
what is mankind that you are mindful of them,
human beings that you care for them?
You have made them a little lower than the angels
and crowned them with glory and honor."
(PSALM 8:3–5)*

Made in the Image of God: Three Views

The image of God can be understood from three different aspects or views:

The substantive view refers to the essential attributes or substance inherent within people.

- We are conscious and volitional creatures, having a mind, will, and emotions.
- We are spiritual and moral creatures, made with a sense of right and wrong.

"God created people to be virtuous, but they have each turned to follow their own downward path" (ECCLESIASTES 7:29 NLT).

The relational view refers to our capacity for relationships.

- We are made with the capacity to have a relationship with God.
- We are made with the capacity to have relationships with others.

"He created them male and female and blessed them. And he named them 'Mankind' when they were created" (GENESIS 5:2).

The functional view refers to our sense of purpose and our actions.

- We are made to reflect God's character in thought, word, and deed.
- We are made to steward and rule over God's creation.

"God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground'" (GENESIS 1:28).

The image of God is a vast, complex, and exhaustive topic. Mountains of books have been written on the subject. Because God is infinite, we can never fully grasp what it means to be made in His image. However, the image of God reminds us that if we want to know more about ourselves, we must look to God, who made us to be like Him.

“When God created human beings, he made them to be like himself.”

(GENESIS 5:1)

Your Identity “In Adam” vs. “In Christ”

The Bible divides people into two groups, two families—those “in Adam” and those “in Christ.” The apostle Paul contrasts the two:

“There is a great difference between Adam’s sin and God’s gracious gift.

For the sin of this one man, Adam, brought death to many.

*But even greater is God’s wonderful grace and his gift of forgiveness
to many through this other man, Jesus Christ. . . .*

*¹⁶For Adam’s sin led to condemnation, but God’s free gift
leads to our being made right with God. . . .*

*¹⁸Yes, Adam’s one sin brings condemnation for everyone,
but Christ’s one act of righteousness brings
a right relationship with God and new life for everyone.*

*¹⁹Because one person disobeyed God, many became sinners.
But because one other person obeyed God,
many will be made righteous.”*

(ROMANS 5:15–16, 18–19 NLT)

The differences could not be more drastic. Over and over, the Bible presents the strong contrast between those who are in Adam and those who are in Christ. Perhaps the sharpest and most distinct contrast is this:

“For as in Adam all die, so in Christ all will be made alive.”

(1 CORINTHIANS 15:22)

Two Spiritual Identities

Those in Adam

Hardened Heart

*"I will remove from you your **heart of stone.**"*
(EZEKIEL 36:26)

Slave to Sin

*"We know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be **slaves to sin.**"*
(ROMANS 6:6)

Death

*"The wages of sin is **death . . .**"*
(ROMANS 6:23)

Powerless

*"When we were still **powerless,** Christ died for the ungodly."*
(ROMANS 5:6)

Enemies of God

*"If, while we were **God's enemies . . .**"*
(ROMANS 5:10)

Condemned

*"One trespass resulted in **condemnation** for all people."*
(ROMANS 5:18)

Slaves

*"Formerly, when you did not know God, you were **slaves** to those who by nature are not gods."*
(GALATIANS 4:8)

Those in Christ

New Heart

*"I will give you a **new heart** and put a new spirit in you; I will . . . give you a heart of flesh."*
(EZEKIEL 36:26)

Free from Sin

*"Anyone who has died has been set **free from sin.**"*
(ROMANS 6:7)

Eternal Life

*"But the gift of God is **eternal life** in Christ Jesus our Lord."*
(ROMANS 6:23)

Powerful

*"His divine **power** has given us everything we need for a godly life."*
(2 PETER 1:3)

Reconciled to God

*"We were **reconciled to him** through the death of his Son, how much more, having been reconciled, shall we be saved through his life!"*
(ROMANS 5:10)

No Condemnation

*"There is now **no condemnation** for those who are in Christ Jesus."*
(ROMANS 8:1)

Sons & Daughters

*"I will be a Father to you, and you will be my **sons and daughters,**' says the Lord Almighty."*
(GALATIANS 3:7)

Those in Adam

Slaves to Impurity

*“You used to offer yourselves as **slaves to impurity** and to ever-increasing wickedness . . .”*

(ROMANS 6:19)

Under Judgment

*“The **judgment** followed one sin and brought condemnation . . .”*

(ROMANS 5:16)

Under a Curse

*“For all who rely on the works of the law are **under a curse**, as it is written: ‘Cursed is everyone who does not continue to do everything written in the Book of the Law.’”*

(GALATIANS 3:10)

Under God’s Wrath

*“All of us also lived . . . gratifying the cravings of our flesh and following its desires . . . Like the rest, we were by nature **deserving of wrath.**”*

(EPHESIANS 2:3)

In Darkness

*“You were once **darkness** . . .”*

(EPHESIANS 5:8)

Those in Christ

Slaves to Righteousness

*“Now offer yourselves as **slaves to righteousness** leading to holiness.”*

(ROMANS 6:19)

Justified

*“But the gift followed many trespasses and **brought justification.**”*

(ROMANS 5:16)

Redeemed from the Curse

*“Christ **redeemed us from the curse** of the law by becoming a curse for us— for it is written, ‘Cursed is everyone who is hanged on a tree.’”*

(GALATIANS 3:13 ESV)

Saved from God’s Wrath

*“Since we have now been justified by his blood, how much more shall we be **saved from God’s wrath** through him!”*

(ROMANS 5:9)

In the Light

*“But now you are **light in the Lord.**”*

(EPHESIANS 5:8)

“The first man [Adam] was from the earth, a man of dust; the second man [Christ] is from heaven.

⁴⁸As was the man of dust, so also are those who are of the dust, and as is the man of heaven, so also are those who are of heaven.

⁴⁹Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.”

(1 CORINTHIANS 15:47–49 ESV)

What Causes Identity Struggles and Poor Self-Image?

When you drive a car, numerous factors can cause your car to drift into another lane. External factors such as the weather (wind, rain, and snow) or traffic (congestion, bad drivers) can lead you off course. Internal factors such as malfunctions with the car (engine trouble, no power steering) or distractions in the car (loud children, noisy music playing) could cause you to drift out of your lane. Even if you're not turning or taking detours and are essentially heading forward, you still have to keep your hands on the steering wheel and continue making minor adjustments.

Many factors also contribute to self-image and identity struggles. Some factors are external (environment, upbringing, circumstances) and some factors are internal (thoughts, beliefs, responses). Just as it is necessary to keep your hands on the wheel of a car to stay headed in the right direction, it's vital to have your mind and heart centered on God so you can stay on the right path and ground your identity in truth.

*“Show me the right path, O LORD;
point out the road for me to follow.
Lead me by your truth and teach me,
for you are the God who saves me.
All day long I put my hope in you.”*
(PSALM 25:4–5 NLT)

Factors Affecting Formation of Identity

The following factors can lead to confusion, doubt, and struggles with identity and self-image.

Abuse—verbal, emotional, physical, and sexual abuse in the home, at school (bullying), or in the workplace

Comparison/favoritism—growing up with parents who played favorites or constantly compare you to siblings

Cultural influences—social media, music, movies, celebrities, fashion trends, and cultural narratives (i.e., the “self-made” man, the American Dream, etc.); how well you perceive yourself to fit in with your culture

Faulty thinking—having a negative or pessimistic view of yourself, believing lies about yourself, negative or self-condemning self-talk, having a victim mentality, regularly attributing bad circumstances to personal factors rather than those outside your control

Major life transitions—entering a new school, graduating, career changes, getting married, becoming a parent, children moving out, getting a divorce, losing a loved one, retirement, and many other major life transitions

Network & affiliations—your circle of friends, place of employment, organizations you belong to, memberships you have

Parenting style—if your parents were abusive, authoritarian, domineering, harsh, neglectful, over-protective, over-critical, or unaffectionate

Personality—your level of openness (vs. inaccessibility) to experiences and ideas, conscientiousness (vs. lack of direction), extroversion (vs. introversion), agreeableness (vs. antagonism), and neuroticism (vs. emotional stability)

Physical issues—deformities, handicaps, illnesses, injuries, size or weight issues

Theological beliefs—your view of God (believing God is a harsh judge or loving father), your view of humanity (believing we're created in God's image with purpose or randomly evolved creatures with no purpose), and your view of salvation (believing we're redeemable and able to change or we're hopelessly lost and unable to change)

Sin and guilt—how you respond to sin and guilt; whether you run *to* God for grace and forgiveness or run *away* from God in guilt and shame

Socioeconomic status—your perceived sense of wealth and status; how you respond to your level of wealth and worth

Success or failure—how you respond to success and failure; how much you attribute success and failure to yourself or to circumstances

Unrealistic expectations—the standards you set for yourself or the expectations others have of you—and how well you meet or fail to meet those standards

With so many factors to influence your identity and self-image, it's easy to drift off course and not understand who God created you to be. That's why it's crucial to know God's Word and follow His leading, so your life and identity have a firm foundation.

“Teach me to do your will, for you are my God.

*May your gracious Spirit lead me
forward on a firm footing.”*

(PSALM 143:10 NLT)

Key Verse to Memorize

Heart transplant stories inspire and amaze. With the wonders of modern surgery and the generosity of organ donors, a dying individual can receive new life from another. There's a sense in which the donor's life continues, living in and through the recipient. The new life of the recipient is due to the generosity of the donor.

However, astounding stories of successful heart transplants are but a dim reflection of an incredible biblical reality. When you become a follower of Christ, God gives you a new heart, a new identity, a new family, and a new purpose. Through the Holy Spirit, Christ's life becomes yours as He lives in you and through you. This new life and identity is due entirely to the generous grace of God in Christ.

“I have been crucified with Christ and I no longer live, but Christ lives in me.

*The life I now live in the body, I live by faith in the Son of God,
who loved me and gave himself for me.”*

(GALATIANS 2:20)

Key Passage to Read

God's Word describes each person in two different ways. There's the "you" before receiving Christ, and there the "you" after receiving Christ. The Bible describes this difference as your "old self" and your "new self."

The old self, like Adam, disobeyed God, lived independently of God, and generally lived to please self. But in and through Christ, we are given a new nature. The new self seeks to obey God, lives dependently on Him, and desires to please God. Everything about the old self was centered on self; everything about the new self is centered on Christ.

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."

(EPHESIANS 4:22–24)

Colossians 3:1–17 Putting on the New Self

You are with Christ and in Christ—so focus on Him. v. 1

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God."

You have died to your old self—so look to Christ to find life. vv. 2–3

"Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God."

You have a new, glorious future—so live with joyful expectation. v. 4

"When Christ, who is your life, appears, then you also will appear with him in glory."

You are not defined by the sins of your past—so you can conquer them. vv. 5–9

"Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices . . ."

You are made new—so grow to be more and more like Christ. v. 10

"and have put on the new self, which is being renewed in knowledge in the image of its Creator."

You belong to Christ—so find your primary identity in Him. v. 11

"Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all."

You are chosen, holy and loved—so love and forgive as Christ does. vv. 12–14

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.”

You have the peace of Christ—so live a life of peace and gratitude. v. 15

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

You have a new purpose in Christ—so share Him with others. v. 16

“Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

You have a new motivation in Christ—so do everything to the glory of God. v. 17

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

My Personalized Plan to Embrace My Identity in Christ

Who am I?

There are so many ways people answer that question. Some look to their country—“I am an American.” Some look to their family—“I am a mother” . . . “I am a husband” . . . “I am a grandparent.”

We could look to our jobs, schools, gender, or many other things to define ourselves. But God knows us best. He knows everything about us. Only He can give us the most accurate description of our own identities. So we look to Him and His Word for our identity.

Inevitably, we will recognize that there is a great difference between who God says we are and who we think we are. But God doesn’t just give us a new identity in Christ and leave us alone to figure it out—He graciously helps us become who He says we are.

*“But by the grace of God I am what I am,
and his grace to me was not without effect.
No, I worked harder than all of them—
yet not I, but the grace of God that was with me.”
(1 CORINTHIANS 15:10)*

As I seek to grow and become more like Christ, **I will** ...

Embrace my identity in Christ

I understand that Christ died not only to forgive my sins but to make me a new person—to make me to be more like Him. The Lord has the final word on my identity, not me or my family or my job or my circumstances. The person the Lord says I am . . . is who I am.

- I will study God’s Word regularly to remind myself of who God is and who He says I am.
- I will look to Christ to find my primary identity.

“For you died, and your life is now hidden with Christ in God” (COLOSSIANS 3:3).

Put my old self and old ways behind me

God does not define me by my sin, my past, or my mistakes . . . so neither will I. Things in my past no longer define my self-image and identity. I can acknowledge those influences and overcome them with God’s help.

- I will remember that I am not defined by my past or my sins.
- I will seek to overcome the sins that have previously entrapped me.

“We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. . . . So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus” (ROMANS 6:6, 11 NLT).

Acknowledge my background

Who I am is no accident. God is sovereign over my life. He determined the time, place, and family I’d be born into—it’s no mistake. God chose the circumstances surrounding my life, and chose me to be His, so I can acknowledge and be thankful for the various ways God has orchestrated my life to make me who He created me to be.

- I will acknowledge the people, places, and positions that have influenced my identity (for good or bad), but remember they are not where my ultimate identity lies.
- I will reflect on and be thankful for the positive influences that shaped who I am today—my family, culture, education, friends, jobs, and life experiences.

“Give thanks for everything to God the Father in the name of our Lord Jesus Christ” (EPHESIANS 5:20 NLT).

Honestly evaluate myself

Having an exaggerated or elevated view of myself is prideful—God doesn’t want that for me. However, having a worthless or undignified view of myself is not what God desires either. I must honestly assess who I am in God’s sight.

- I will not think of myself too highly—remembering that I am a sinner saved by grace.
- I will not think of myself too lowly—remembering that I am made in God’s image and loved.

“Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us” (ROMANS 12:3 NLT).

Correct faulty thinking and emotions

If I *feel* like a failure, that does not mean I *am* a failure. If I *think* I am worthless, that does not mean I *am* worthless. I recognize that my thoughts and emotions can be misguided and wrong. It’s important to be in God’s Word to identify the lies I believe about myself and God—and correct them with His truth.

- I will identify the lies I’ve believed about myself, about others, about life, and about God.
- I will look to God’s Word to replace those lies with the truth.

“You will know the truth, and the truth will set you free” (JOHN 8:32).

Encourage others

I know there are Christians who don't understand their identity in Christ. I also know there are many who are not Christians but long to understand who they can be. The Lord can use me to help others see who they are in God's eyes.

- I will reach out to those struggling with identity and self-image issues and help them see their God-given worth.
- I will embrace my identity as an ambassador of Christ and share the life-changing identity others can also have in Christ.

"We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God" (2 CORINTHIANS 5:20).

How to Live Out Your Identity in Christ

The apostle Paul once told a church *"You should imitate me"* (1 Corinthians 11:1 NLT). On the surface, that sounds like a boastful, if not outright prideful, claim. Some might have been cautious about following such an instruction, considering Paul once described himself as a *"blasphemer and a persecutor and a violent man"* (1 Timothy 1:13). Why imitate Paul? He explains, *"You should imitate me just as I imitate Christ"* (1 Corinthians 11:1 NLT).

Paul's life shows that when Jesus gives you a new identity, He also makes your life reflect His life. Jesus can take the "chief" of sinners (as Paul once called himself) and make each a shining example of His love and grace (1 Timothy 1:15–16). God can change your identity and life so much that you'll be able to say, like Paul, *"Imitate me just as I imitate Christ."*

But what does it look like to imitate Christ? Once you receive your identity in Christ, how are you to live it out?

"Whoever claims to live in him must live as Jesus did."
(1 JOHN 2:6)

Love God Like Jesus

Jesus was once asked what the greatest commandment was in all of God's Word. He said, *"Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment"* (Matthew 22:37–38). What does it mean to love God like Jesus?

Obey completely

"For I have come down from heaven to do the will of God who sent me, not to do my own will" (JOHN 6:38 NLT).

Pray reverently

"During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission" (HEBREWS 5:7).

Work heartily

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving” (COLOSSIANS 3:23–24).

Deny your self daily

“If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me” (LUKE 9:23 NLT).

Suffer willingly

“For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in his steps” (1 PETER 2:21 NLT).

Give thanks consistently

“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus” (1 THESSALONIANS 5:18).

Love Others Like Jesus Did

In addition to loving God, Jesus also spoke of a similar commandment of equal importance. Jesus said, *“And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments” (Matthew 22:39–40).* What does it mean to love others like Jesus did?

Love sacrificially

“My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends” (JOHN 15:12–13).

Serve humbly

“Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you” (JOHN 13:14–15).

Forgive completely

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (EPHESIANS 4:32).

Build up others spiritually

“We must not just please ourselves. We should help others do what is right and build them up in the Lord. For even Christ didn’t live to please himself” (ROMANS 15:2–3 NLT).

Accept others graciously

“Accept each other just as Christ has accepted you so that God will be given glory” (ROMANS 15:7 NLT).

Help others practically

“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?” (1 JOHN 3:16–17).

As a child of God, living out your identity in Christ means loving God and loving others. Jesus said, *“As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another”* (John 13:34–35). The same Paul who told people to imitate him also told others to imitate God, which he described as a life of love. . . .

*“Imitate God, therefore, in everything you do,
because you are his dear children.
Live a life filled with love, following the example of Christ.
He loved us and offered himself
as a sacrifice for us, a pleasing aroma to God.”
(EPHESIANS 5:1–2 NLT)*

PURPOSE IN LIFE

Pinpointing Your Priorities

What Is God's Heart on Your Purpose in Life?

Why am I here? What's the point? Do I matter? Can I actually make a difference?

These are important questions. They all revolve around our purpose in life. The good news is that God has answers for you. His Word reveals that you do have purpose, you do matter, and you can make a difference. Even more, you are not alone. The Lord is faithful to help you discover your purpose and to fulfill His purposes in you, through you, for you, and with you.

*“He who began a good work in you
will carry it on to completion
until the day of Christ Jesus.”
(PHILIPPIANS 1:6)*

12 Truths on Your Purpose in Life

God has plans and purposes for you.

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future” (JEREMIAH 29:11).

God had a purpose for you even before you were born.

“Before I formed you in the womb I knew you, before you were born I set you apart” (JEREMIAH 1:5).

God has good works that He prepared specifically for you.

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do” (EPHESIANS 2:10).

God is committed to fulfilling His purpose for you.

“The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever” (PSALM 138:8 ESV).

God’s purposes for you do not change based on shifting circumstances, cultural trends, or feelings.

“The plans of the Lord stand firm forever, the purposes of his heart through all generations” (PSALM 33:11).

God wants you to look to His Word to discover His purposes and the path He has for you.

“Your word is a lamp to my feet and a light to my path” (PSALM 119:105 ESV).

God can use wise, insightful people to help you understand your purpose.

“The purposes of a person’s heart are deep waters, but one who has insight draws them out” (PROVERBS 20:5).

God gives you a specific spiritual gift to help fulfill your purpose and to serve others.

“God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another”
(1 PETER 4:10 NLT).

God’s purpose in every circumstance and season of life is to make you more like Jesus.

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the image of his Son”
(ROMANS 8:28–29).

God has purposes for your suffering—to reveal His compassion to you and use you to comfort others.

“The Father of compassion and the God of all comfort . . . comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God” (2 CORINTHIANS 1:3–4).

God’s highest purpose and priority for you is to love the Lord and love others.

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. ... Love your neighbor as yourself.’ There is no commandment greater than these” (MARK 12:30–31).

God’s purpose for you is to know Him and make Him known to others.

“We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God” (2 CORINTHIANS 5:20).

Prayer of Purpose

*“Dear Lord,
Thank you for having a unique plan and purpose for me.
Thank you for caring about every detail of my life.
It gives me hope to know that my life has meaning
and that you will accomplish your purposes in my life
through the good times and even through the difficult times.
I ask that you reveal your purposes for my life as I study your Word,
talk to others, and pray for your leading.
Help me discover your specific goals and plans for my life.
Thank you, Father, for the gifts you have given me,
and that you will accomplish your purposes in and through me.
In Jesus’ name. Amen.”*

20 Questions to Help Discover Your Purpose in Life

Use the following questions to help discover and pinpoint your God-given purpose. It can be helpful to talk through them with someone, especially someone who knows you well. As you think through these questions, ask the Lord to guide you in the path He has for you.

*“I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you.”*
(PSALM 32:8)

1. What activities have been the most fulfilling to you—ones that brought you great joy and satisfaction?
2. When do you feel like you’re “in the zone” or “at your best?”
3. What has God clearly revealed to you in His Word about His purpose for you?
4. What would you like to spend more time doing?
5. What do you know should be a priority to you?
6. What is your greatest passion? (i.e. What do you love doing the most?)
7. What activities come naturally to you?
8. What activities/work have you been successful at?
9. What have others noticed you’re good at?
10. What dreams, desires, or goals do you often think about?
11. What are your most important roles and responsibilities?
12. What are your God-given gifts and talents?
13. What current opportunities do you have?
14. What resources do you have at your disposal?
15. What do you really want out of life?
16. What problem in the world do you think needs to be solved?
17. What people do you have a heart for helping / praying for? (i.e. Who needs help?)
18. When have you felt like you’ve made a difference?
19. What would you like to be remembered for?
20. What do you want to accomplish before you die?

“I cry out to God Most High, to God who will fulfill his purpose for me.”
(PSALM 57:2 NLT)

DECISION MAKING

Discerning the Will of God

What Is God's Heart on Decision Making?

We make decisions every day. Many are of little significance, but some will change our lives forever. Do you make decisions by “doing what comes naturally,” or do you struggle with delay because of a paralysis of analysis? We too often make bad or unhealthy choices because we do not take the time to discover God's perfect will for our lives.

Be assured, God doesn't play “hide and seek” as you try to discover His will. He reveals His will in His Word. The more intimately you draw close to the heart of God and His Word, the more clearly you will know the will of God.

Consider what an indescribably awesome privilege it is that the God of the universe cares about the decisions concerning your life—your health, your job, your marriage, your children—all of it. None of us knows what the future holds, and at times we truly don't know which way to turn. But when we seek the Lord, He never fails to direct us—for our good and for His glory.

God wants to help us with our decisions. We can come to Him at any time to ask for guidance, and He will graciously help us in our time of need.

*“Let us then approach God's throne of grace with confidence,
so that we may receive mercy and find grace
to help us in our time of need.”*

(HEBREWS 4:16)

God is the ultimate source for true wisdom and guidance.

“For the LORD gives wisdom; from his mouth come knowledge and understanding” (PROVERBS 2:6).

God is faithful to lovingly guide you.

“I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you” (PSALM 32:8).

God wants you to seek His will.

“I desire to do your will, my God; your law is within my heart” (PSALM 40:8).

God wants you to look to His Word for guidance.

“Your word is a lamp to my feet and a light to my path” (PSALM 119:105 ESV).

God can use wise counselors to help you make decisions.

“Plans fail for lack of counsel, but with many advisers they succeed” (PROVERBS 15:22).

*“God wants to
help us with
our decisions.”*

God wants you to desire His will above your own.

“Father, if you are willing, take this cup from me; yet not my will, but yours be done” (LUKE 22:42).

God wants your decisions to please Him above pleasing people.

“We are not trying to please people but God, who tests our hearts” (1 THESSALONIANS 2:4).

God wants you to wait patiently for Him.

“I wait for the LORD, my whole being waits, and in his word I put my hope” (PSALM 130:5).

7 Don'ts of Decision Making

“Doing what comes naturally” or “what feels right” is not a good barometer for determining God’s will for your life. What comes naturally to us can be our sinful nature or the “flesh,” which operates apart from the Spirit of God. The following “7 Don'ts of Decision Making” can help you determine whether your decision reflects God’s will or your own natural desires.

*“For the flesh desires what is contrary to the Spirit,
and the Spirit what is contrary to the flesh.
They are in conflict with each other,
so that you are not to do whatever you want.”*
(GALATIANS 5:17)

1. Don't wait until all else fails before seeking God’s will.

“First seek the counsel of the LORD” (1 KINGS 22:5).

2. Don't just seek the plan but rather seek the Lord who reveals the plan.

“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” (PROVERBS 3:5–6).

3. Don't ask for permission regarding something God has forbidden.

“I have taken an oath and confirmed it, that I will follow your righteous laws” (PSALM 119:106).

4. Don't make decisions based on feelings.

“Above all else, guard your heart, for everything you do flows from it” (PROVERBS 4:23).

5. Don't assume that God’s will is too difficult for you to do.

“This is love for God: to keep his commands. And his commands are not burdensome” (1 JOHN 5:3).

6. Don't test God by seeking visible signs.

“Jesus answered ... ‘Do not put the Lord your God to the test.’” (MATTHEW 4:7).

7. Don't think trials and adversity indicate you are out of God’s will.

“Those who suffer according to God’s will should commit themselves to their faithful Creator and continue to do good” (1 PETER 4:19).

8 Tests of Decision Making

From God's perspective, decisions are not to be determined by random selection, supernatural events, people's opinions, delay tactics, or our feelings. God wants you to measure your decisions by His Word. Rather than testing God, test your decisions against the following eight Scriptures. This will help you to make choices that are pleasing to the Lord.

"We make it our goal to please him"
(2 CORINTHIANS 5:9)

1. Scriptural Test: "Has God already spoken about it in His Word?"

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness"
(2 TIMOTHY 3:16).

2. Secrecy Test: "Would it bother me if everyone knew this was my choice?"

"The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity" (PROVERBS 11:3).

3. Survey Test: "What if everyone followed my example?"

"Set an example for the believers in speech, in conduct, in love, in faith and in purity" (1 TIMOTHY 4:12).

4. Spirit Test: "Am I being people-pressured or Spirit-led?"

"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ" (GALATIANS 1:10).

5. Stumbling Test: "Could this cause another person to stumble?"

"It is better not to eat meat or drink wine or to do anything else that will cause your brother or sister to fall"
(ROMANS 14:21).

6. Serenity Test: "Have I prayed and received peace about this decision?"

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (PHILIPPIANS 4:6-7).

7. Sanctification Test: "Will this keep me from growing in the character of Christ?"

"We all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit" (2 CORINTHIANS 3:18).

8. Supreme Test: "Does this glorify God?"

"Whether you eat or drink or whatever you do, do it all for the glory of God" (1 CORINTHIANS 10:31).

CONFLICT RESOLUTION

Solving Your People Problems

What Does the Bible Say about Conflict Resolution?

Let's admit it—conflicts and confrontation are not enjoyable. Most of us do not want to confront others, and we do not want to be confronted by others. But God can use moments of conflict and confrontation to set others (and ourselves) on the right path. Nobody is perfect, so we are all in need of occasional correction.

Jesus spoke of the importance of resolving our conflicts with others, explaining how critical it is to be reconciled to one another ...

“If you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.”
(MATTHEW 5:23–24)

20 Biblical Principles on Conflict Resolution

Pray beforehand.

“Pray in the Spirit on all occasions with all kinds of prayers and requests” (EPHESIANS 6:18).

Be respectful.

“Show proper respect to everyone” (1 PETER 2:17).

Be gentle and humble.

“If another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself” (GALATIANS 6:1 NLT).

Examine your motives.

“All a person's ways seem pure to them, but motives are weighed by the LORD” (PROVERBS 16:2).

Examine your own behavior.

“How can you think of saying, ‘Friend, let me help you get rid of that speck in your eye,’ when you can't see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye” (LUKE 6:42 NLT).

Seek to build up—not tear down.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen” (EPHESIANS 4:29).

“Where there are people, there will inevitably be people problems. Yet we are not without hope.”

Speak the truth in love.

"We will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church" (EPHESIANS 4:15 NLT).

Be careful with your words.

"A truly wise person uses few words; a person with understanding is even-tempered" (PROVERBS 17:27 NLT).

Express anger appropriately.

"Be angry and do not sin" (EPHESIANS 4:26 ESV).

Do not simply vent your frustration.

"Fools give full vent to their rage, but the wise bring calm in the end" (PROVERBS 29:11).

Be willing to listen.

"Everyone should be quick to listen, slow to speak and slow to become angry" (JAMES 1:19).

Listen to both sides of the story.

"The first to speak seems right, until someone comes forward and cross examines" (PROVERBS 18:17).

Receive correction.

"Whoever heeds life-giving correction will be at home among the wise" (PROVERBS 15:31).

Don't make it all about you.

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others" (PHILIPPIANS 2:3–4).

Extend forgiveness.

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you" (COLOSSIANS 3:13).

Seek peaceful resolution.

"If it is possible, as far as it depends on you, live at peace with everyone" (ROMANS 12:18).

Help them practically if needed.

"Let us not love with words or speech but with actions and in truth" (1 JOHN 3:18).

Get others involved if necessary.

"If they will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses" (MATTHEW 18:16).

Be prepared to walk away if the situation is hostile or harmful.

"A prudent person foresees danger and takes precautions" (PROVERBS 27:12 NLT).

Trust God with the results.

"Commit everything you do to the LORD. Trust him, and he will help you" (PSALM 37:5 NLT).

My Personalized Plan for Resolving Conflicts

Conflict happens to all of us. And it happens in all spheres of life—in marriage, family, work, church, school, and more. Unfortunately, in our broken world, no area of life is completely void of conflict. Where there are people, there will inevitably be people problems.

Yet we are not without hope. God has provided clear guidance in His Word to help us resolve our conflicts. When conflicts arise in your life, you need a plan—a personalized plan to help you resolve them. With the Lord's help, you can find peace and resolution.

*“Commit everything you do to the LORD.
Trust him, and he will help you.”
(PSALM 37:5 NLT)*

As I prepare to walk the road to resolution of a conflict, I will remember to . . .

Pledge my commitment.

- “I am committed to this relationship.”
- “I am committed to reconciliation if at all possible.”

“If it is possible, as far as it depends on you, live at peace with everyone” (ROMANS 12:18).

Pray for everyone involved in the conflict.

- “Lord, please show us the true issue.”
- “Reveal any personal errors we need to face.”
- “Prepare our hearts to be open.”

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting” (PSALM 139:23–24).

Prepare before I ask for a meeting.

- Discern the root cause of the conflict.
- Examine my expectations, anticipate possible reactions, and plan my responses.
- Decide on positive solutions, but plan an alternative if negotiations fail.
- Consider the “Sandwich Technique.” Begin with the “Bread of Praise” (a positive statement about the situation). Continue to the “Meat of the Matter” (clarify the events leading to the conflict, work to problem-solve a solution, and determine a course of action). Conclude with the “Bread of Encouragement” (confident reassurance to overcome the difficulty).

“Let us examine our ways and test them, and let us return to the LORD” (LAMENTATIONS 3:40).

Propose a time to talk face-to-face.

- “I care about our relationship. Is it possible for us to have some time to talk?”
- “I feel that there are some unresolved issues that need to be dealt with positively.”

“Make every effort to keep the unity of the Spirit through the bond of peace” (EPHESIANS 4:3).

Provide a private place.

- Away from people
- Away from distractions

“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over” (MATTHEW 18:15).

Purpose to be honest.

- Take responsibility for my actions.
- See the other person’s viewpoint.

“An honest witness tells the truth, but a false witness tells lies” (PROVERBS 12:17).

Permit total forgiveness.

- Choose to forgive any hurts.
- Avoid mentally rehearsing the faults of the other person.
- Allow God to reestablish a bond of love.

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity” (COLOSSIANS 3:13–14).

Perceive a future harvest.

- I am sowing seeds that may not take root until later.
- Change is a process.
- What I sow, I will reap.

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up” (GALATIANS 6:9).

Present the present conflict.

- Resist bringing up the past.
- Keep the conversation focused on the present conflict.

“It [love] . . . keeps no record of wrongs” (1 CORINTHIANS 13:5).

Promote fairness and objectivity.

- Avoid generalizations and stick to the facts.
- Mention both positives and negatives.

“Do not pervert justice; do not show partiality to the poor or favoritism to the great, but judge your neighbor fairly” (LEVITICUS 19:15).

Protect my privacy.

- Refrain from involving outsiders.
- Control my tongue when I am with other people.

“A gossip betrays a confidence, but a trustworthy person keeps a secret” (PROVERBS 11:13).

Preserve individuality.

- Value differences in goals, desires, and priorities.
- Refuse to demand “like-thinking.”

“I too will have my say; I too will tell what I know” (JOB 32:17).

Project openness and optimism.

- Exhibit positive body language.
- Use “I” statements and make good eye contact.

“Therefore encourage one another and build each other up, just as in fact you are doing” (1 THESSALONIANS 5:11).

Practice love.

- End with an appropriate physical expression: a firm handshake, hug, or a pat on the back.
- Express appreciation, care, and love.

“A friend loves at all times, and a brother is born for a time of adversity” (PROVERBS 17:17).

Key Verse to Memorize

“Let us therefore make every effort to do what leads to peace and to mutual edification.”

(ROMANS 14:19)

Getting Prepared: Questions to Ask

As you prepare to resolve the conflict(s) in your life, it can be helpful think through some basic questions about the conflict. You may want to talk with someone as well to help you prepare. And remember, you can always look to the Lord and His Word for guidance.

*“I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you.”*

(PSALM 32:8)

5 Ws and an H

Before attempting to resolve a conflict, first answer the following six questions.

1. Who? Who is involved in the conflict?

- Name those presently involved in the conflict.
- List those who could be involved to bring about a resolution.

2. What? What is your goal?

- Put into writing what you want to accomplish.
- Be clear. Is this a onetime goal or a long-term goal?

3. Why? Why do you want to do it?

- List the reasons for taking action.
- List what will happen if you do not take action.

4. Where? Where will it happen?

- Assess a place where you think the conflict could possibly be resolved.
- Evaluate whether there is another suitable location where resolution could occur.

5. When? When do you want it done?

- Establish a timeline from beginning to end.
- List short-term, measurable goals.

6. How? How do you want it to be done?

- List the policies and procedures that need to be put in place.
- List the guidelines needed to accomplish the goal.

*“The heart of the discerning acquires knowledge,
for the ears of the wise seek it out.”*

(PROVERBS 18:15)

How to Respond When Others Are Critical of You

Be discerning regarding the accuracy of the critical words of others.

Pray—“Lord, help me not to accept all critical words as true, nor to reject all words as lies. Enable me to discern the false from the true. Put a hedge of protection around my mind so that I reject the lies. Allow my heart to accept constructive criticism that brings freedom to my life and changes me for the better.”

“The wise in heart are called discerning, and gracious words promote instruction” (PROVERBS 16:21).

Be open to the slightest kernel of truth when you are criticized.

Pray—“Lord, if there is any truth in the critical words said about me, please convict my heart so that I might confess the problem and cooperate with you to bring about change.”

“A rebuke impresses a discerning person more than a hundred lashes a fool” (PROVERBS 17:10).

Be willing to consider the criticism. If it is true, this person is God’s megaphone to get your attention.

Pray—“Lord, I accept this criticism as your way of teaching me something I need to know. Please reveal to me what it is you are saying to me through the criticism.”

“The way of fools seems right to them, but the wise listen to advice” (PROVERBS 12:15).

Be able to receive criticism without being defensive. Admit to any truth in the criticism—agreeing when you are in error and then asking for further correction.

Pray—“Lord, I admit that I (state the offense). I agree that I was wrong. Please continue to use others to put me on a correction course when I’m off track in my attitudes or actions. And please continue to transform me more and more into the likeness of Christ.”

“If you listen to constructive criticism, you will be at home among the wise” (PROVERBS 15:31 NLT).

Be determined to speak well of your critic.

Pray—“Lord, I yield my tongue to you. I ask that you place a guard over my mouth so that I will speak only the truth in love to (name) and will always speak well of (name) to others. Help me to focus on the good in (name) and not on the bad.”

“Bless those who persecute you; bless and do not curse” (ROMANS 12:14).

Be dependent on the Lord’s perspective, not on the opinion of others, to determine your worth and value.

Pray—“Lord, thank you for establishing my worth and value by creating me, sending your Son to die for me, and adopting me into your family. I will not live for the approval of people because I have your approval, and that is all I need. Thank you for loving me and for accepting me.”

“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ” (GALATIANS 1:10).

*“Do not be overcome by evil, but overcome evil with good.”
(ROMANS 12:21)*

TIME MANAGEMENT

Wisdom to Maximize Your Minutes

The Time Bank

Imagine your bank credits your account with \$1,440 every morning—but only under one condition: Whatever amount you fail to use that day will be deducted from your account. No balance can ever be carried over.

What could you do with those funds? No doubt, you would draw out every dollar every day using the full amount in your account.

In truth, you do have such an account. Its name is *Time*. Every morning the *Time Bank* credits your account with 1,440 minutes. But at midnight, whatever portion you fail to invest for a good purpose is withdrawn. You forfeit forever what you do not use wisely, for there is no drawing against tomorrow.

Therefore, carefully consider how this *gift of time*—given to you by God—can be managed to accomplish His purpose for you.

*“Every good and perfect gift is from above,
coming down from the Father of the heavenly lights,
who does not change like shifting shadows.”*

(JAMES 1:17)

What Is God’s Heart on Time Management?

Time is one of our greatest commodities—a gift from God. We spend time with our loved ones. We spend time using our skills and engaging in meaningful work. We take time to look back on happy memories and create new ones.

Time is also one of our greatest challenges. We never seem to have enough of it. Time often flies by. We lose track of it. And sometimes, we waste it. We live our lives by the clock, yet can never seem to master it. How are we to manage our time?

God has given each of us a certain amount of time to live here on earth. We need God’s wisdom to learn how to use our time wisely—for His purposes and glory.

*“Teach us to number our days,
that we may gain a heart of wisdom.”*

(PSALM 90:12)

God is not bound by time like we are—He is eternal.

“Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God. You turn people back to dust, saying, ‘Return to dust, you mortals.’ A thousand years in your sight are like a day that has just gone by, or like a watch in the night” (PSALM 90:2–4).

God does not change with the passage of time.

“Jesus Christ is the same yesterday and today and forever” (HEBREWS 13:8).

God created the world in such a way that time can be marked and measured.

“And God said, ‘Let there be lights in the expanse of the heavens to separate the day from the night. And let them be for signs and for seasons, and for days and years’” (GENESIS 1:14 NLT).

God is in control of all time and history.

“From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands” (ACTS 17:26).

God wants you to know that your time is in His hands.

“I trust in you, LORD; I say, ‘You are my God.’ My times are in your hands” (PSALM 31:14–15).

God wants you to recognize that your time is limited and fleeting.

“LORD, remind me how brief my time on earth will be. Remind me that my days are numbered—how fleeting my life is. You have made my life no longer than the width of my hand. My entire lifetime is just a moment to you; at best, each of us is but a breath” (PSALM 39:4–5 NLT).

God wants you to use your time wisely—to do His will.

“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is” (EPHESIANS 5:15–17 ESV).

God wants you to plan and manage your time, but allow Him to change your plans.

“You can make many plans, but the LORD’s purpose will prevail” (PROVERBS 19:21 NLT).

God wants you to remember what He’s done for you in the past.

“I will remember the deeds of the LORD” (PSALM 77:11).

God wants you to live in the present and not worry about the future.

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own” (MATTHEW 6:34).

God wants you—and everyone—to experience His salvation today.

“Now is the time of God’s favor, now is the day of salvation” (2 CORINTHIANS 6:2).

God wants you to use your time for His glory as you look forward to spending eternity with Him.

“We are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God, while we look forward with hope to that wonderful day when the glory of our great God and Savior, Jesus Christ, will be revealed” (TITUS 2:12–13 NLT).

Aligning Your Time with Your Purposes, Planning & Priorities

If you were to randomly ask people, “Do you want to accomplish your reason for being here on earth?” typically everyone answers, “Yes!” Therefore, to make sure that you fulfill God’s reason for your life, you need to grasp three significant areas of life: your *purposes*, your *planning*, and your *priorities*.

Busyness can be deceptive and doesn’t guarantee success. Instead, success depends on predetermining the right purposes, planning the right goals, and prioritizing the right activities—focusing on what needs to be completed first in order of importance.

It’s important to plan and prioritize but also to remember that the Lord’s purpose ultimately prevails.

*“Many are the plans in a person’s heart,
but it is the LORD’s purpose that prevails.”*
(PROVERBS 19:21)

Your Purposes, Planning, and Priorities

1. Your Purposes

What big picture or purpose drives what you do? What target are you aiming to reach? As Christians, our purpose is to become mature in Christ.

- Purposes reflect your responsibilities (for example, student, employee, spouse, caregiver).
- Purposes often utilize your spiritual gifts.
- Purposes can be recorded through a written “Purpose Statement.”
- Purposes may revive your passion or the thing that brings you the greatest joy.
- Purposes recount what activities have been most successful or fulfilling.
- Purposes reveal your dreams, desires, or values.
- Purposes sometimes bring to light God’s plan and message for your life.

“It is God who works in you to will and to act in order to fulfill his good purpose” (PHILIPPIANS 2:13).

2. Your Planning

It has been said, “When we fail to plan, we plan to fail.” The systematic step-by-step planning of goals is designed to fulfill our purposes.

- Goals should be beneficial and important.
- Goals should be reasonable and reachable.
- Goals should be measurable and specific.
- Goals should be controllable and not dependent on others.
- Goals should be written and reviewed.
- Goals should reflect God’s purposes and plans for your life.

“Commit to the LORD whatever you do, and he will establish your plans” (PROVERBS 16:3).

3. Your Priorities

We need to prioritize our time. Our infinite God, who created time, has given us a specific amount of time in which to live. He also has given us free will—we have options and opportunities. While we do not have enough time for *everything*, we do have time for what is *essential*. Ultimately, when we choose to manage our time poorly, we suffer *breakdowns*. When we choose to manage our time wisely, we experience *breakthroughs*.

- Priorities should be a matter of daily prayer.
- Priorities should be written out and kept visible.
- Priorities should be selected in order of importance, working on the top three each day.
- Priorities should be set with written deadlines for completion.
- Priorities should be crossed off a list as tasks are accomplished.
- Priorities should answer these questions:
 - What activities do I need to plan in order to accomplish my goals?
 - What priorities do I have to arrange?
 - When do I plan to do each activity?
 - How much time will each activity take?
 - How much time do I need to allow for events that I can't control?

“Give careful thought to the paths for your feet and be steadfast in all your ways” (PROVERBS 4:26).

What Is the Relationship between Purposes and Goals?

Time management isn't merely a method of accomplishing *more*, but a means of achieving the most important—your God-given priorities. Managing your time will help weed out what God wants you to eliminate from your life in order to have time to do His will.

In order to make the most of your time on earth, you will fulfill multiple purposes in your life. You achieve these purposes through setting and accomplishing goals.

Your Purposes

*“I cry out to God Most High, to God,
who fulfills his purpose for me.”*
(PSALM 57:2 ESV)

Your Goals

*“We make it our goal
to please him.”*
(2 CORINTHIANS 5:9)

The *why* of your life

- Purposes express *why* you are on earth.
- You are created in God's image to reflect God's character.

*“God said, ‘Let us make mankind
in our image, in our likeness.’”*
(GENESIS 1:26)

The *what* of your life

- Goals express *what* you do on earth.
- What will you do to reflect God's character? (e.g., join a Bible study to learn about God)

*“Do your best to present yourself
to God as one approved . . .
who correctly handles
the word of truth.”*
(2 TIMOTHY 2:15)

Your Purposes

The aim of your life

- Purposes are the inspiration behind your achievements.
- Your aim is to please God.

*“I seek not to please myself
but him who sent me.”*
(JOHN 5:30)

The reasons for your life

- Purposes are God’s long-term reasons for your life.
- You have many God-given responsibilities. (e.g., be the best parent possible)

*“Train up a child in the way
he should go, and when he is old
he will not depart from it.”*
(PROVERBS 22:6 NKJV)

The message of your life

- Purposes produce your *inner* peace.
- You are called by Christ to develop His peace in the midst of your trials.

*“In me you may have peace.
In this world you will have trouble.
But take heart!
I have overcome the world.”*
(JOHN 16:33)

*“Be diligent in these matters; give yourself wholly to them,
so that everyone may see your progress.”*
(1 TIMOTHY 4:15)

Your Goals

The activities of your life

- Goals are your individual achievements.
- What activities would please God? (e.g., forgive others and seek forgiveness from others when you do wrong)

*“Bear with each other and
forgive one another if any of you
has a grievance against someone.
Forgive as the Lord forgave you.”*
(COLOSSIANS 3:13)

The routes to reach your purpose

- Goals are the measurable routes that contribute to your purposes.
- What plans help you to be a great parent? (e.g., regularly teach your children truth)

*“These commandments . . .
are to be on your hearts.
Impress them on your children.
Talk about them.”*
(DEUTERONOMY 6:6–7)

The methods in your life

- Goals reveal your *outer* progress.
- What methods will help you develop the peace of Christ through your trials? (e.g., forgive all your offenders)

*“Be kind and compassionate to
one another, forgiving each other,
just as in Christ God forgave you.”*
(EPHESIANS 4:32)

Ineffective versus Effective Time Management

A major tyrant of time management is needless delay or failing to complete tasks altogether. If you have any doubts as to which of the two best describes you, compare your time management patterns with those listed under Procrastination vs. Promptness, Disorganization vs. Organization, and Overcommitment vs. Commitment.

Procrastination

Avoiding responsibility

- Diverting attention (overeating, sleeping, daydreaming)
- Escaping through excessive activities

Overlooking priorities

- Lacking direction
- Putting off tasks

Accepting false guilt

- Succumbing to shaming accusations
- Embracing the paralysis of regret

Rehearsing rationalizations

- Manufacturing excuses
- Indulging in self-pity

Promptness

Accepting responsibility

- Focusing attention
- Scheduling recreational activities

Setting priorities

- Determining direction
- Establishing tasks

Rejecting false guilt

- Rebuffing shaming accusations
- Resisting the preoccupation of regret

Refusing rationalizations

- Eliminating excuses
- Avoiding self-pity

“All hard work brings a profit, but mere talk leads only to poverty.”

(PROVERBS 14:23)

Disorganization

Failing to become focused

- Lacking concentration
- Abandoning projects

Accumulating clutter

- Permitting disorder
- Neglecting work area

Abandoning hope

- Working without a vision
- Lacking motivation

Lacking discipline

- Forgetting appointments
- Missing deadlines

Organization

Becoming focused

- Developing concentration
- Completing projects

Eliminating clutter

- Practicing neatness
- Organizing work area

Holding on to hope

- Seeking a vision
- Staying motivated

Displaying discipline

- Keeping appointments
- Meeting deadlines

“For lack of discipline they will die, led astray by their own great folly.”

(PROVERBS 5:23)

Overcommitment

Devaluing rest and leisure

- Losing sleep due to excessive work
- Sacrificing health for perfectionism

Feeling guilty when not working

- Prioritizing projects over people
- Putting personal recognition above time with family and friends

Rejecting boundaries by often saying *Yes*

- Pleasing people above pleasing God
- Permitting others' wrong behavior

Giving others control

- Silently agreeing to be manipulated
- Believing in performance-based acceptance

Commitment

Valuing rest and leisure

- Maintaining a healthy balance between work and rest
- Striving for a healthy mind and body

Feeling guilt-free even when playing

- Prioritizing people over projects
- Planning time with family and friends over receiving personal recognition

Setting boundaries by sometimes saying *No*

- Pleasing God above pleasing people
- Confronting others' wrong behavior

Giving God control

- Refusing to be manipulated or deceived
- Practicing unconditional acceptance

*“Am I now trying to win the approval
of human beings, or of God?
Or am I trying to please people?
If I were still trying to please people,
I would not be a servant of Christ.”*

(GALATIANS 1:10)

How Unresolved Emotional Needs Can Sabotage Your Time

Unmet emotional needs can be a driving force behind actions and attitudes that frequently sabotage your use of time due to the amount of time it takes to meet those needs.

To better understand the reasons behind your struggle with time management, identify unmet emotional needs driving them.

Longing for approval

Y / N Do you let others control your time in order to gain their approval?

Y / N Do you let others' responsibilities become your responsibilities—then fail to take care of your own?

Y / N Are you afraid to take an unpopular stand and risk disapproval?

Lack of unconditional love

- Y / N Do you sacrifice your schedule to gain someone's love and attention?
- Y / N Do you spend time meeting the needs of someone else while neglecting your own needs?
- Y / N Are your time priorities based on doing whatever it takes to get a particular person to love you?

Loss of identity

- Y / N Do you draw your value from someone else and arrange your schedule to spend more time than you should with that person?
- Y / N Do you lack meaning and purpose in your life and spend valuable time in futile pursuit of it?
- Y / N Is your identity wrapped up in what you *do*, what you *have*, who you *know*, or who you *are*—and is your time spent reinforcing your misplaced identity?

Latent need for control

- Y / N Do you procrastinate or ignore deadlines as an act of rebellion against anyone placing demands on you?
- Y / N Do you resent authority to the point that you sabotage your time schedule in an effort to control your own time and how you spend it?
- Y / N Are you intentionally late to appointments or other meetings?

Low self-worth

- Y / N Do you feel that you are not as capable as others and, therefore, avoid spending time with them?
- Y / N Do you try to perform perfectly to gain acceptance, dedicating much of your time to improving your performance rather than helping others?
- Y / N Are you running away from a background of guilt, shame, and embarrassment that prevents you from spending time developing relationships?

Limited security

- Y / N Do you struggle with envy and jealousy and spend vast amounts of time accumulating wealth in order to secure your future?
- Y / N Do you have trouble trusting those who love you and, therefore, spend only limited time with them?
- Y / N Do you devote much of your spare time to work because you fear failing at work or losing a significant relationship?

Little significance

- Y / N Do you feel you have little to contribute to your relationships or work and, therefore, you put little time and heart into them?
- Y / N Do you believe that if you disappeared no one would notice or feel a loss? Does this rob you of joy and the motivation of spending meaningful time with others?
- Y / N Are you doing everything possible to become important to one certain person, leaving you with little time for anyone else?

Have you discovered through this exercise that not only your *schedule* but also your *life* is controlled by the drive to fulfill legitimate unmet needs? Realize that God can meet your deepest needs, giving you what you need to do all the things He has called you to do.

*“God is able to bless you abundantly,
so that in all things at all times,
having all that you need,
you will abound in every good work.”*

(2 CORINTHIANS 9:8)

4 POINTS OF GOD'S PLAN

Whether you're trying to make sense of your past, trying to overcome something in the present, or trying to make changes for a better future, the Lord cares about you. He loves you. No matter what challenges you or your loved ones are facing, no matter the pain or difficult feelings you may be experiencing, no matter what you've done or what's been done to you, *there is hope*. And that hope is found in Jesus Christ.

God has a plan for your life, and it begins with a personal relationship with Jesus. The most important decision you can ever make is whether you will accept His invitation. If you have never made that decision, these four simple truths can help you start your journey together with Him.

*“For I know the plans I have for you,’ declares the Lord,
‘plans to prosper you and not to harm you,
plans to give you hope and a future.’”*

(JEREMIAH 29:11)

God's Purpose for You: *Salvation*

What was God's motivation in sending Jesus Christ to earth? To express His love for you by saving you! The Bible says, *“God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him”* (John 3:16–17).

What was Jesus' purpose in coming to earth? To forgive your sins, to empower you to have victory over sin, and to enable you to live a fulfilled life! Jesus said, *“I have come that they may have life, and have it to the full”* (John 10:10).

The Problem: *Sin*

What exactly is sin? Sin is living independently of God's standard—knowing what is wrong and doing it anyway—also knowing what is right and choosing not to do it. The apostle Paul said, *“I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway”* (Romans 7:18–19 NLT).

What is the major consequence of sin? Spiritual death, eternal separation from God. The Bible says, *“Your iniquities [sins] have separated you from your God”* (Isaiah 59:2). Scripture also says, *“The wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord”* (Romans 6:23).

God's Provision for You: *The Savior*

Can anything remove the penalty for sin? Yes! Jesus died on the cross to personally pay the penalty for your sins. The Bible says, *“God demonstrates his own love for us in this: While we were still sinners, Christ died for us”* (Romans 5:8).

What is the solution to being separated from God? Belief in (entrusting your life to) Jesus Christ as the only way to God the Father. Jesus said, *“I am the way and the truth and the life. No one comes to the Father except through me”* (John 14:6). The Bible says, *“Believe in the Lord Jesus, and you will be saved . . .”* (Acts 16:31).

Your Part: *Surrender*

Give Christ control of your life, entrusting yourself to Him. Jesus said, *“Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul?”* (Matthew 16:24–26).

Place your faith in (rely on) Jesus Christ as your personal Lord and Savior and reject your “good works” as a means of earning God’s approval. The Bible says, *“It is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast”* (Ephesians 2:8–9).

Has there been a time in your life when you know you’ve humbled your heart and received Jesus Christ as your personal Lord and Savior—giving Him control of your life? You can tell God that you want to surrender your life to Christ in a simple, heartfelt prayer like this:

*“God, I want a real relationship with you.
I admit that many times I’ve chosen to go my own way instead of your way.
Please forgive me for my sins.
Jesus, thank you for dying on the cross to pay the penalty for my sins.
Come into my life to be my Lord and my Savior.
Change me from the inside out and make me
the person you created me to be.
In your holy name I pray. Amen.”*

What Can You Now Expect?

When you surrender your life to Christ, you receive the Holy Spirit who empowers you to live a life pleasing to God. The Bible says, *“His divine power has given us everything we need for a godly life . . .”* (2 Peter 1:3). Jesus assures those who believe with these words:

*“Truly I tell you, whoever hears my word and believes him who sent me
has eternal life and will not be judged but has crossed over from death to life.”*
(JOHN 5:24)

The information in this resource is intended as guidelines for healthy living. Please consult qualified medical, legal, pastoral, and psychological professionals regarding individual concerns.

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QUESTIONS FOR REFLECTION

God gives us His Word not just for information but for transformation. The Lord wants you to “*be transformed by the renewing of your mind*” (Romans 12:2). This isn’t something you do alone, but something God does in you by His Spirit.

The following questions are designed to help you reflect on the biblical truths in this resource. Take a moment to pray and ask God to settle your mind and quiet your spirit as you reflect on His truth.

“Reflect on what I am saying, for the Lord will give you insight into all this.”
(2 TIMOTHY 2:7)

What are two key truths, Bible verses, or “takeaways” from this resource that you found helpful—or that you simply needed to be reminded of?

In relation to these topics, what behavior(s) do you need to *begin, change, or stop* in order to help you grow into the person God created you to be?

In relation to these topics, what is the biggest obstacle you need to overcome in order to move forward?

What might your life look like a few years from now if you do *not* make changes regarding these issues? How might your life be different if you *do* make changes?

Is there anyone in your life who needs help with these topics/issues? How can you pray for them, and what is one thing you can do to encourage them?

What can you give thanks to God for today?

*“Now may our Lord Jesus Christ himself
and God our Father, who loved us
and by his grace gave us eternal comfort
and a wonderful hope,
comfort you and strengthen you
in every good thing you do and say.”
(2 THESSALONIANS 2:16–17 NLT)*



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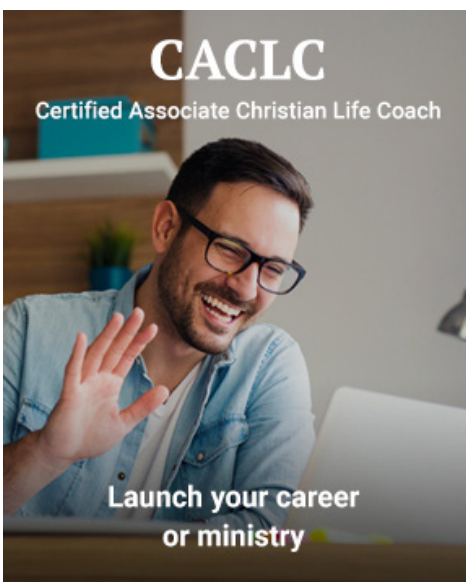
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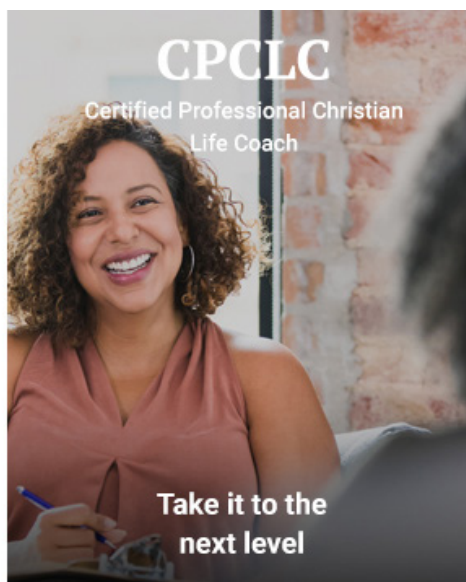
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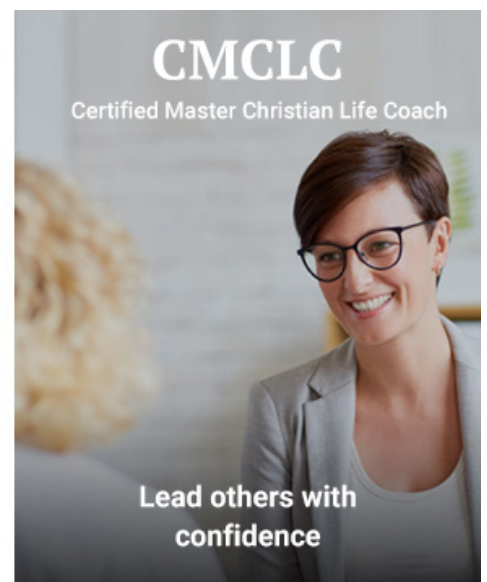
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Steve Arterburn - Founder, New Life Ministries

“I encourage you to become part of ICCI. Whether you are a pastor, a teacher or a full on life coach, there are so many different specialties and ICCI has a foundation of biblical truth that can be applied to any situation. You will be a better professional and a better person by coming and learning all that you can. We are building the Kingdom of God one restored soul at a time. Won't you join us!”

Alita Reynolds - President, Women of Faith

“Are you looking to inspire, elevate, and empower your life and the lives of others? Then ICCI is an excellent place start. Aligning with faith-based professional coaches is a great way to expand your network and to be equipped with resources and tools to impact the world for God's glory. We all know how important it is to surround ourselves with like-minded people and this is your opportunity to heighten your God-given talents.”



Cedric & Michelle White - Co-Founders, Healing Thine Hearts

“We are so excited to be part of ICCI. People need guidance and support today more than ever before. As a Member in this network of Christian Coaches – you will find practical, palatable, and resourceful information that will assist you in helping the people God brings across your path. Now is a great time to join ICCI and fulfill the calling He gave you.”

Dr. John Trent - President, StrongFamilies

“I am honored to be part of the International Christian Coaching Institute, and that is a group of people just like you who really want to make a difference in someone's life. Coaching is exploding and digital coaching is the future. You can learn so much online, but still be connected. I can't encourage you enough to join us today in this incredible coaching space and let the Lord use you and unleash you through ICCI.”



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Hear from our Members

“My life has been so blessed to be a part of ICCI. By becoming a member, I am now able to assist a diverse community of people both in my community and within my church. I truly believe that my prayers have been answered regarding my purpose in life. ICCI provides a rich amount of resources in finding solutions to our global world issues of today.” –Maria, ICCI Member

“I’ve only been involved for a little and in that short time, the engagement, intention and purpose driven activities of ICCI show me they are dedicated to growing a Christian coaching community that has a positive impact on the world.” –Dan, ICCI Member

“Membership in ICCI gathers Christian Life Coach colleagues in one place. What a joy to have such an expanded circle of colleagues for collaborative learning and mutual business development!” –Kevin, ICCI Member

“It has been years struggling to find where I can be empowered to fulfill my calling as a life coach. I strongly feel I am in the right place.” –Vimbayishe, ICCI Member

“I am so happy that ICCI came along. It is an answer to prayer to have an organization that supports Christian Life Coaches with training, support and connections.” –Marci, ICCI Member

“ICCI brings together some of the most experienced and respected people in Christian Life Coaching, and reaches out to the wider community with training, networking, an impressive conference agenda, certification options, and a supportive environment for personal growth and for building God’s Kingdom on earth.” –Tom, ICCI Member

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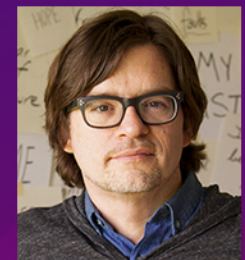
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