



Bring It Home: Coaching The Bench | August 28, 2019

Discussion Guide

The Scoop

The best coaches usually coach the bench. Uniquely, there are a lot of things we can learn from that practice that apply to our faith. Read more about this below.

Key Verses

Proverbs 27:17 (NIV)

"As iron sharpens iron, so one person sharpens another."

Discussion

If you pay attention, you'll notice that the best coaches always coach the bench. Not only do they coach the actual game that's going on, but they also pay attention to those sitting on the bench – players waiting their turn, players who need a break, and players who've made mistakes. They regularly look for teachable moments for players sitting next to them, so that when it's time for those players to join the game, they're ready. In addition, the best players on a team learn to inspire wherever they are. Whether on the field or on the bench, they're always engaged and looking to encourage those around them.

1. Did you ever have a coach who excelled in coaching the bench? How did this make you feel in games or seasons where you spent a lot of time on the bench?
2. Why do you think that coaching the bench is just as important as coaching the actual game that's going on?

In this series, we're exploring how to take what we've learned in church home with us, to not only grow ourselves in living out our faith, but to inspire and motivate those around us as well. As Christians, we are asked to inspire others just like the best teammates do, on and off the field. It's also our job to coach those around us, looking for teachable moments in everyday life where we can engage our neighbors and friends in faith. Additionally, we need to take time to evaluate how we are doing as "players." Are we going the extra mile? Are we willing to be coached by others in return?

3. Think about the person who's inspired you most in your faith journey. In what ways did they act like a teammate or a coach?
4. Knowing that it's our job as Christians to motivate and teach those around us, take a second to evaluate what kind of "player" you've been in this season when it comes to your faith. Have you been motivated and gone the extra mile, or have you just coasted?

In Proverbs 27:17, we read an analogy that says that we have the ability and responsibility to sharpen others, just like iron can be sharpened. Although we have to do this with caution – ensuring that we are speaking and acting out of wisdom, maturity and humility – we must realize that we are called to inspire those around us. We are the team captains for those we lead and encourage. This is a responsibility we must take seriously. We can't "take a break" from being the kind of person other people look to as an example of spiritual growth and maturity.

5. Have you heard this verse before? What does it mean for you specifically?
6. How does it feel to know and accept your responsibility as a Christian to be able to lead others from a place of spiritual maturity? Do you feel equipped? Overwhelmed? Unsure?

What's Next?

In your faith life, think about if you currently have a bench to coach and/or a team to interact with. Many of us don't pay attention to it, because it's not necessarily "official" like a sports team. It could look like a group of your family, friends or co-workers. Whoever they are, think about how you can engage them in new ways, to inspire them to live out their faith and "bring it home." Additionally, take a close look at yourself as a potential leader. Do your actions match up with your words? Are you someone that others should be following?

This week, as you live out and engage your faith, look for one teachable moment in the life of someone you engage with regularly. Ask God for wisdom before you engage in the conversation, trusting that he'll speak through you.