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# How to Use the 360 Coach Journal

Coach, welcome to a journey designed to strengthen your relationship with Jesus, affirm the significant role you have as a coach, and restore the beauty of sport under the rule and reign of King Jesus. As you work through the 360 Coach course, use this journal to reflect, rethink, and reform your heart, mind, and body for Christ.

Below, you'll see how each aspect of this journal should be used as you go through the course and respond to the prompts provided. Working through each prompt, remember that you can become whole and complete in Christ, lacking nothing, so that you can help your athletes become whole and complete as well.

## **REFLECT**

As you let the concepts, quotes, and Scriptures from each video or lesson sink in, reflect on what you have learned using the note lines provided under each video or topic within the lesson.

## **RETHINK AND REFORM**

Using the discussion prompts provided, rethink how you could replicate these concepts in your own life and spheres. Then, think through how you can reform your heart, mind, and body as a coach for Christ.



# Getting Started



## **REFLECT**

VIDEO: THE JOURNEY AHEAD

“The time is fulfilled, and the kingdom of God has come near. Repent and believe the good news!”

—MARK 1:15

## **REFLECT**

VIDEO: KINGDOM COACHING

The Kingdom is here. The Kingdom is now. The Kingdom is also “not yet.”

For the kingdom of God is not eating and drinking, but righteousness, peace, and joy in the Holy Spirit.

—ROMANS 14:17

“But seek first the kingdom of God and his righteousness, and all these things will be provided for you.”

—MATTHEW 6:33

## REFLECT

### VIDEO: COMPETITION REDEFINED

**Definition 1:** When two or more individuals or teams strive for a prize available only to one.

**Definition 2:** A coming together to agree, a mutual striving together.

## REFLECT

### VIDEO: THE FRAMEWORK

Defining the parts; integrating the whole.

## RETHINK AND REFORM

1. We are on a journey to rethink coaching in the light of Jesus' good news of His present Kingship. "That's what sport looks like when God is in charge!" In what ways does my coaching reflect Jesus' rule?
  - a. What might I need to change?
  - b. What could be eliminated?

2. Where have I seen and experienced one or more of the negative impacts of competition listed in the “warning label” in video 3?

3. When I compete with someone what would that look like, sound like, and feel like?

4. When I compete against someone, what does that look like, sound like, or feel like?

5. In which areas do I create “us” and “them” (e.g., sports, business, politics, etc.)?

a. How do those affect my ability to love my neighbor?

6. What rethinking and reforming do I need to do to follow Jesus in the way that leads to life?



# Purpose



## **REFLECT**

### PURPOSE FOR YOUR COACHING

“I’m not afraid of failure; I’m afraid of succeeding in things that don’t matter.”

—WILLIAM CAREY

“Everyone who bears my name and is created for my glory. I have formed them; indeed, I have made them.”

—ISAIAH 43:7

For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do.

—EPHESIANS 2:10

What legacy will I leave as a coach?

## **REFLECT**

### KNOW YOUR WHY

“When you know your WHY, your WHAT becomes more clear and more impactful...because you are walking towards or in your purpose.”

—MICHAEL, JR.

When you know your craft and you know your purpose as a Christian who coaches, you create beauty. The impact on others is probably the greatest difference. It becomes memorable.

Purpose really is the stewardship of our influence. It brings meaning to our lives and the lives of others.

## **RETHINK AND REFORM**

1. How could I succeed in something that doesn't matter?
2. The previous Bible verses state that we were created for God's glory and for doing good works. How can I do good works and bring God glory in my coaching?

3. As of this moment, why do I coach?

4. If I stopped coaching today, what legacy would I leave?



## Identity

### **REFLECT** IN CHRIST AND COMMUNITY

Who am I? Whose am I?

Sport is what I do, not who I am.

a. What legacy do I hope to leave?

	<b>Performance-based Identity:</b>	<b>Rightly related Identity:</b>
<i>Identity</i>	Sport	In Christ and Community
<i>Significance</i>	Winning	Being
<i>Value</i>	Performance	Serving
<i>Motive</i>	Fear	Love
<i>Attributes</i>	Pride and Insecurity	Gratitude and Humility

## REFLECT

### A COACH'S IDENTITY AND JOURNEY

**Kingdom Coaching:** Coaching for God's Kingdom, not my own.

**True Identity:** Where Christ dwells and delights in me.

What will my players think about me in 20 years?

## RETHINK AND REFORM

1. What are the symptoms of a performance-based identity?
  - a. Do I see any of these in my coaching?
  - b. In my assistants?
  - c. In my players?

2. What is the connection between having my identity found in Christ alone and being a Kingdom Coach?
  - a. What may need to change in my thoughts and actions in order to be a Kingdom Coach?
  
3. What does Kingdom coaching look like in my life?
  
  
4. How could my coaching become more fully aligned with God's Kingdom?
  5. Where will I find the community and individual accountability to make these changes?



## Values



### **REFLECT**

VIDEO: THE IMPACT OF VALUES

Values are norms or principles that guide our interactions and convictions.

### **REFLECT**

VIDEO: A COACH'S IMPLEMENTATION STORY

“I felt this sense of dissatisfaction and pressure. What would we do next year? How could I top this? Do we just try to do it all over again? Something had to change.”

—COACH WILMETH

### **REFLECT**

VIDEO: VALUES IMPACT ON PLAYERS AND AUDIENCE

“I asked the Lord to soften my heart to His will for this team and to understand a bigger picture that a scoreboard never reflects.”

—COACH LEAH

### **RETHINK AND REFORM**

1. How do I function out of a sense of core values?

2. How have I used values to evaluate actions and decisions?

3. After listening to Coach Wilmeth share the process of choosing core values with her team, how can I make the process work for my team?

4. Have I had trouble with integrity in my coaching like the assistant coach who wrestled with the core value of integrity when she played?

5. What stood out about the player who watched the volleyball match?

a. Have I ever witnessed the same in my coaching?

6. Where could the “honor call” example from the video apply in my sport and coaching?



# Character



## REFLECT

ESSENTIAL NATURE: GREAT AND GOOD

Sport builds character.

**Performance Character** is the fuel that gets me where I want to go.

**Moral Character** is the compass that keeps me pointed in the right direction.

Read Galatians 5 (Fruit of the Spirit) and Paul's definition of love in 1 Corinthians 13 to understand these concepts more.

## REFLECT GOOD FRUIT

"A good tree doesn't produce bad fruit; on the other hand, a bad tree doesn't produce good fruit. For each tree is known by its own fruit. Figs aren't gathered from thornbushes, or grapes picked from a bramble bush."

—LUKE 6:43-44

“A good person produces good out of the good stored up in his heart. An evil person produces evil out of the evil stored up in his heart, for his mouth speaks from the overflow of the heart.”

—LUKE 6:45

## **RETHINK AND REFORM**

1. How do I respond to the phrase, “sport builds character”?
2. What is my reaction to the two types of character?
  - a. What is my experience with them?
3. What specific strategies could integrate both aspects of character into my coaching?
4. According to Luke 6:43-45, how can I influence the state of my heart or the hearts of my players?



# Motivation



## REFLECT LOVE

Fill in the blanks to the following statements:

### Motivation:

To P\_\_\_\_\_ and P\_\_\_\_\_

### Two types of Motivation:

\_\_\_\_\_ and \_\_\_\_\_

No one defined love better than the apostle Paul. No one demonstrated love more beautifully than Jesus.

## REFLECT STEPPING IN

Kids don't care what I know until they know that I care.

“For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”

—JOHN 3:16

## RETHINK AND REFORM

1. What extrinsic motivating strategies do I use as a coach (awards, recognition, money, etc.)?
  - a. What makes them effective?
  - b. What are their dangers?
2. Love is the most powerful motivating force in the universe. When have I seen and experienced this in the sporting arena?
3. What are my experiences with “stepping in” both in my past as an athlete and now as a coach?
4. When I reflect on the actions of Jesus and the response of Zacchaeus, what takeaways are there for me as a coach?

5. How do I show love (self-sacrifice for the benefit of others) to those on my team?

6. What motivates me or fires me up as a coach?

a. Why do I give so much of my time and effort to coaching?



## Confidence



### **REFLECT**

#### VIDEO 1: THE THREE PARTS OF CONFIDENCE

Confidence looks backward in faith, forward in hope, and is held together in the present by love.

I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus.

—PHILIPPIANS 1:6

We recall, in the presence of our God and Father, your work produced by faith, your labor motivated by love, and your endurance inspired by hope in our Lord Jesus Christ.

—1 THESSALONIANS 1:3

But he said to me, “My grace is sufficient for you, for my power is perfected in weakness. Therefore, I will most gladly boast all the more about my weaknesses, so that Christ’s power may reside in me.”

—2 CORINTHIANS 12:9

## **REFLECT**

### VIDEO 2: HUMBLE CONFIDENCE

There is a fine line that runs between confidence and arrogance. That line runs through the attribute of humility.

## **RETHINK AND REFORM**

Hebrews 11:1 ties together hope and faith. In essence, you have hope because you have faith, and you have faith because you have hope.

- Faith is courageous trust in what I believe is true or credible.
- Hope presents expectations of the future good.

1. For what reasons do I put my faith in Jesus and submit my life to Him (e.g., historical, theological, philosophical, personal, etc.)?

2. What does a hopeful person look like and sound like?

3. What future hopes do I have for my sport, my life, and this world that give me power in the present?

4. In 1 Peter 5:5-7, what is the relationship between humility and confidence?

a. When have I seen this play out in my life?

5. How have I experienced the truth of this passage in and out of sport?

6. What can I do to develop faith and hope in my athletes that will build their confidence?



# Emotions



## REFLECT

### THE THOUGHT EMOTION CONNECTION

Emotions are powerful servants, but they are lousy masters.

Here's what you need to do as a coach first and then help your players do the same:

- 1. Reflect.** Sit with Jesus. Ask the Holy Spirit to help you reflect on your emotional responses and discern the thoughts behind them.
- 2. Practice gratitude.** Gratitude and fear cannot coexist. They elicit different chemicals in your brain.
- 3. Create an environment that is marked by joy.** Effort and perseverance flow from joy.

Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.

—PHILIPPIANS 4:8

Keeping our eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God.

—HEBREWS 12:2

## **REFLECT**

### JOY

They all plotted together to come and fight against Jerusalem and throw it into confusion.

—NEHEMIAH 4:8

Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every hindrance and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God.

—HEBREWS 12:1-2

## **REFLECT**

### A HANDLE ON ANGER

Be angry and do not sin. Don't let the sun go down on your anger, and don't give the devil an opportunity.

—EPHESIANS 4:26-27

But now, put away all the following: anger, wrath, malice, slander, and filthy language from your mouth.

—COLOSSIANS 3:8

“Everything is permissible” but not everything is beneficial. “Everything is permissible,” but not everything builds up. No one is to seek his own good, but the good of the other person.

—1 CORINTHIANS 10:23-24

My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, for human anger does not accomplish God’s righteousness.

—JAMES 1:19-20

A fool gives full vent to his anger,  
but a wise person holds it in check.

—PROVERBS 29:11

## **RETHINK AND REFORM**

1. Have I previously considered how emotions are secondary to thoughts?

a. How can that truth help me personally?

a. What about the worst?

b. How can it help my athletes?

3. How can I make emotions my servant rather than my master?

2. What are some of the best emotions I have felt in sport?

4. How do I express emotions in ways that I don't want my athletes to display?

5. What insight have I gained from the Bible verses in Topic 3 regarding anger?

6. On a scale of 1-10, what level of joy is experienced by my athletes during practice and competition?

a. What specific things can I do to increase the level of joy in those environments?



## Team Cohesion

**REFLECT**  
ARE WE STRIVING TOGETHER?

“Comparison is the thief of joy.”  
—THEODORE ROOSEVELT

“A thief comes only to steal and kill and destroy. I have come so that they may have life and have it in abundance.”  
—JOHN 10:10

## **REFLECT**

### GREATNESS IN SERVING

They came to Capernaum. When he was in the house, he asked them, “What were you arguing about on the way?” But they were silent, because on the way they had been arguing with one another about who was the greatest. Sitting down, he called the Twelve and said to them, “If anyone wants to be first, he must be last and servant of all.”

—MARK 9:33-35

a. How about as a coach?

2. What team did I play on that had the best team cohesion?

## **RETHINK AND REFORM**

1. Kerry described his thoughts and emotions as his view of competition led him to compare and compete with his own teammate. Have I had similar experiences when I was playing?

a. What did relationships on the team look like?

3. As I reflect on the connection between one's approach to competition and team cohesion, how am I rethinking my coaching?

a. How am I rethinking it?

4. What do I need to reform?

6. Do I see myself as a servant?

5. How have I defined greatness?

a. Is servanthood something I seek after?

7. Striving for greatness in position, rights, privilege, and accolades can easily destroy team cohesion. Striving for greatness in responsibility and serving produces a culture of unity. What can I do as a coach to move from privilege to serving and enjoy the rich and satisfying life that Jesus offers?

a. In what ways can I encourage this attitude on my team?

8. The idea of obtaining greatness is often just working toward the opinions of what other people think is great. How can I become the best version of myself according to God's definition of greatness?



# The Physical



## **REFLECT**

### THE TEMPLE AND PHYSICAL CARE

The First Dimension: strength, speed, power, cardiovascular, quickness, tactics, techniques.

Christianity is the only faith that remains “physical” in its final and fullest form with the “resurrection” of the body.

The Kingdom of God is never sustained or advanced through violence.

## **REFLECT**

### RESISTING THE PRESSURE

God is glorified when we respond to His loving presence and holy greatness.

Three things God gives us to push back against the sports world pressure:

1. His Word.
2. His Spirit.
3. Community.

Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

—ROMANS 12:2

Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship.

—ROMANS 12:1

## **RETHINK AND REFORM**

1. What is the significance of the physical resurrection of the body?

- a. How should that future reality inform the way I treat my body in the present?
- 
2. “The Kingdom of God is never sustained or advanced through violence.” Harming myself or someone else is outside of Jesus’ teaching and example. What are some ways the sports world pressures athletes to misuse their bodies?
- 
3. What are some ways that the sports world tolerates, encourages, and even rewards athletes for misusing their bodies or the bodies of others?
- 
4. Do I care well for my physical body?
    - a. Why or why not?

b. How about the bodies of my athletes?

6. How am I engaging in God's Word, listening to His Spirit, and being in community with His people?

c. Why or why not?

a. What could I do to step up my game in any of these areas?

5. What's the difference between sacrificing my body for the team/goal, and presenting my body as a living sacrifice, holy and pleasing to God (Romans 12:1)?

