

# 12 COACH

A ROMANS 12 GUIDE FOR COACHES TO LIVE AS AUTHENTIC DISCIPLES OF JESUS CHRIST

SESSION 5

## how to come to grips with the real you

part 1

*For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others. We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.*  
Romans 12:3-8 (NIV)

Who are you? That question can be answered in so many ways. It can be answered with, "I'm John Smith," or "I'm a teacher," or "I'm a coach". While all of those answers might define something about us, they don't really define who we are at the core of our being. They don't really drill down to the level of true identity. During our session today, Chip is going to drill beneath the surface and talk about the relationship you spend the most time with – your relationship with YOURSELF.



**TAKE IT IN** (WATCH THE VIDEO)

One of your most significant relationships is with \_\_\_\_\_ .

## ONE OF YOUR GREATEST DAYS IS THE DAY YOU DISCOVER WHO YOU ARE.

### 3 Questions We All Ask Ourselves

1. \_\_\_\_\_ am I? (Identity)
  
2. Where do I \_\_\_\_\_? (Security)
  
3. What am I supposed \_\_\_\_\_? (Significance)

### Why is it so Hard to Answer These Questions?

*They heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden.*

*Then the LORD God called to the man, and said to him, "Where are you?"*

*He said, "I heard the sound of You in the garden, and I was afraid because I was naked; so I hid myself."*

*And He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?"*

*The man said, "The woman whom You gave to be with me, she gave me from the tree, and I ate."*

*Then the LORD God said to the woman, "What is this you have done?" And the woman said, "The serpent deceived me, and I ate."*

Genesis 3:8-13 (NASB)

**EVER SINCE THE GARDEN WE'VE BEEN HIDING  
FROM GOD AND FROM OTHERS.**

**3 Implications for How We See Ourselves**

1. Fear rooted in \_\_\_\_\_. I'm afraid.
2. Hiding rooted in \_\_\_\_\_. I don't want to be seen.
3. Blaming rooted in \_\_\_\_\_. I'm a victim.

Each one of us struggles with \_\_\_\_\_.

We cover our insecurities with \_\_\_\_\_ reactions or  
\_\_\_\_\_ reactions.

The key is learning to \_\_\_\_\_ who God made you to be.



TALK IT OVER

1. Share something you did or you do to cover your insecurity and get people's approval.

2. When you were growing up, who was your sports hero?

Who did you want to be like?

3. What were the primary messages you received from your parents that have shaped your view of yourself?

4. Describe a time when you were trying to *belong*.

5. When did you have the greatest sense of belonging in your life?

6. Ephesians 2:10 (NLT) says *For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things He planned for us long ago.* Honesty is important with this next question. How well do you accept how God made you and who He made you to be?
7. Spend some time affirming another coach. As you think about others in your group, complete the following statement. "One of the things I appreciate about you most is..."



#### LIVE IT OUT

1. Read Psalm 139:1-18 every day this week. Read the verses slowly and let them sink into your spirit. Try reading the passage out loud and every time you read a personal pronoun, say your own name.
2. Make a list this week of statements that are true about your identity. Spend some time with your Bible seeking to discover what God says about you. Start with Romans 8 and Ephesians 1.



#### DIVE DEEPER

- Why is it important to have a *sober assessment* of myself? Will it really make a difference?
- I'm a Christian coach, but how do I know if the Spirit of God is in my life even though there are things in my life that aren't good?
- Important people in my life are putting me down. How do I deal with this?