

## ELCA Coaching Ministry Discipleship Lab

*"Reclaim the radical nature of living one's baptism, respond to God's promises in baptism, practice our faith in daily life, and walk alongside others as they do the same."*

**What does the life of a disciple look like?** Through a Lutheran lens, the best way to describe it is to look at the baptismal covenant that is derived from the Baptismal Liturgy (ELW 228) and declared in the service of Affirmation of Baptism (ELW 236-237).

*In one's public affirmation of faith we are asked: Do you intend to continue in the covenant God made with you in holy baptism:*

*to live among God's faithful people,  
to hear the word of God and share in the Lord's Supper,  
to proclaim the good news of God in Christ through word and deed,  
to serve all people, following the example of our Lord Jesus,  
and to strive for justice and peace in all the earth?*

*Each person responds: I do, and I ask God to help and guide me.*

These five promises express our Lutheran values or "marks of the church" for continuing in the covenant God made with us at Baptism. Daniel Erlander in his little book, "Baptized We Live" writes, "Baptism is the beginning of a way of life to be lived in the world." (p.7)

Following Luther's example, we see baptism as an ongoing object lesson of the Christian life that we remember and re-enact every day. Daily rituals and practices serve to remind us of our baptismal experience - dying to the old life and rising to walk in new life. St Paul writes to the Romans, "We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life." (6:4)

We could say that baptism gives us the shape of our spirituality. We walk wet—and understand baptism as the door leading into a new life. Baptism gives us the power, daily, for Christ's life to grow and be preserved in us.

The more we come to respect and appreciate the gift of baptism, the more we will want to celebrate the wonderful and dynamic power of God's Spirit confirming us daily with the assurance of God's grace. To appreciate and respect something means to treasure and celebrate it with our whole selves.

"The new life of the baptized is a life of self-discipline because in and through it we are conformed into the likeness of Christ. But it's a light yoke and easy to bear. It feels like the washing of a fresh spring rain. When the sun of righteousness rises, the rain still wet on your face, the warmth of that sun makes mist of it, and it rises like the dew of a new dawn." (The Lutheran, "Dying & Rising." 11.08)

Baptism is not a curriculum or one-time act that we check off as completed and then move on to the next step or requirement. Through our baptism we enter into lifelong learning and the experience of faith-filled discipleship.

"In our baptism we have more than enough to practice our entire life." Martin Luther

## ELCA COACHING MINISTRY

### From Promise to Practice: Multiplying Leaders to Grow Disciples

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#### OVERVIEW – ELCA Coach Launch and Discipleship Lab

##### Day One and Two: ELCA Coach Launch with ELCA Coach Trainer (face-to-face)

###### (Level I Coach Training)

- Learn and practice the Chain Model for Coaching based on the CoachNet Training System
- Receive Coaching Resources
  - Weeks 1-6 follow the above training:**
    - Participate in and complete two coaching sessions with a triad of peers
    - Complete seven short written homework assignments
    - One recorded triad and the written assignments are submitted for evaluation by the coach trainer
    - Receive recognition as an ELCA Level I Coach upon successful completion of triad and written work

##### Day 3 (online or face-to-face): Orientation - Intro to Discipleship Coaching Lab

###### (Level II Coach Training)

*May include one or more of the following:*

- Overview of Baptismal Promises & Faith Practices
- Re-affirmation of Invitation to this Faith Journey (Covenant)
- Sharing of Faith Journey (Map a Promise)
- Exploration of Gifts
- Expectations. Outcomes. Expectations. Indicators
- Overview of Sessions and Preview of Resources
- Discuss personal and congregational discipleship coaching goals
- Meet your Lab Coach in person or via the web

**The Review Session and Sessions I-VI** are scheduled 3-6 six weeks apart and begin following the completion of the requirements for becoming an ELCA Level 1 Coach. (This happens via an online platform.)

The purpose of coaching in discipleship is to, *"Respond to God's promises in baptism, practice our faith in daily life and walk alongside others as they do the same."*

- Participants assigned to a cohort. With ELCA Lab Coach determine own coaching schedule
- Each session is 75-90 minutes in length and takes place by phone or web based tool
- Each session has pre-work that includes reading books, articles, possible web exploration of a resource and one or more exercises, reflections and responses

The conversations during the sessions follow a format using the core coaching skills– Generous Listening, Bold Questions and Focused Action Steps based on the Chain Model for Coaching:

- Connect: Establish the coaching relationship. Build trusted, authentic relationships
- Hear: Focusing on and understanding what the other is saying and sharing
- Articulate: Asking questions that reveal the client's deepest needs
- Implement: Developing and maintaining an effective coaching plan. Action steps
- Notice: Evaluate. Celebrate. Revise. Plan. Time for reflection, summarizing and sharing

## ELCA COACHING MINISTRY

### Discipleship Lab- Overview of Sessions Live It! Coach it!

**Review Lab:** *build authentic trusted relationships with members of Lab Cohort and Lab Coach*

- Debrief ELCA Coach Launch experience and peer coaching in triads
- Re-establish and review Coaching Covenant with Lab Coach and one another
- Establish regular times to meet and communication tool to be utilized
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**Session I** *to live among God's faithful people*

- *Water Washed and Spirit Born: A Baptism Manual for Youth and Adults*, Erlander - book
- Lutheran Overview of Faith Practices (pdf-Stortz)
- Faith Practices Overview (pdf-Smith & Herman)
- What are Faith Practices? (pdf)
- Web: Baptismal Promise "Live"

**Session II** *to hear the word of God and share in the Lord's Supper*

- *Dwelling in the Word*, Church Innovations - book
- Story Matters (pdf) & Story Matters Summary (pdf)
- The Use of the Means of Grace: A Statement on the Practice of Word & Sacrament (pdf)
- Web: Baptismal Promise "Hear"

**Session III** *to proclaim the good news of God in Christ through word and deed*

- *Faith Forming Faith: Bringing New Christians to Baptism and Beyond*, Paul Hoffman - book
- What I Like About Lutheran Baptism (pdf)
- Exploring Christian Practices, Dorothy Bass (pdf)
- Web: Baptismal Promise "Proclaim"

**Session IV** *to serve all people, following the example of our Lord Jesus*

- *Shalom Church: The Body of Christ as Ministering Community*, Craig Nesson - book
- Talking Together Cross Culturally (pdf)
- Learn about ELCA's Vision for Accompaniment (pdf)
- Web: Baptismal Promise "Serve"

**Session V** *and to strive for justice and peace in all the earth*

- *Shalom Church: The Body of Christ as Ministering Community*, Craig Nesson - book
- Publicly Engaged Church- web readings
- Web: Baptismal Promise "Strive"

**Session VI** *Apply and Assess Baptismal Living*

- Complete Five Gifts of Discipleship Grid
- Reflect, Act, Review, Celebrate