



COACHING TOOLS

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USING THE COACHING TOOLS

The BDC framework is designed to provide a consistent approach whilst enabling you the freedom and flexibility as a coach to adapt and respond to the individual needs of your cluster, according to where they are at and what God is saying to them.

RELATIONSHIP NOT PROGRAM

Your role as coach is to build relationship with your group and journey with them to build confidence in:

- Discipling people to faith
- Hearing God for themselves
- Calibrating invitation and challenge
- Training disciples that multiply
- Finding People of Peace

GROUP CONTEXT

The tools provide a flexible framework that you can rearrange and deploy in response to the changing needs of each cluster.

PERSONAL STORY

Your personal story and experience as a practitioner learning to apply the principles in your own life should be integrated into your cluster.

BIBLICAL CONTENT

A selection of verses that illustrate key principles have been included as a starting point. Different verses that demonstrate the principle in action and resonate with you personally as a coach can be used to supplement these.

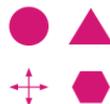
KEY PRINCIPLES, SKILLS AND TOOLS

The BDC principles, skills and tools have been honed for over a decade to assist people in their discipleship journey. The foundational concepts are introduced in the first 3-6 months and applied in progressively broader contexts, with the addition of supplementary tools over time.

PERSONAL APPLICATION FOCUS

As disciples of Jesus we strive to be practitioners rather than theorists, with this focus core to the cluster process. It is important to allow time and space for participants to apply what they have learned before moving on.

WHAT CONTENT FITS WHAT MY GROUP NEEDS TO LEARN NEXT?



DISCIPLING TO FAITH

- Finding POP
- Doing DBM
- Relational discipleship (Casual/ meaningful)

DISCIPLES THAT MULTIPLY



- Character/ competence
- Jesus Discipleship Strategy

CURATING CULTURE



- Covenant and kingdom
- Work from rest
- 5 Fold Spiritual gifts
- 5 Vs of Culture Change

BALANCED LIFE



- Words/Ways/ Works of Jesus
- Learning circle
- Up, In , Out
- Invitation & challenge
- Prayer

YEAR 1 PATHWAY

Words, Works, & Ways of Jesus (Mark 1)

People of Peace (John 1)

Finding People of Peace (Luke 4-5)

Jesus Discipleship Strategy (Mark) – Catalyst, Coach, Challenger, Champion

Jesus Discipleship Strategy (Luke) – Catalyst, Coach, Challenger, Champion

Spiritual Friendships & Conversations (John 4)

Discovery Bible Method Intro (Acts 8)

Discovery Bible Method Application

People of Peace 4 (Luke 10)

Kairos Learning Circle (Mark 1)

Up, in, out (Luke 6)

Prayer is the Work (Luke 11/ Matt 6)

Multiplying Disciples (Matt 9) - Conscious competence

Invitation / Challenge (Matt 14)

Discipleship is Imitation (1Cor 4) – Imitation & Integration

WORDS, WAYS & WORKS OF JESUS

Jesus intends for us to disciple like Him.

God is already at work.

MARK 1:14 –20

- He calls people He already knows
- Luke 4 – accepted hospitality, healing
- Luke 5 – miracle catch of fish. Jesus is looking for People of Peace

KEY IDEAS

1. God is already at work with people
2. We start with People of Peace
3. POP L/L/S – like us, listen to us and serve us



ACTION

Who likes you, listens to you and serves you?

Love and serve everyone – find the ‘People Of Peace’ (POP).

Love equally, invest differently.

JOHN 1:35–45

- Andrew and John/Philip(?) were John the Baptist’s disciples first
- The first thing Andrew did was get his brother and bring him to Jesus
- Philip sought out Nathaniel and brought him to Jesus

KEY IDEAS

1. POP like you, listen to you and serve you
2. The lens we use is relationships
3. POP can be passing and permanent relationships



LIKE



LISTEN



SERVE

ACTION

Who likes you, listens to you and serves you?

Look for POP with casual acquaintances.

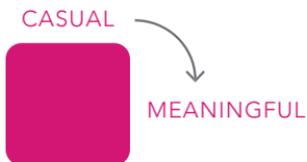
Ask questions and look for meaningful conversations.

LUKE 4-5

- Jesus had a pattern of prayer (5:16).
- He spent time with people
- Jesus was spiritual in a clear, helpful, authentic, non-annoying way

KEY IDEAS

1. Be prayerful
2. Be curious
3. Be conspicuously spiritual



ACTION

Pray for and look for opportunities for casual and meaningful conversations

JESUS'S DISCIPLESHIP STRATEGY

Jesus had different postures and roles at different stages with POP.

OUTLINE OF JESUS' MINISTRY (MARK'S GOSPEL)

- 1-3 CATALYST: start/initiate/sow seeds
- 3-6 COACH: time/attention/energy
- 6-15 CHALLENGER: challenge/belief/failure
- 16 CHAMPION: champion/empower/release

KEY IDEAS

1. Being intentional is not formulaic or manipulative
2. You always have to take a risk with relationship or truth



ACTION

Who are those people and what stages are they at?

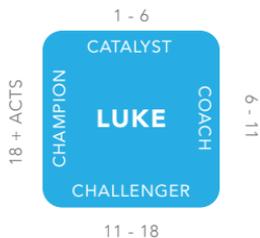
Start with people of peace

Calibrate invitation and challenge to help deepen their learning and propel them forward

LUKE 6:12-16; 11:1-4; 18:1

KEY IDEAS

1. CATALYST – what can I start, spark and initiate? What seed can I sow?
2. COACH – how can I invest my time, attention and energy?
3. CHALLENGE – how am I challenging people to grow and change?
4. CHAMPION – how can I empower people to innovate and multiply?



ACTION

How are you investing in and discipling people right now?

SPIRITUAL CONVERSATIONS

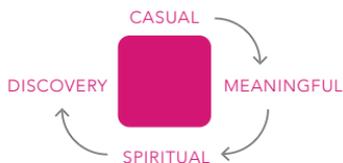
We have to be curious to disciple people.

Ask better questions rather than think of something better to say.

- Casual – interests and opinions
- Meaningful – story and passions
- Spiritual – values and faith
- Discovery – help people discover Jesus for themselves

KEY IDEAS

1. Open and curious questions: not 'yes/'no'/'why'
2. Remember their story
3. "I'm looking for someone to read the Bible with. Don't know whether you'd be interested?"



ACTION

Pray for and look for opportunities in conversations

We let the Word and Spirit do the work.

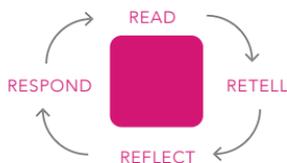
The Spirit speaks through the Word to lost people and saved people.

ACT 8:26–35

- Philip responds to God's prompting – angel (v26), Spirit (v29)
- This is a POP
- They start with a passage
- They have a conversation (not a sermon)

KEY IDEAS

1. Ask someone to read the Bible **with** you (“I’m looking for someone to...”)
2. Choose a passage
3. Do DBM
4. Follow up next time (“How did you go with...?”)



ACTION

Who are your POP?
Where is your 'chicken line'?
Have you crossed the
'chicken line' ?

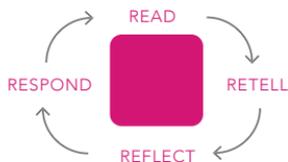
You don't need to be the expert.

Prayerfully choose a passage.

- Read the passage twice
- Retell the passage in your own words (take turns)
- Reflect: what stands out?
- Ask: what are you going to do?
- Ask: what can you share? With whom?

KEY IDEAS

1. Don't stress about the right passage
2. Don't explain or summarise the passage
3. Follow up next time



ACTION

Who are your POP?
Where is your 'chicken line'?
Have you crossed the
'chicken line' ?

Create space in our lives to find POP

Discipling people starts where God is already at work

LUKE 10:1-4

- Don't judge people as different/resistant/closed
- Pray for enough help to cope with the interest
- Make room in your life for God to work
- Eat & drink enough to relax & get to know people

KEY IDEAS

1. Conspicuously spiritual
2. Authentically curious
3. Predictably present
4. Accept invitations
5. Remember people's stories
6. Find common ground/build rapport



LIKE



LISTEN



SERVE

ACTION

1. Pray: Lord, bring me people of peace & show me people of peace
2. Name: 2-3 people who God puts on your heart

The two most important discipling questions:

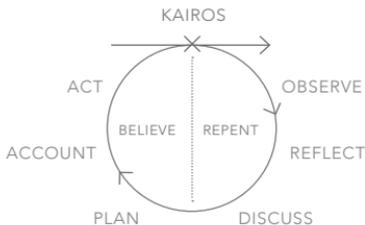
What is God saying? What will you do?

MARK 1:14–15

- Kairos: divine initiative and human opportunity
- Kingdom of God is near: God's will is within your reach
- Repent and believe/ listen and respond:
present tense: discipline → habit → lifestyle

KEY IDEAS

1. Your Father wants to speak to you
2. Repent: observe/reflect/discuss
3. Believe: plan/account/act



ACTION

How is God getting your attention?
What is God saying to you?

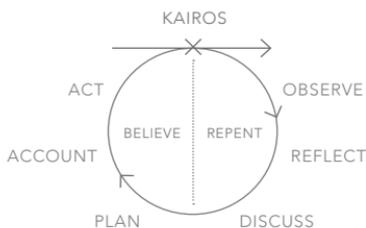
The circle shows us what it means to live a lifestyle of learning as a disciple of Jesus.

HELPFUL QUESTIONS FOR OBSERVE/REFLECT

- What is getting your attention?
- What scares/excites you?
- What are you reading/learning in Scripture?
- What are you praying about?

KEY IDEAS

1. Learn to listen for more than just career and life decisions
2. The circle shows us how to process events as opportunities for growth



ACTION

What is God saying?
What will you do?
Ask next time: how did you go?

UP IN OUT

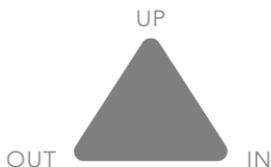
We need a living, breathing, intentional and authentic example to imitate so we can grow.

LUKE 6:12-19

- Jesus developed a pattern of prayer and listening to God
- He chose a core community to prioritise and invest in
- He developed a rhythm of being and bringing good news

KEY IDEAS

1. Prayer is the foundation of a movement
2. Go slow to go fast. Invest heavily into people
3. We need to be intentional about people and processes
4. Love everyone but focus on the POP



ACTION

We are usually wired in one way – how can we grow in the others?

PRAYER IS THE WORK

Prayer is not part of the work - it is the work

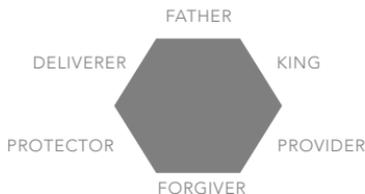
A prayer movement always precedes a disciple-making movement

LUKE 11:1-4, MATTHEW 6:9-13

- Jesus repeats the prayer when they ask him to teach them (Luke 11)
- The final parts emphasise our spiritual warfare
- "Lead us not..." is the language of protection (not guidance)

KEY IDEAS

1. Prayer is not part of the work - it is the work
2. Focus is God's character and nature – relationship not formula
3. A simple framework to learn and pray



ACTION

"BLINK": Focus on one part of the prayer.

"STICK": Pray through the prayer until one part stands out.

MULTIPLYING DISCIPLES

The square gives us language and framework for training disciples and developing leaders for multiplication.



KEY IDEAS

1. The temptation is to cut corners and fast track people
2. The goal is developing people towards the character and competence of Jesus



ACTION

How are you investing in the people you are discipling?

Discipleship is a process of knowing how to calibrate invitation and challenge through the different phases of the journey.

MATT 14:13-21

- Retreat is connected to grief about John's death and rest for the 12 (Mk6:31)
- Privately = with this chosen community
- Pivots to meet the crowd's needs and training for the 12
- Then he goes away alone to pray (v23)

KEY IDEAS

1. The journey of change and transformation is through the valley of the shadow of death
2. The key: walk through the valley with people
3. The leaders journey: space/opportunity/traction



ACTION

Are you wired for invitation or challenge first?
When do you need to make space to create opportunity?

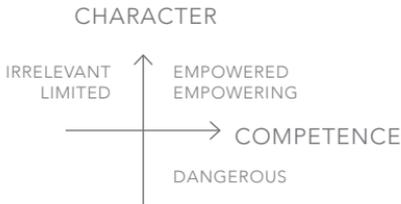
Discipleship is a process of knowing how to calibrate invitation and challenge through the different phases of the journey.

MARK 1:17, 3:14, 6:7

- Jesus gave a vision for the journey that he was taking them on
- He built an empowered and empowering culture of transformational relationships
- INVITATION: relationship, community, identity, belonging
- CHALLENGE: responsibility, mission, purpose, stewardship

KEY IDEAS

1. Over time invitation and challenge shapes the character and competency of Jesus in us and through us
2. Character = being like Jesus
3. Competence = doing what Jesus did



ACTION

Where are you growing in character and competence?

DISCIPLESHIP IS IMITATION

Imitation is the core strategy of New Testament discipleship

1 CORINTHIANS 11:1, 4:14-17

- Paul lived out the words, works and ways of Jesus
- The “guardian” taught important, foundational information
- Paul sent Timothy so they had an example to follow

KEY IDEAS

1. Information is important but not enough
2. When we have an example to imitate, we can integrate truth into our lives
3. Innovation includes passing on what we learn



ACTION

Who is close enough to you so they can follow your example?