

A.C.C. (Alliance Coaching Connection)

Coaching Optimism

Session Aim: *Cultivating an Optimism that flows from an Intimate Love Relationship with God into the lives of others.*

Background... Leaders must be optimistic. People like to follow those who have optimistic faith that flows from their walk with God. Some emerging leaders may have painful memories from their past church experiences, and could be struggling with bitterness or cynicism. We can help in the healing process and the cultivating of an optimistic attitude.

Before you start: Remember *relationship, relationship, relationship.*

TIP... Avoid “Why” Questions or questions that could be answered “yes” or “no”

REMEMBER...

- Active Listening
- Open-ended Questions

Note... Be organic and relational rather than linear. In other words, using the “R’s” need not be in order.

Relate

- How does the world look to you these days?
- Tell me about the last good laugh you had.
- What makes you laugh?
- On a scale of 1-10, what is your level of optimism?

Refresh

- What is the most significant thing that has happened since the last time we met?
- How are you doing with (anything that may have been a distraction in cultivating of an optimistic attitude)...?
- What is helping you to have a positive attitude these days?
- If we could wipe the slate clean, what would you do next?
- Where might you be in denial?

Reveal

- 1. Reflect.
 - What does the word “optimism” mean to you?
 - Give me some reasons why optimism might be important as a leader.
 - Is anything heavy on your shoulders these days that might be robbing you of joy?
 - What key passages of Scripture is God using in your life?
 - If you were to teach people how to have fun, what would you say?
 - If there were a “dark side” to optimism, what would that be?
 - Where are you taking your foot off the gas?
- 2. Refocus.
 - What are some key passages that might offer insights into cultivating optimism?
 - What are you doing to cultivate your love relationship with the Father for the building of faith?
 - Tell me some more about _____. What was fun about it?
 - When you are 95 years old, what will you want to say about your life?
 - What is the most joyful thing that could happen in your life this week?

❑ **3. Resource.**

- What other angles can you think of?
- What questions might you ask yourself each morning?
- What can I do to help you?
- Who else might you network with who seems to have a high level of optimism and joy? Would it be helpful to spend a bit of time with them?
- Could we brainstorm this issue?
- Who could I get to play with me on a project or activity?

Review

Echo back what you hear being said, what God seems to be prompting, summarize. Inspire, affirm, and mobilize to action. Pray.

- Could we explore _____ further?
- What do you sense you need to do now?
- What needs to change if you are to become more optimistic?
- What might we be able to celebrate the next time we meet?
- Of the ideas we have discussed, which one has the greatest potential for future success?

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Biblical Passages to Consider:

Phil 4:4-7

Rejoice in the Lord always; again I will say, rejoice ! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Jude 24-25

Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion and authority, before all time and now and forever. Amen.

1 John 1:4

These things we write, so that our joy may be made complete.

Heb 12:2

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

1 Thess 2:18-20

For who is our hope or joy or crown of exultation? Is it not even you, in the presence of our Lord Jesus at His coming? For you are our glory and joy.

Gal 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Acts 13:52

And the disciples were continually filled with joy and with the Holy Spirit.

Zech 2:10-11

"Sing for joy and be glad, O daughter of Zion; for behold I am coming and I will dwell in your midst,"
declares the LORD.

Ps 71:23

My lips will shout for joy when I sing praises to You;
And my soul, which You have redeemed.

Ps 84:2

My soul longed and even yearned for the courts of the LORD;
My heart and my flesh sing for joy to the living God.

Matt 24:12-14

Because of the increase of wickedness, the love of most will grow cold, but he who stands firm to the end will be saved. And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come.

1 Cor 13:4-7

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Thess 1:2-3

We continually remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.

James 1:12

Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.

1 Peter 1:8-9

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls.