



SERIES: Philippians (May / June) “Finding Joy in the Journey”

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Scripture: Philippians 3:17

TITLE: Who Needs a Coach?

Everyone needs a coach. Do you believe that? It's true. Michael Jordan had a coach to make him better. Tom Brady has a coach to make him better. Timothy in the Bible had a coach. Elon Musk has a coach. I have multiple coaches who help me do what I do better. We all need a coach.

The Apostle Paul believed in this as well. Don't believe me? Let's turn back to Philippians 3:17 (NLT):

“Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example.”

There you have it. You need a coach. Well, what's the context here? Paul has been encouraging believers to focus on becoming like Christ. We'll never hit that mark until we are resurrected, but our daily lives can become better when we pursue a life of spiritual fitness – that process of becoming like Christ.

Then Paul says, “That's what I'm doing. Look at me. Do what I do.” Now, if you're like me, you're thinking, “That's a bit arrogant, Paul. Christ said, ‘Follow Me.’ He didn't say, ‘Follow Paul.’” Paul is not trying to be pretentious or put himself on a pedestal. No. He is simply saying, “I'm a sinner saved by grace, trying to follow Jesus. Join me in the journey. Follow me and my example.” Paul knew he was nothing special. He already dismantled that earlier in this letter. Instead, he fully recognizes he needs God's grace daily. That's why in 1 Tim. 1:15, he called himself “the chief of sinners”.

Paul says, “But don't just look at me. Look at or learn from those who follow our example.” He's referring to Timothy and Epaphroditus and the elders of the Philippian church. “Learn” isn't the best translation. It is really “to fix your gaze on” or “concentrate on their example”.

In the medical field, there are three stages to becoming a successful doctor: First, you see it. Second, you do it. Third, you teach it. That's the discipleship paradigm. We are to focus on the example. We are to model it, and then teach it to the next person. This creates multiplication in disciples. This is the model Paul advocates and demonstrates in the building of the Church.

Now there are three different types of coaches: distant, near, and intimate. Distant are the authors, radio teachers, or individuals who impact you from afar, but they don't know you.

Near coaches are the ones like a pastor, facilitator, or individuals who know and influence you, but they don't necessarily live life with you. They know you, and they are near, but they are limited.

Intimate coaches are those who are there with you every day. They help create a custom roadmap for your success. They are there with you when you need them.

People need all three. We offer all three here at Back to the Bible to help you pursue spiritual fitness.

So here's my challenge for you today: Identify where you are deficient in your coaching. Do you need that intimate coach? Get one. Do you need just that facilitator and group to help? Go there. Identify what kind of coach you need and find one...even here in GoTandem.

And then offer your coaching to someone else. Everyone needs and can be a coach. All you need to do is be available. Coaching is for everyone. So be coached and be a coach today. When we see it, do it, and teach it, we will win the day.