

An Open Letter to Coaches:

Most of my life I have grown up with coaches around me. I remember my little league years and how much I wanted to excel. I remember the influence my coach had on my life and how his words were so important. The coach had the keys to my being able to play and play well. During my high school years, I was able to play on some championship football teams. I remember how hard the practices were and how pushy the coaches were. They would make me do things that my body would scream out that it did not want to do. They caused me to reach inside, to grab something that was larger than myself. At times, I did not like them very much. In their stretching of my character, they helped me to attain levels that I did not know were possible. The work to get there was hard, but come Friday night we were ready and played with passion. Our coaches believed in us and knew we could be winners. My coaches were hard on me and I loved them for it, but not at the time.

The difference between Family Coaching and some other methods is that we ask people to step up. We push them to reach down in their hearts and grab things that they don't want to handle. They have to reach into that muck and start shoveling. They will not go there without some pushing. Loving, caring, spirit filled, kicking butt coaching. Satan will not lay down just because you are a coach for Family Coaching. As a matter of fact, he is more alert because you are a part of Family Coaching. He will give families every excuse not to reach into their hearts. The heart is the battleground. He wants the hearts of the people God is sending us. In the heart are the areas of fog that people have been living in, for so long.

Your color spectrum and the person's you are coaching, is so important. For some colors it is hard to be pushy. You want to process it all and allow them the time to process it and in the end everything will be "okay." The struggle with that, especially with Gold people that you are coaching, is that they do not want to be out of control. Therefore you have to push harder and more firmly, with love and kindness always, but with forceful purpose. You have a goal to reach and it is to connect them to their hearts. That process is a battle and does not come without some prying, struggling, and pushing. Does it hurt? Yes. Is there going to be pain? Yes. However, the end result is that there will be a clearing of the fog for them. On that day, you will be the hero, the coach that helped drag them from their pits of despair.

The first few times I met Pat Murden she was always in my face. I asked myself who is this woman who is always asking me "How's Roger?" She would look into my eyes like she was trying to see into my soul. It was pushy. But today my life has been extremely blessed because I now walk with God in ways that I never knew were available to me because of Family Coaching. It would not have come about without the forthrightness of someone who cared.

For some, assertiveness is not a hard step. Others will have to reach further into themselves and develop that attribute. We all are examples of stretching and growing. Remember that the job of a good coach is to help your family connect to their hearts in ways they have not yet fathomed. Our direction comes from the Spirit and from a God who knows no fear. We serve a Great God!!!

But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit. ²¹Keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.

²²Be merciful to those who doubt; ²³snatch others from the fire and save them; to others show mercy, mixed with fear—hating even the clothing stained by corrupted flesh.

Blessings to all,
Roger Lankford