

One of the fastest-growing re awakenings in the twenty-first century is personal coaching. In the quest for what kind of education or impartation will change a life, the answer lies in the close association. When we look at how Jesus trained his team, it was through a three-year series of individual *“coachable moments.”* He trained the disciples when their hearts and minds were open to learn new ways of relating to the world.

As we spend time with people and really get to know them and the more closely we share with them, the more profoundly we can influence them. Jesus was a living example of what he wanted His disciples to become as He was integrated in his whole personhood - in what He was, what He wanted from life and where He was taking people. It is therefore clear that the closer such a contact, the stronger the impact. Alan Jones describes this sharing of hearts as: *“the hatching of hearts”, or “the bringing home of our scattered and fragmented selves, for the making of a heart at home with itself.”*

I recently met one such a person, Tjaart, in a small town in the Northern Cape. He has a job with normal working hours but has also committed himself to the young people of his community, especially boys from poorer townships (Titus 2). His strategy is to use trips into nature and adventure activities to build relationships with the youngsters as a father figure for them (1 Cor-

inthians 4:15). *“There are enough people out there preaching what is right and what is wrong. What the boys need is a loving father figure”* he says. During this time of interaction the spiritual areas of the individual’s life are addressed with Luke 4:18 - 19 as the foundation. When I asked Tjaart why he was doing this, he said he received revelation of the Scripture that to lay down your life for the brothers, means to give your time to them (1 John 3:16). Tjaart testifies of several instances where these youngsters have become productive in the labour market and primarily established their identity in Christ.

Jesus, in His example to us, was not programme focused but people focused. So many mentors, teachers and young people today are task driven and are giving themselves to projects with all their adrenalin. In many cases their hearts are not in what they are doing and they therefore do not get the blessing of a coachable moment. We should try to follow the integrated example of Jesus who never compromised on His model of living a life of reality, simplicity and expressing the Father’s heart. It was not about theoretical information, but about character formation. Jesus was visual proof of the practicality of the principles shared. *“As a person-orientated mentor he made sure he spent enough time in quantity and quality with them.”* (Kral Man) He made meal-times extraordinary opportunities for relationship building and communication in a relaxed atmosphere.

The Integrated Life of Jesus

MARTIE DU PLESSIS reminds us of the importance of leaving a legacy of love.



Leaving a legacy is about imparting something to the next generation. Jesus selected a core group of men, coached them intensely and saw to it that they would continue His work. Legacy then goes from heart to heart - one person catches the true heart of another and lives it into the next generation. To leave a legacy does not mean to address the masses. From the model of Jesus it is clear that He associated with a few men and coached them intentionally, with a global perspective (Romans 16:26). He coached them on the job and on the move. Their mentoring was for a mission.

“When we speak of our spiritual identity, we are really referring to our true self – “the self that was called to be from eternity”. “We do not find our true self by seeking it. Rather, we find it by seeking God. For in finding God we find our truest and deepest self.” Nouwen.

Do we have that in mind with our children and with our youth? Are we intentional enough about our end product and about where we need to take the people we mentor? M. Rush's words: *“There is no greater leadership challenge than the challenge to help our followers become leaders capable of training their followers to be leaders also”*. Mentoring for Mission: Gunter Krall Man.

The imparter must have a clear acceptance of being a channel - just like Jesus was a facilitator of divine truth (John 17:17) and divine life (John 6:63). Being a vessel unto others, we also impart in them that the reason for the growth is not for them but for others. Leaving a legacy in education and mentoring is to be willing to send duplicators to the next generation. In this task on earth, we are not left as orphans but have the Spirit (John 16:7). The people we mentor can never become what they should unless they have the Spirit too. Jesus said: *“I have given you an example, that you also should do as I have done to you... a servant is not greater than his master...”* (John 13:15-16).

Henri Nouwen in his book *Turn my Mourning into Dancing* says, *“Real ministry starts taking place when we bring others in touch with more than we ourselves are – the centre of being, the reality of the unseen- the Father who is the source of life and healing”*. We ought to encourage people to use their jobs as a channel for discipleship. We cannot leave the earth to ministers, pastors, priests and missionaries. Their roles are important, but each individual life can live out his/her discipleship in a vocation. Jesus was a carpenter; Paul, a tentmaker, neither jobs very prestigious, but they used work as a context in which to obey the Great Commission. Mission, ministry and service all serve as the overflow of our love for God and for our fellow human beings.

I would like to highlight to the reader the fact that through the guiding intervention of an individual in a village, a multitude of people's lives can be touched, and that this is possible through anyone. This act of love does not

call for special training, but for commitment and time. Now is the time to find something in the midst of your situation and area that you can do with those you mentor.

Jesus, as an integrated person, established his disciples in their identity in Christ. We need to establish young people in their true selves. Henri Nouwen stated, *“We are not who we know ourselves to be, but who we are known to be by God.”* Our real identity is the one that is defined by God – a creation made in God's own image. When we therefore speak of our spiritual identity, we are really referring to our true self – *“the self that was called to be from eternity”*. *“We do not find our true self by seeking it. Rather, we find it by seeking God. For in finding God we find our truest and deepest self.”* Nouwen.

The youth of today has a totally different nature compared to those of yesteryear in the sense that they say: *“Do it yourself, then we'll follow”*. Preaching does not do it for them, but rather imitating a role model. Modelling of the right attitude and commitment to the important issues of life is what counts.

If any readers feel a passion towards the next generation, and would like to commit themselves to being equipped as mentors and role models of the young, they are welcome to contact Dynamis for information about such training interventions. Such intervention can impact the life of someone forever. Nouwen stressed that *“We are all healers who can reach out to offer health, and we are all patients in constant need of help.”* ☒

For more info on soul care go to www.nouwenlegacy.com



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Martie du Plessis

Educational Consultant and Remedial Therapist

Cell: 082 57 4 14 33

Fax: 086 642 7743

martcham@vodamail.co.za

www.dynamislearning.co.za

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