

LIFE & MINISTRY COACHING FOR PASTORS

THE
EVERYDAY +
DISCIPLE



THE EVERYDAY DISCIPLE

From Author and Creator of The Everyday Disciple

My name is Stephen and I understand what you're facing as a pastor in today's world. It can be tough to be a pastor, especially when it comes to finding the time to grow and develop personally as a Christian leader. That is why I've started coaching other pastors. I have personally benefited from coaching relationships, and they have been a game changer in my life personally and in my ministry.

The truth is, we can all get better at developing coaching relationships... why? because Coaching relationships make us better and are a worthy investment for any pastor or ministry leader. That's why I am passionate about providing high quality coaching built on the foundation of relationship. and why I created the everyday disciple life coaching system.

Think of the Everyday Disciple™ as the operating system and our monthly coaching calls as the software of our coaching together.

If that's something you're interested in, I'd love to partner with you as a coach and friend. Take a minute to complete the short questionnaire on the website and I will be in touch to schedule a free discovery call. During this call we will get to know each other and see if The Everyday Disciple is the right fit for you. I look forward to getting to know you better and walking with you in your journey to developing as a pastor and leader.

Talk to you soon!



A handwritten signature in black ink that reads "Stephen Martin".

Stephen Martin
Senior & Founding Pastor



Participant Guide

About The Everyday Disciple™

The Everyday Disciple™ is a powerful tool used by pastors and churches to coach and mentor leaders using a Biblical approach to personal growth and discipleship. This system was created by Stephen Martin in collaboration with Church Sherpa, a nonprofit dedicated to resourcing the local church.

Jesus' first disciples were ordinary, everyday people who were so convinced of who Jesus was that they were willing to give up everything to follow him. To them, being a Christian wasn't about a program or an event. Life was their program, and every day was their event.

As Christians, we aren't called to be religious do-gooders but instead to grow up in every way into Christ, who is our head (Ephesians 4:15). In every way means in everything. We are to be disciples every day, not just Sundays.

The Everyday Disciple™ is a 12-month coaching system designed to guide you step by step through four parts of personal growth: Whole Heart Devotion, Personal Vision, Time Management, and Disciplined Habits.

Cost, Requirements, and Registration

The cost is \$250 per month for 12 months. There is also a one-time application fee of \$199 which includes the workbook and all other materials needed. Pastor Stephen takes on a limited number of participants each year and all must adhere to the following requirements:

1. You **MUST** be an active lead, executive or staff pastor in a local church.
2. You **MUST** agree and adhere to our doctrinal statement.
3. You **MUST** commit to the full 12-month program.

*All costs for coaching and the registration fee are tax-deductible. Executive coaching can and should be covered by your church.



Activity Descriptions

Through a daily devotional, monthly video sessions, application activities, a yearly planner, and one-on-one coaching calls, The Everyday Disciple™ will help you maximize your effectiveness as a pastor and leader in every area of your life.

Daily Devotional

You will receive a 365-Day Devotional written by Stephen Martin called “Honest to God”. This resource will guide you through the entire Bible chronologically in one year and help you master the four spiritual disciplines of: Worship, Bible Study, Prayer & Community.

Video Sessions + Workbook + Worksheets

Each month you will complete two video sessions that include a study guide and application activities. These sessions and activities can be completed at your own pace but must be completed prior to your monthly coaching call.

60-Minute One-on-One Coaching Calls

Each month you will join Pastor Stephen for a 60-minute video coaching call. During this call, you will discuss what you’ve learned that month and focus on whatever is on your mind concerning life, church, and leadership. In addition to these calls, will include follow up resources and informal coaching through text and email.

Yearly Planner

A centerpiece of the coaching framework is developing a personal vision and learning how to manage your time more effectively as you move towards that vision. This planner will be provided upon registration and implemented in parts two and three of The Everyday Disciple™ coaching system. The Yearly Planner will also allow you to measure your progress along the way.





Meet Your Coach

Stephen has been in ministry, serving the local church for more than twenty years. Born and raised in Tulsa, Oklahoma, Stephen began serving in ministry as a teenager, and then as an intern at his hometown church, Church On The Move. Stephen earned a bachelor's degree in interdisciplinary studies from Lindenwood University in Saint Louis, Missouri. He is also certified in the DISC Personality Profile and The Big 5 Personality Traits model.

Stephen is a member of the International Christian Coaching Institute and is certified in the Biblical Coaching Model. Stephen is passionate about serving and resourcing the local church—specifically church leaders. In 2009, he started One Church Resource, a global, online, sharing network for pastors, church leaders, and creatives. This network has now become CHURCH SHERPA.

In 2013, Stephen and his family moved to Texas and planted Vintage Church just outside of Fort Hood, the largest military base in the United States. Today, Vintage Church is a multi-site church of thousands and continues to make a significant impact in the Central Texas region.



Tentative Schedule

Monthly Coaching Calls	Activities & Homework (Complete prior to each month's coaching call.)
Month 1 Coaching Call	<input type="checkbox"/> Complete "Getting Started" Videos with Workbook <input type="checkbox"/> Video Sessions 1-2 + Reflect & Write <input type="checkbox"/> Complete "Wheel of Life" Worksheet
Month 2 Coaching Call	<input type="checkbox"/> Video Sessions 3-4 + Reflect & Write, <input type="checkbox"/> Complete "Write Your Testimony" Worksheet <input type="checkbox"/> Optional "Personal Timeline" Worksheet
Month 3 Coaching Call	<input type="checkbox"/> Video Sessions 5-6 + Reflect & Write <input type="checkbox"/> Complete "The Better Planner" Tutorial <input type="checkbox"/> Complete "Personal Vision" Worksheets
Month 4 Coaching Call	<input type="checkbox"/> Video Sessions 7-8 + Reflect & Write <input type="checkbox"/> Complete "Time Management" Worksheets <input type="checkbox"/> Start Yearly Better Planner
Month 5 Coaching Call	<input type="checkbox"/> Video Sessions 9-10 + Reflect & Write <input type="checkbox"/> Complete "Core Values" Worksheet
Month 6 Coaching Call	<input type="checkbox"/> Video Sessions 11-12 + Reflect & Write <input type="checkbox"/> Complete "Personal Performance Plan" Worksheet
Month 7 Coaching Call	<input type="checkbox"/> Video Sessions 13-14 + Reflect & Write <input type="checkbox"/> Complete "Affirmations" Worksheet
Month 8 Coaching Call	<input type="checkbox"/> Video Sessions 15-16 + Reflect & Write <input type="checkbox"/> Complete "Fixed vs Growth Mindset" Worksheet
Month 9 Coaching Call	<input type="checkbox"/> Video Sessions 17-18 + Reflect & Write <input type="checkbox"/> Complete "Big 5, DISC, Gifts" Worksheet
Month 10 Coaching Call	<input type="checkbox"/> Video Sessions 19-20 + Reflect & Write <input type="checkbox"/> Complete "Armor of God" Worksheet
Month 11 Coaching Call	<input type="checkbox"/> Video Sessions 21-22 + Reflect & Write <input type="checkbox"/> Complete "Fruits of The Spirit" Worksheet
Month 12 Coaching Call	<input type="checkbox"/> Video Sessions 23-24 + Reflect & Write <input type="checkbox"/> Complete "Unforgiveness" Worksheet
TBD (Optional)	<input type="checkbox"/> Certified Coaches Training

*If days or times change, your coach will attempt to accommodate.



Video Session Overviews

Part One: Whole Heart Devotion

Proverbs 4:23

“Guard your heart above all else, for it determines the course of your life.”

The Everyday Disciple is intentional about cultivating the right heart. What you focus on, you will become full of, and most of the time we get off track because we don't focus on the right things. The content and activities in part one will teach you the fundamentals of growing in Christ and focus you back to the heart of every issue you face.

Session 1 – Starting with the Greatest Commandment

The Greatest Commandment, also known as The Shema, is the centerpiece of the last speech Moses gave Israel before they went down into the promise land. It was quoted by Jesus when asked to sum up the entire teaching of the Bible and it is meant to bring us back to the heart of the Christian Faith.

Session 2 – Returning to an Authentic Faith

The longer you follow Jesus the more you must come back to the heart, specifically your relationship with God...because if you aren't careful your faith can move from an authentic relationship with God that moves from God's grace to a religious one that works to earn God's approval.

Session 3 – Changing the Way You Think

The way you think results in the way you act. Even after we give our life to Christ, we still think wrong. *Religion is about mastering God.*

True faith is about God mastering you. Why don't we think like God? Because we don't know His word.



Session 4 – Studying the Bible

According to the Bible itself, it's more than just words on a page. Scripture is alive and powerful - it has the ability, not just to expose our heart, but to change it. We read the Bible with our mind, but it changes our heart. And it's the condition of our heart that dictates the direction of our lives. If we want to get closer to God, we must study the Bible.

Session 5 – Relying on God's Power

What's the Holy Spirit like? There is no God in Heaven who is unlike Jesus! The presence and power of the Holy Spirit IS the presence and power of Jesus. Jesus was full of grace and truth. The Holy Spirit is full of grace and truth. Jesus leads and guides His disciples. The Holy Spirit does too. Jesus rescues spiritual orphans enslaved to the power of sin. And He does it by the power of the Holy Spirit, "the Spirit of truth" who shows you reality, by telling you the truth!

Session 6 – Seeing Your Life in God's Plan

Vision connects your life to significance and purpose. Why? Without knowing and following God's design we can't connect the dots. We can't see how what we're doing now has any significance or bearing on the future. Because of a lack of vision, people spend their whole lives doing what feels good in the moment while missing their deeper, more fulfilling life's purpose.



Part Two: Personal Vision

Proverbs 29:18

“Where there is no vision [no revelation of God and His word], the people are unrestrained; but happy and blessed is he who keeps the law [of God].

The Everyday Disciple is driven by the power of personal vision. Merriam Webster defines vision as “the act or power of seeing”. As it applies to us as Christians, it is the act or power of seeing our life in God’s Plan. Finding your purpose in anything else can never sustain lasting fulfillment and purpose. By prayer and mindfulness, the Everyday Disciple acknowledges God in all things and orders their life accordingly.

Session 7 – Processing to Maturity

The storms of life will come on the just and the unjust and usually when we least expect it. Unexpected situations will take us by surprise. It isn’t if they will, it is when. How can you be sure that no root of bitterness grows up and overtakes your life? It isn’t by avoiding the pain but processing it God’s way. Learning how to let the storms of life develop in you a thick skin and a soft heart.

Session 8 – Pursuing Biblical Truth

Biblical truth is absolute. It is objective and is not invented or reinvented by men but is discovered or revealed by God. You will spend the rest of your life learning to orbit your life around God’s truth. Understanding the hierarchy of truth with the Bible as it’s foundation will allow you to grow and adapt truth to your life over time and in any situation.

Session 9 – Choosing to Be Honest

Honesty is the best policy. Sometimes in the short term it can be confusing and difficult. Integrity isn’t being perfect, but it is being real and the authentic person is always positioned for optimal growth, better relationships and lasting fulfillment in life.

Session 10 – Spending Time with Other Christians

Even though we drive on over-crowded roads and fly in over-booked planes and have an over-abundance of friends and followers on our social networks - we are lonelier than ever. You were created to have community with God and others. There is no substitute for community - no substitute for spiritual family.



Session 11 – Building Healthy Relationships

Your destiny is tied to your relationships. However, relationships can be very difficult to navigate. Our Sin – Helps us see the best in our self and the worst in others. This tendency causes us to do foolish things unintentionally. We would have fewer problems if we had more wisdom and better relationships.

Session 12 – Talking to God

Our prayers are supposed to get things done, they aren't therapeutic, and Jesus's disciples saw the connection between Jesus' Power and Jesus' Prayers. If you've ever found yourself asking the question, "Does prayer work?", the answer is - yes. Jesus' prayers worked and so can ours.



Part Three: Time Management

Psalm 90:12

“Teach us to number our days, that we may gain a heart of wisdom.”

The Everyday Disciple understands that time is finite and creates a plan to use it wisely. Jesus invites the Everyday Disciple to learn from Him. He was calm in the storm, he always made time for what was important, and He never did anything without purpose and direction from the Father. Stewarding our time allows us to learn in a way that moves us towards God’s purpose as we put Him first in everything, every day.

Session 13 – Planting the Future

You and I are taught from a young age in culture that balance is the answer to all our problems. Balance isn’t Biblical because it is based on the false belief that we don’t have what we need. It is a poverty mindset that will always leave us wanting and unfulfilled. God’s alternative to balance is seed time and harvest.

Session 14 – Searching for Wisdom

God is Omniscient. Matter can’t exist, the earth can’t exist, the atmosphere that allows us to breathe, water, none of it can exist without the fixed laws of physics. Without the law of gravity nothing would be held together. All of the laws of physics are a supreme manifestation of God’s wisdom. God’s wisdom was established before he could even create the earth. Wisdom comes before material things can exist and provides the answer to every problem we face.

Session 15 – Working with Diligence

Wisdom and Diligence are two sides of the same coin. Wisdom comes first, you can be diligent and still unwise. But when combined with Wisdom, it is unstoppable. Diligence is a tremendous character trait, but it won’t come easy. And your greatest challenge won’t come from the devil. It will come from your own feelings.

Session 16 – Avoiding Toxic Mindsets

In 2 Corinthians 2 the Apostle Paul tells us that the enemy sets traps but that we can know His strategies and overcome his traps, all of which are set in our thought life before they become our real life. The devils only weapon is a lie or a False belief. If the devil can get you to believe something wrong, he can take



you out. But you can learn to identify and defeat these false beliefs before they become patterns of thinking or mindsets.

Session 17 – Exploring Personality

Temperament is how you are naturally wired for relationship with others. How you communicate. It is not determinative except when you are unwilling to adjust it to grow and develop. For example, many great leaders have many natural temperaments, their ability to understand their personality and leverage it at the right time and place, that is what makes them successful.

Session 18 – Failing Forward

One of the most important reasons for studying history is that we can learn from the mistakes of the to avoid repeating them again in the future, the best experience is someone else's! That's the power of the Bible. So many of us think that the Bible is just filled with *perfect people*. They were far from perfect but they allowed their failures with God to push them forward and to ultimate success.



Part Four: Disciplined Habits

1 Corinthians 9:26-27

“So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”

The Everyday Disciple practices discipline as modeled by Jesus and His Disciples throughout the Bible. In the Bible, we learn that while faith is personal, it isn't private. We must be intentional about applying scriptural habits to our everyday life.

Session 19 – Dressing for Spiritual War

Though we live in a physical world, the Bible teaches *there is another world*. There is a spirit world, where there is a war raging – the kingdom of light versus the kingdom of darkness. The BIBLE equips us to prevail in the battle we face against the forces of evil.

Session 20 – Remaining Planted in the Local Church

In a dark and Isolated world... God shines a light. It starts with Jesus and Jesus establishes his church, the spiritual family of God. His strategy for the hurting world is the church. What do you think of when you think of church? What if your commitment to your local church was mandatory to your ongoing growth as a Christian?

Session 21 – Honoring God with Money

Honor is the foundation of our relationship with God. Honor reminds us that we are stewards not owners. We are care takers. My stuff is not my stuff. God doesn't need your money, but He demands your honor as a Christian. Jesus choses to expand His Church to the level that his people honor him. Honor starts with returning The Tithe.

Session 22 – Maintaining Physical Health

God is the God of the natural and supernatural, the spiritual and the physical. As a matter of fact, it is God who brought the physical into being. You are called to honor God with your body. When you see that the physical and spiritual are connected, it changes your perspective.



Session 23 – Avoiding Sexual Immorality

To understand the truth about love, sex & dating, we must let the one who designed them define them. God is the Creator of Love, Sex & Marriage. The Bible DOES have quite a bit to say about love. In fact, the word love is mentioned 898 times in the Bible. God has a lot to say about it to help you navigate it successfully while avoiding sexual immorality.

Session 24 – Resolving Conflict & Unforgiveness

Understanding what emotional health looks like biblically and learning how to discipline our unwanted emotions will lead to stronger relationships in every area of our lives. One of the most important skills we must learn, especially as a Christian, is how to resolve conflict. Because we live in a broken world, there is conflict everywhere. Learn how to deal with conflict Biblically and watch your relationships grow and thrive.

