

# COACHING TIPS: TIP #1: NOTICING

ODPCEC

The 9 Arts of Spiritual Conversations

**"Noticing is a relational act of kindness."**

**- Mary Schaller**

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Welcome to the first coaching tip for 2022! This is to help you to start thinking through what it means to have spiritual conversations with people you come into contact with. But, remember, going through this doesn't mean that you will, all of a sudden, have meaningful conversations that will turn into evangelism opportunities. But, this will help you to look at the world around you differently - to go deeper with people. And God-willing, if the opportunity presents itself, to be equipped and confident to have a deeper conversation with another.

The coaching tips are also about practicing as well. Don't just read this coaching tip and move on. Try to practice it in your everyday. Talk with your fellow GC brothers and sisters about what you've been struggling with or succeeding in. Encourage one another as you do life together.



Think back a few weeks ago... when Pastor Mitchel Lee came and spoke at our Sunday worship service, he mentioned curiosity. To be curious. Well, in order to be curious, you have to notice. You have to notice something about someone, someplace, or something. And once you do, you want to know more about it.

Look at Matthew 9:35-38. *And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."*

Jesus saw... and noticed. People matter to God, and so they should matter to us too. And it starts with noticing. But, what interferes with your noticing? In your everyday, what prevents you from noticing? Jot down a few things here in this space: \_\_\_\_\_

Mary Schaller writes, "noticing people can move us to compassion and action as it humanizes the nameless faces around us. People become real to us, with real lives and real problems in need of a real Savior. Noticing is a relational act of kindness." Notice here, it's an act of kindness - kindness is a Fruit of the Spirit. Interesting, no?

So, for this teaching point, we're going to start working on noticing (act of concentrating on someone long enough to wonder about the other person). And this is an act of intentionality. Pay attention to see what God is doing in the world around you. Think about it: if God is sovereign, there is a reason why He put you into a particular place, particular situation, at that particular time. If that's the case, maybe we need to slow the pace of our lives a little bit and start looking at what's going on around us.

Here's a simple exercise: Look to your left and right (if you are in a group of people... or you can do this with your spouse or parents or siblings). Then close your eyes and see if you can describe what they were wearing, their facial expressions, if they were talking - then their tone of voice. What was their posture like? How would you describe their mood (upbeat, somber, determined, etc)? Open your eyes and see how you did. What did you get right? Wrong? Where can you improve?



Remember, the whole point is that we are trying to get into the mindset of seeing what God is doing in the world around us. Take the time to look, to go deeper than the surface. And what we will find is compassion as the people around us go from nameless faces, to people created in the image of God.

## ***PRACTICE: DEVELOPING HEALTHY SPIRITUAL RHYTHMS***

1. We all go shopping at some point. Each time you do, take time to notice the cashier. What did you notice? How did the person look (sad, happy, sick, angry, etc)? Was there an opportunity to engage with the person?
2. During dinner - ask/review with another what you have noticed about somebody during the day. Did it move you to ask yourself anything about that other person? Did it move you to prayer? (Next teaching point is about prayer)
3. Share during Schedule C with your GC about all that you observed about others. Share what you observed about yourself - were you able to notice? Not able to notice?