

Here are 6 coaching questions you can start with:

1. How are you?
2. What are you celebrating?
3. What challenges are you facing?
4. How will you tackle those challenges?
5. How can I help?
6. How can I pray for you?

Good Questions about Relationships

- How are things at home?
- How's your family life?
- Who do you consider your closest friend? How is God using that relationship to grow you?
- What are your relationships like at work?
- What is the most challenging relationship in your life? The most rewarding?
- Do you have any mentors in your life? Have you thought about getting one?

Good Questions About Physical Balance

- How is your work schedule?
- What does a good night's rest look like for you?
- How is your energy level on a scale of 1-10?
- What about your physical health do you want to change? What parts of that are in your control? What parts are out of your control?

Good Questions About Mental Learning

- What have you been learning lately?
- How have you applied what you've been learning with your small group?
- What thoughts have been dominating your mind lately? Are these thoughts having a positive or negative effect on your life? Are they thoughts that are pleasing to God? Is there something that needs to be corrected in your thought life?

Good Questions About Spiritual Health

- Does your relationship with God feel close and intimate right now? If not, can you think of something in your life that is standing in the way (i.e. busyness, sin, apathy, etc.)?
- What combinations of spiritual disciplines do you need in your daily life to keep your heart intimate with God?
- How could I help hold you accountable to the practice of those disciplines?
- How has God been speaking to you lately? What has He been saying?

Roger Sodsod's favorite coaching books:

Biehl, Bobb. *Asking to win!: One hundred profound questions available to help you win twenty-four hours a day, seven days a week for the rest of your life.* (Masterplanning Group International; 1996.)

Comiskey, Joel. *Cell Church Solutions: Transforming the Church in North America.* (CCS Publishing; 2005.)

Comiskey, Joel. *Leadership Explosion: Multiplying Cell Group Leaders for the Harvest.* (Touch Publications; 2000.)

Comiskey, Joel. *How to be a Great Cell Group Coach.* (Touch Publications; 2003.)

Donahue, Bill. *The Seven Deadly Sins of Small Group Ministry: A Troubleshooting Guide for Church Leaders.* (Zondervan; 2005.)

Donahue, Bill. *Coaching Life-Changing Small Group Leaders: A Comprehensive Guide for Developing Leaders of Groups and Teams.* (HarperCollins Publishing; 2012.)

Kimsey-House, Karen. *Co-Active Coaching: Changing Business, Transforming Lives.* (Nicholas Brealey Publishing; 2011.)

Logan, Robert. *Coaching 101: Discover the Power of Coaching.* (Churchsmart Resources; 2003.)

Stoltzfus, Tony. *Leadership Coaching: The Disciplines, Skills, and Heart of a Christian Coach.* (BookSurge Publishing; 2005.)

Whitmore, John. *Coaching for Performance.* (Nicholas Brealey Publishing; 2009.)