

## **How to Coach with Purpose**

### **Ready:**

“I prayed to the God of the heavens and answered the king, “If it pleases the king, and if your servant has found favor with you, send me to Judah and to the city where my ancestors are buried, so that I may rebuild it.” – Nehemiah 2:4-5

### **Set**

In the 2023 Women’s College World Series, the Oklahoma Sooners won their seventh National Championship, but that was not what the world was talking about after everything was said and done.

Although a few million people watched the Sooners play softball, more than 28 million people watched their postgame press conference. It started with an ESPN reporter asking, “How do you handle the pressure and keep the joy when anxiety can easily set in?”

Captain and All-American shortstop Grace Lyons opened with the statement, “The only way you can have a joy that doesn’t fade away is from the Lord.” Star players Jayda Coleman and Alyssa Brito echoed similar sentiments.

That is what the world saw and was encouraged by, but what people did *not* see was the reporter’s follow-up with coach Patty Gasso. When asked if she would like to say something, she replied, “I cannot add anything to that. They said it all.”

This wasn’t surprising to Coach Gasso. Why? Because this is what she lives and teaches, and this is the culture she has created in the program.

What can we learn from one of the greatest coaches of all time when it comes to coaching with purpose? The same things we can learn from Nehemiah, who also built something great with purpose.

### **Know Your Why**

How could a cup-holder have a purpose? How could God use a simple position? Instead of Nehemiah asking *how*, it led him to *Who*. After Nehemiah prayed, fasted and mourned, God showed him his *why*.

As a coach, you have been put in a position of power and influence, but if your “why” is simply to win games, you might miss out on building something great.

### **Make Your Game Plan**

Every coach has a game plan to get the best out of their athletes and a game plan against every opponent they play. Coaching with purpose needs a game plan, too. What if we prayed before we replied to the angry parent's email or addressed the team? What if we prayed before coaches' meetings? Praying under pressure should always be the first step in our game plan.

As a coach who has been called to build something great for God's Kingdom, you better believe there will be naysayers on social media, negative comments in your inbox, and discouragement from the stands. But we, like Nehemiah, "continue the work with even greater determination."

When we live out our purpose as coaches, obedience will always be up to us, but the outcome will always be up to God. To Him be the glory!

## Go

- What can we learn from the lessons of Nehemiah?
- What will it take for you to live out your God-given purpose?
- Pick two main points of your work and commit to them, focusing on doing them well and doing them with the Lord.

## Workout

[Galatians 6:9](#)

[Philippians 2:14-15](#)

[Colossians 3:23-24](#)

## Overtime

"Father, thank You that You are over every part of my life. Thank You that You hear my prayers, and that You have good things planned for me. Help me to be diligent with the work of my hands, and guard me against distractions that take me away from my Kingdom purpose. In Jesus' name, Amen."



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