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Foundations of Missional Practice

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DRAWN Coaching Final Paper

              As Christ followers living on mission with God for the sake of the world, we are called to be ambassadors of reconciliation, embedded in a foreign culture and yet called to listen to and speak to others on behalf of and under the authority of our King.  God uses redeemed human beings to be his mouthpiece and he indwells them with his very self (his Spirit) to accomplish the task of reconciliation.  Theoretically, this is a beautiful and Biblical mandate, but in practical application, human nature can get in the way of effective communication and collaboration.  The DRAWN coaching technique is a useful tool to combat the barriers to human beings relating to one another, creating margin for the Holy Spirit of God to speak and be heard via his human hosts.

              The DRAWN technique takes into account valuable research in the areas of neuroscience and human psychology and combines it with a theology of the mission of God, to enable people to allow the Spirit to be both revealer and transformer in the hearts and minds of his children.    With one person acting as coach (listener, facilitator) and one as participant, the one desiring a change and seeking God’s guidance, the process starts with describing desire.  This entails asking the participant what it is that he/she wants.   I found this to be the most challenging step in the process.  Usually, human nature is to know what we don’t want, not what we do.  The process demands the coach to ask questions to reframe and reshape desire into a concise statement.  The follow up is to ask the participant what it would look like if that desire was miraculously granted overnight.  I found that in this step, when the person is allowed plenty of time and space to think about what it would look like, what they would feel like, what they would say and do, and how it would affect significant people in their life, that the seeds of change are planted in their minds by the Holy Spirit.    In every case in my practice, the steps forward correlated to a vision of desire perfectly achieved.

              The next step, assessing assets, I found to be the most helpful step of the process.  Here, the coach helps the participant determine where on a scale of 0-10 they are in getting what they want.  No matter where they place themselves on the scale, the process then asks the participant to consider what positive traits, skills, or resources they have or have utilized to achieve that level of success.  This step is critical to the function of the brain and how it processes change.[[1]](https://docs.google.com/a/acu.edu/document/d/16TxwfPRKGPMyGCOsI_17x7cT3ZHo5rqfnSvfVz1ebA4/edit#_ftn1)  As Christians, we long for spiritual transformation, but we often forget that this is directly proportionate to processes of our very mortal brain.  Paul compels followers of Christ to be transformed by the renewing of the mind, that by testing, we may discern what is the good, acceptable and perfect, the will of God! [[2]](https://docs.google.com/a/acu.edu/document/d/16TxwfPRKGPMyGCOsI_17x7cT3ZHo5rqfnSvfVz1ebA4/edit#_ftn2)  By focusing on the positive, one’s mind is able to function openly, allowing discernment that is reliant on the power of the Spirit to separate what is “best” from what is “good.”  As coach, this kept me from becoming too emotionally involved in the problems of those close to me.  I was able to separate my opinions and desire to “fix” from the task ahead, which was to expect the Spirit to speak and reveal.

Pausing for prayer in the process, we collectively ask God, a creative revealer by nature, to reveal ideas to enable the participant to simply move up one point on the aforementioned ten point scale.  This simplifies the listening process into small manageable tasks, minimizing the brains universal resistance to wide scale change.[[3]](https://docs.google.com/a/acu.edu/document/d/16TxwfPRKGPMyGCOsI_17x7cT3ZHo5rqfnSvfVz1ebA4/edit#_ftn3)  Writing down the ideas that come to the participant (weighing ways) and reading them back to them helps to shine light on the most compelling next step (naming next step.)  Human beings take actions on ideas that come from within, rather than what someone else tells us to do.  Miraculously, we have the mind of Christ, to reveal even the deep thoughts and perspectives of God![[4]](https://docs.google.com/a/acu.edu/document/d/16TxwfPRKGPMyGCOsI_17x7cT3ZHo5rqfnSvfVz1ebA4/edit#_ftn4)

              I used this technique with my daughter, friend, and husband.  In every circumstance, the Spirit surprised me at what he revealed to them, and how different it was from what I would have told them had I not created space and margin to listen with them to the Holy Spirit.  It revolutionized conversations with my daughter and husband that could have involved defensiveness and fighting.  The DRAWN technique is a helpful tool that has enabled me to live into my vocation as an ambassador of reconciliation, saved by grace, through grace and for grace, for the sake of the world.  I will definitely use this as a tool for helping my children and friends navigate their world, and hope that this spills forward into other ministry opportunities.

[[1]](https://docs.google.com/a/acu.edu/document/d/16TxwfPRKGPMyGCOsI_17x7cT3ZHo5rqfnSvfVz1ebA4/edit#_ftnref1) David Rock, *Your Brain At Work,* (New York, NY:  Harper Collins, 2009), 210-211.  Offering solutions and feedback is counterproductive because it puts people on the defensive not able to use their prefrontal cortex to generate new ideas.

[[2]](https://docs.google.com/a/acu.edu/document/d/16TxwfPRKGPMyGCOsI_17x7cT3ZHo5rqfnSvfVz1ebA4/edit#_ftnref2) Romans 12:1-12, ESV.

[[3]](https://docs.google.com/a/acu.edu/document/d/16TxwfPRKGPMyGCOsI_17x7cT3ZHo5rqfnSvfVz1ebA4/edit#_ftnref3) Rock, 51.

[[4]](https://docs.google.com/a/acu.edu/document/d/16TxwfPRKGPMyGCOsI_17x7cT3ZHo5rqfnSvfVz1ebA4/edit#_ftnref4) I Corinthians 2:16, ESV.