

# Winning God's Way



## Basic Training

**COACH'S GUIDE**

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Basic Training  
Coach's Guide  
**WELCOME**

**Y**es, you can Win God's Way!

As your life coach, my heart's desire is for you to grow to be the best you; the one who He has created for a very special purpose. Maybe you don't feel like you can really win in life. You may be far from the abundant one that Jesus promised (John 10:10). I understand because I have been where you are too. My faith journey has been one of great victories, but also of heartbreaking betrayals, failures and setbacks. But through it all God continues to teach me how to walk each day in ultimate victory, no matter how I feel or what is happening around me.

**What God is doing in you is far more important than what is happening to you.**

You are facing a decision that will impact the rest of your life. Weeks, months, years from now, you will look back to when you decided enough was enough. No longer will you settle for a compromised life. God created you with a special purpose in mind. No matter how you see yourself today or if you feel that your life is far from His purpose and plan.

- I am excited to tell you that is not too late to begin again!
- Today begins your winning season to abundant life.
- This is the day that you take your first step out of the everyday, average, "normal" life that the world offers, toward a rich, full, abundant life and become the winner God has created you to be!

You may be thinking that you're happy with your life as-is. It feels good to be content. But, there is a big difference between contentment and complacency. God wants us to truly appreciate what we have, but He never wants us to settle for less than His absolute best. Jesus said, "I came that [you] may have life and have it abundantly" (John 10:10).

Let's start with my definition of 'Winning God's Way'. This is the action of daily discovering and completing God's specific purposes and goals for you. Then by consistently fulfilling His will, your life will become a shining example of His love, mercy, grace and power. It simply means saying yes to God and no to yourself.

My goal is for you to be winning in all three areas of your life – spirit, mind, and body. You can't be the best you without being strong in all three. Now is your time to start fresh. You are not that far from beginning to live your best life and impacting the world around you! He is working in you to fulfill your life's purpose and exchange the way you think about yourself with the way He sees you.

As a student in Real Life Coaching you will discover how to better run life's race, to press toward the prize, and to finish strong! You'll see things differently and better understand the keys to achieving an extraordinarily intimate walk with the Lord. Using His keys to unlock supernatural faith, you will discover tools to renew your mind, and to see your body as a powerful temple of the Holy Spirit.

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Basic Training  
Coach's Guide  
**OVERVIEW**

**H**ow to get the most out of **Winning God's Way**? Your commitment to this interactive coaching system is a vital step in your race to be the best you possible.

Quite simply, if you keep doing what you have always done, then you will keep getting what you have always gotten. To become the Champion God has made you to be, you must count the cost and fully commit to this bible-based program to help you improve your self-image and discover the real you. As we begin don't trust your feelings and the coming strong desire to quit. Remember that a person of faith is a faithful person.

My coaching system will keep you on the path and at a pace to run the race God has set before you and to win it His way. Let me take just a minute to tell you with how coaching works.

### **Winning God's Way Coaching System**

1. Take our free *Abundant Life Assessment*
2. Begin your on-line coaching sessions.
  - a. How Well Do You Know God?
  - b. Winning God's Way – 5 Truths to Train Your Brain
  - c. Winning God's Way – Basic Training

*My Life Coaching System* always begins with taking our Real-Life Personal Assessment. That is where you started this new journey. It gave you a practical review of how you're doing spiritually, emotionally, and physically today. You answered 24 simple questions that allow you to know where you are and then I gave you practical recommendations to take the next step.

You have completed both my *How Well Do You Know God?* session and *Winning God's Way – 5 Truths to Train Your Brain*. Congratulations on your great progress! Now you have moved into *Winning God's Way – Basic Training*! In this course we will dive deeper into our study of the Bible to feed our spirit along with my Coaching Tips for a healthy body and mind.

The sessions are divided into two parts; the first is online video based training and the second part is your assignment and practice. Each coaching session will be held 5 times a week and take about 30 minutes. This approach to life coaching is unique and very effective. In just a matter of a few weeks you will start to feel the changes happening in your spirit, mind and body.

### **Real Life Community**

Become a member of a dynamic group of Christians who are committed to being all God has designed them to be. We will grow together, pray together and win together!

- Champion Talk 30-minute video webinar

I am excited about watching God work in your life. He has given me His passion to help you release the Champion who God has already created in you.

Here is the bottom line, you don't have to settle for anything less than being God's best. No matter where you came from or where you are today, God is not finished with you.

***Our goal for Real Life Coaching is to help you become the best you possible in Christ and to win in life God's way.***

**Make this Winning God's Way Declaration for yourself!**

*I declare that God is renewing and restoring me, by the power of the Holy Spirit to become the best me possible. He is working to transform me into the image of Jesus Christ.*

*I am able to hear the voice of God, to trust his Word, and to live in obedience to his will. My past is forgiven and my future is secure. My best days are just ahead. Today, in the power of the Holy Spirit, I will win in life God's Way by doing the good works He created me to do.*

*All for God's Kingdom and for His glory!*

**Basic Training  
Coach's Guide  
SESSION OVERVIEW**

**O**ur coaching sessions will be divided into sections to help me walk along with you through the Winning God's Way Basic Training in an established, orderly manner.

- **Abundant Life Assessment** — You have already started your new journey with a practical review of how you're doing spiritually, emotionally, and physically today. You answered 24 simple questions and filled out a personal life overview. After we are finished with Basic Training you will take it again to serve as a progress meter in just 21 coaching sessions.

- **Real Life Goals**—The human mind needs goals to win. This is an essential part of achieving a rich, abundant life. Complete the following goals section for your spirit, mind and body. Pray before you write these down for God's wisdom and direction. God made us unique in His creation by giving us the ability use our imagination and to dream. This is a spiritual power that sets us apart and allows us to set goals. What progress would you like to make in the next six months? Write your answers here.

**Spiritual**

<u>Goal</u>	<u>Date Done</u>
_____	_____
_____	_____
_____	_____

**Personal**

<u>Goal</u>	<u>Date Done</u>
_____	_____
_____	_____
_____	_____

**Physical**

<u>Goal</u>	<u>Date Done</u>
_____	_____
_____	_____
_____	_____

• **Real Life Promise** —

We do better at finishing what we start when we take it seriously and make a commitment to do the work that is needed. Remember that a person of faith is a faithful person. Make it stick! I want you to take this step and do it in writing.

I am very serious about making life changes to be the best me possible in Christ. I promise to...

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- **The X-Factor** – Social science proves that a much greater success rate occurs when you progress step-by-step towards a goal. For this purpose, we have created the following personalized *The Best You X-Factor* to help you succeed. After each session that you complete simply place and (X) in the square. By doing this simple exercise you will have a much greater success rate.

**Your Basic Training X-Factor Report**

Assessment		Set Goals		Make Promise				
Session #1		Session #2		Session #3		Session #4		Session #5
Session #6		Session #7		Session #8		Session #9		Session #10
Session #11		Session #12		Session #13		Session #14		Session #15
Session #16		Session #17		Session #18		Session #19		Session #20
Session #21		Assessment		Review Goals		Life Mission		Testimony

- **Coach’s Guide** - Each day, after you have finished the on-line video coaching session, your next step is complete that session’s coaching assignment. We will email it to you as a PDF. Print it and complete the assignment. I recommend putting each of your Coach’s Guides in a binder to review later. It is important that we have our online time together and then for you to finish the coaching session by completing that day’s training assignment.

• **21 Coaching Sessions** — Together we will have a special Coaching Session from four targeted modulars. Each session should take less than 20-minutes to complete. In each modular, we will focus on a specific theme, geared to keeping you on pace and on the winning path.

In each coaching session we will focus on:

- An inspiring look at how an anointed scripture can change everything. It will help to renew your mind in God’s Word.
- A set prayer time, including time to talk and listen to God, as well as space to record your prayer needs and God’s responses
- Life-changing, practical coaching tips to build a powerful spirit, healthy mind and a strong body.

Now is the time to get serious about your spirit, mind and body to **Win at Life God’s Way**.