



Refuge Coaching

12 S. Terrace Avenue | Columbus, Ohio 43204

HOW TO BE A REFUGE COACH

Who -

Anyone who has the time and energy for an intentional relationship.

- Honest
- Courageous
- Bible-believing follower of Jesus
- Prayerful

When -

- Refuge Ministries staff will match you with two guys in Phase 3.
- Once-a-week/Wednesday nights.
- At least a 6-month commitment.

Why -

- Refuge is a place for the broken, the poor, the downtrodden. We can't just have good theology though—we have to be intentional about living it out by pursuing relationships.
- Our goal is to simply be intentional about bringing Phase 3 Refuge guys into the Body of Christ by organizing and forming friendships that offer support, resources, and advise.



Authentic relationships with those in need have a way of correcting the we-will-rescue-you mindset and replacing it with mutual admiration and respect.

- Robert Lupton

Friend -

- Touch base weekly. This is not a rule, but a guideline. Do not obsess about what you will say or do; just be a faithful friend.
- Pray daily for him and ask for opportunities to serve and lead this individual towards Christ.



“For some reason, healthy people with hearts full of compassion forget fundamentals when it comes to building relationships with those they attempt to serve. Forging ahead to meet a need, we often ignore the basics: mutuality, reciprocity, accountability. In doing so, relationships turn toxic.”

- Robert Lupton

Financial Coach -

- As believers, we trust God’s call to be good stewards of our finances. Your role as an Advocate is to help guide him specifically in the area of personal finances.
- Once or twice a month, specifically discuss finances.

Life Coach -

- • Fill out a Plan of Action the first time you meet.
- • Hold them accountable to their goals and walk hand-in-hand with them, providing the support necessary for them to make hard
- decisions and stop old habits.

PLAN OF ACTION

A “plan of action” is a tool that will help you focus on specific tasks to improve your current situation.

Create Growth, Not Dependency

We want to create a plan that focuses on goals and solutions, rather than problems. Once a problem is acknowledged and change is desired, we will concentrate on dreams and desires for the future. This plan is most effective when complemented by Christian support and accountability.

A “plan of action” is perfect for you if 1) you want to improve your current situation and 2) you are willing to work with a Refuge support person over a period of time to achieve your goals.

Where you want to be:

How would you like your life situation to be different or improved after Phase 3 of the Refuge?

Strengths and Resources:

What are some strengths, abilities, and resources that you have which could help you get to where you want to be?

Identify some barriers to the “plan of action”

Things you can do (goals that will move you to where you want to be):

Goal #1:

What specific things can you do?

- a) _____
- b) _____
- c) _____

Who will help?

By When?

Goal #2:

What specific things can you do?

- a) _____
- b) _____
- c) _____

Who will help?

By When

SUPPORT FROM THE COACHES

How can the coaches help you get to where you want to be?

Would you be willing to have coaches to encourage you in your goals?

Follow up:

There needs to be supportive accountability for this plan to be effective. A regular meeting time will take place on Wednesday evenings at Hilltop Lutheran.

Wednesdays at 7PM
Hilltop Lutheran
12 Terrace Ave., Columbus, OH 43204

Additional Information

Contact info:

List of Family Members:

The Refuge Guest, Visitor and Volunteer Information Sheet

The Refuge is committed to providing a safe environment free from drugs, alcohol, tobacco and other worldly distractions. The intent, from a man's first day in Discover in Vinton County through their time in phase two in Lancaster and finally in phase three in Columbus, is to ensure that men have ample time to become disciplined students of Jesus Christ and build a life-long relationship with God.

The following list of rules and regulations is therefore not meant as punishment or to make your time with The Refuge difficult. However, often times what a guest, visitor or volunteer may think of as a blessing, or even as passing conversation, may turn out to be a distraction so great that it could lead to a man losing sight of what he came to The Refuge for in the first place.

1. No items are to be conveyed into The Refuge without first notifying the Staff. Any items being brought in are subject to search and will be allowed or disallowed at the Staff's discretion.
2. All visits must be pre-arranged and approved by the Pastor/Director of the area involved.
3. Guests and Volunteers must not have "one on one" conversations with disciples unless otherwise approved by the Pastor/Director of the area involved.
4. Topics of discussions should not include any topics that can create strife or questioning of beliefs. All conversations should center on encouraging disciples in building their relationship with Jesus Christ.
5. No complaints regarding the current "state of affairs" of The Refuge or any other church/ministry.
6. No gifts of money, gift cards or any other type of currency are to be given without the express consent of the Pastor/Director of the area involved.
7. Guests and/or Volunteers who are speaking or teaching should review their material with the Pastor/Director of the area involved prior to their speaking engagement.
8. No speaking specific correction or direction for the men's future, discussed while in the Refuge.. i.e. job opportunities, places to stay etc.
9. No prophecy or the like about men's callings without approval from their Pastor within the phase of the Refuge.

Signature of the Refuge Volunteer