

## Chat Example: Recommitment

**COACH** 6/30/23 10:47 AM  
Hello Alice

**ALICE** 6/30/23 10:47 AM  
Hello Coach

**COACH** 6/30/23 10:48 AM  
How are you today?

**ALICE** 6/30/23 10:48 AM  
I'm good, thank you for asking! How are you?

**COACH** 6/30/23 10:48 AM  
I am doing quite well. Thank YOU for asking. lol

I see your topic. Would you like to tell me more about what you are trying to change?

**ALICE** 6/30/23 10:51 AM  
I often struggle with productivity and time management. I find it hard to talk about it mostly out of shame

I'm usually good at it when I have something to do like an appointment, and I'd always get to work before my coworkers (but that's because they were late, not because I was early haha)

But when it's just me, I find it very hard to stay consistent

I was recently let go of my job (it wasn't because of that) and I've been having a hard time being productive. I know I'm the only person who can change that. It's just been so hard

I guess I just needed to talk about it

**COACH** 6/30/23 10:53 AM  
I am glad you are here. Honestly, I can relate to what you are saying.

I have similar tendencies

**ALICE** 6/30/23 10:54 AM  
Really?

**COACH** 6/30/23 10:55 AM  
Yup

When I have an agenda or assignment given to me I am a hard worker. When I don't I have trouble motivating myself to do other things like clean out drawers or closets. I would rather read a book. lol

**ALICE** 6/30/23 10:56 AM  
I'm the same way haha

**COACH** 6/30/23 10:58 AM  
We are alike for sure

Tell me something else about yourself, Alice. How did you first come to believe in Jesus?

**ALICE** 6/30/23 11:01 AM

My parents believed in God but were never religious. We didn't go to church or read the Bible, but my mom would always pray with me at night. In high school I started reading the Bible and became more interested in Christianity

I've read all of the New Testament

**COACH** 6/30/23 11:03 AM

When did you come to the place in your life where you recognized you were separated from God by your sin and could do nothing to fix it yourself?

(I was 26 when I came to that place)

**ALICE** 6/30/23 11:06 AM

I think it was last year actually. I had an awful year. And one day I realized that I hadn't prayed in over a year. I was focusing on things that didn't matter and that's what was causing me to suffer. I wanted to be connected with myself without being connected with the one who created me

So I started praying. My life got so much better! This year has been a lot better despite its challenges

I still want to start attending church weekly and reading my Bible more often. I started reading John last night

**COACH** 6/30/23 11:08 AM

Let me ask you a question, okay?

**ALICE** 6/30/23 11:08 AM

Okay

**COACH** 6/30/23 11:09 AM

What do you think Jesus meant in John 3:5-6:

5 Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. 6 That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.[c

**ALICE** 6/30/23 11:12 AM

I think He meant that unless you're born again, you can't enter the kingdom of God

**COACH** 6/30/23 11:14 AM

yeah

So, when would you say you were born again of the Spirit?

**ALICE** 6/30/23 11:15 AM

Even though I've accepted Jesus, sometimes I question if I was truly born again

**COACH** 6/30/23 11:16 AM

I understand. We can talk about that more if you like

**ALICE** 6/30/23 11:18 AM

I really want to be. I don't even know why I'm not sure if I truly was

**COACH** 6/30/23 11:18 AM

We can talk this through so when you leave today you will know for sure, okay?

For a person to be born again there are 4 things that must transpire in their life. Please consider these 4 things and then let me know what you think.

#1 The Bible says faith comes by hearing and hearing by the word of God. A person must encounter the Bible's message about salvation that Jesus, who is the Word of God left heaven, came to earth in order to pay the punishment for our sin as a substitute when He died on the cross, that He was buried and that He rose from the dead.

#2 A person must sense the convicting power of the Holy Spirit in their life showing them they are a sinner and separated from God by their sin.

#3 The Bible says no one comes to the Father unless He draws them. So a person must feel that tug on their heart drawing them to Jesus

#4 God must give them the faith to believe the Bible's message about Jesus according to Ephesians 2:8-9

8 God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. 9 Salvation is not a reward for the good things we have done, so none of us can boast about it. Ephesians 2:8-9 New Living Translation

Okay, Alice, how do you see yourself in light of these 4 steps?

**ALICE** 6/30/23 11:26 AM

To be completely honest, I feel like I was a lot more drawn to Jesus in the past. I would read the Bible more often, I'd talk to more people about Jesus

I've distanced myself from Him

**COACH** 6/30/23 11:29 AM

So, would you say that the Holy Spirit worked those 4 steps in your life? (I encounter many people who know a lot ABOUT Jesus but have never come to KNOW Him personally. (be born again))

Today would be a good day to make sure

**ALICE** 6/30/23 11:31 AM

I'd say He has. I've actually felt the Holy Spirit before

But I feel like some of those things were more present in the past and aren't as much now, if that makes sense

**COACH** 6/30/23 11:33 AM

Why do you think you have distanced yourself from Him?

(Sometimes a believer distances themselves from the Lord because they have allowed a sin to creep into their life and they are either ashamed or they don't want to give it up.)

Is there anything like that going on with you?

**ALICE** 6/30/23 11:36 AM

Yes. I feel like I often think too much about myself and what \*I\* want, rather than surrendering and trusting His plan

**COACH** 6/30/23 11:36 AM

I get that

So I have a suggestion for you to consider

If you would like to get the fire back between you and the Lord like before I would be glad to lead you in a prayer to recommit your life to the Lord. What do you think about that?

**ALICE** 6/30/23 11:38 AM

I'd love that

**COACH** 6/30/23 11:39 AM

Great!

Look at this Bible verse from 1 John 1:9. (It was written to believers)

9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 John 1:9 New Living Translation

The word "confess" carries with it the idea of repentance. In other words you are agreeing with God the Holy Spirit who has shown you that you are thinking too much about what "I want" and ready to let God be in control again.

Are you ready to do that, Alice?

**ALICE** 6/30/23 11:42 AM

Yes

**COACH** 6/30/23 11:43 AM

Okay, here is how our chat prayer of recommitment will work. I am going to type the first line of your prayer. Then, I want you to take over and type out what you need to say to God about this area of your life. When you finish talking to God you can close the prayer with Amen.

Ready?

**ALICE** 6/30/23 11:44 AM

Yes

**COACH** 6/30/23 11:45 AM

Father, I have read 1 John 1:9 and I am ready to obey it now ...

**ALICE** 6/30/23 11:46 AM

I have been afraid instead of trusting You. I have cared too much about things of this world. I have worried about my relationships, my career, the way I look, my lifestyle... when I should've been trusting you more

I have failed to deny myself and take up your cross

I have cared more about how the world sees me than how You see me

I haven't made enough effort to read your Word daily and spent time with You

I have put more effort into my earthly relationships than my relationship with you

I have occupied my mind with the future and what I want for the future, my own self image, and things of this world. I feel like my heart is more drawn to this world than to You. But the heart is deceitful above all things, and I know You can guide me in the right direction

Father, I want to trust you with my life and let go of my desires and selfishness. It's been hard, I'm afraid I say I want to let go but deep down I'm still holding onto those things. But I really want to give my life to You. Please forgive me for all my sin. I want to be on fire for you. I want my heart to desire you above all things

You've helped me so many times. You've sent me the Holy Spirit to warn me of things I was doing wrong so I could stop before it was too late

Please forgive me for holding on to my sins and desires

I want a relationship with You

In the name of Jesus Christ, amen

**COACH** 6/30/23 12:04 PM

Amen!

I am really happy for you, Alice  
How are you feeling?

**ALICE** 6/30/23 12:05 PM

Thank you! I feel a lot better, I feel like I finally told God all those things I needed to tell Him

**COACH** 6/30/23 12:05 PM

Yes!

**ALICE** 6/30/23 12:05 PM

And asked for forgiveness so He can change me

**COACH** 6/30/23 12:05 PM

Yes!

God was waiting for you to do what you just did. I am so proud of you

May I make a couple of suggestions?

**ALICE** 6/30/23 12:06 PM

Thank you! Of course!

**COACH** 6/30/23 12:07 PM

These suggestions are things that have worked well for me during my 50 years of walking with the Lord

I suggest you pick a time and make that an appointment time for you to spend time each day with the Lord. In other words, give it the same priority you would give a Doctor's appointment.

For me, I set my alarm at least 30 min earlier in the morning and spend that time with the Lord. It is OUR time together where I read His word and talk to Him

Second suggestion is if you are able, try reading your Bible out loud and try talking to God out loud. It will keep your mind from wandering

Third suggestion: When you pray, try playing some worship and praise music softly on your phone. For me it draws my heart to the throne of God. Sometimes I sing to the Lord with the worship song. (my singing is terrible, but God likes it. lol)

Are you active in a local church right now?

Are you still with me?

**ALICE** 6/30/23 12:14 PM

Sorry the chats weren't loading

I'm not active in a local church but I found a church near me I'm going to start attending this Sunday

I love the idea of prioritizing my time with the Lord the same way I'd prioritize a doctors appointment

**COACH** 6/30/23 12:17 PM

That is awesome. Suggestion #5 - Once you get your life connected with a local church (obedience to Hebrews 10:25) find a small group to meet with like a Bible Study or a Life Group. That will help you to grow spiritually, give you accountability and also give you a place to pour into others. You will make friends with believers you can do life with. My Bible Study Group is so dear to me. You will feel the same once you get plugged in

Before we say goodbye, Alice, may I pray for you?

**ALICE** 6/30/23 12:20 PM

I'll take screenshots so I don't forget your suggestions. I'm so excited to start doing all those things

Yes, please!

**COACH** 6/30/23 12:21 PM

I am excited for you. You made a solid step in the right direction today!

Father, I lift Alice up to You. I know she is precious to You and that Your plans for her life are good

Now fill her with Your Holy Spirit. Help her connect with the local church where You want her to serve You. Guide her to a small group where she can find friendship, fellowship, accountability, and spiritual growth.

Set her heart on fire for You, Lord, and direct her steps down the center of Your will. Help her lock in her spiritual disciplines so she will stay on track with You. Cause Your word to become more alive to her than ever before

Finally, Lord, help her as she tries to become more deliberate in her actions when she doesn't have an assignment. I pray that for me as well. Use us both, Lord, to bring You glory and honor as long as we have breath in our bodies.

Thank You for these favors. In Jesus' name. Amen

**ALICE** 6/30/23 12:25 PM  
Amen!

**COACH** 6/30/23 12:26 PM  
Have a great rest of your day, Alice  
Bye for now

**ALICE** 6/30/23 12:26 PM  
Thank you so much Coach

You too!

**COACH** 6/30/23 12:26 PM  
You are most welcome

**ALICE** 6/30/23 12:26 PM  
Thank you so much for helping me pray

I really needed that

**COACH** 6/30/23 12:27 PM  
It was my joy

Sending you a BIG Grandma hug

**ALICE** 6/30/23 12:27 PM  
Thank you! Sending a bug granddaughter hug haha

Hope you have a great day! God bless

**COACH** 6/30/23 12:27 PM  
You too. Bye for now