

# Peer Coaching Covenant

## LOGISTICS

1. We will meet: *weekly bi-weekly*
2. We are agreeing to meet together for \_\_\_\_\_ months, then we will reevaluate.
3. We will meet as a: *peer pair peer triad*
4. This relationship will be:
  - *Closed: just us*
  - *Open: we will bring in others and multiply*
5. Our regular meeting place and time will be:  
\_\_\_\_\_  
\_\_\_\_\_

## **S.M.A.R.T. Goals** (See page 40)

Powerful growth goals are:

- Specific
- Measurable
- Attainable
- Relevant
- Time-Specific

## **Action Steps: CD<sup>2</sup>** (See page 44)

Effective action steps pass these four tests:

- Clarity: I know exactly what to do
- Datebook: This step can be scheduled
- Commitment: I know I *will* do this
- Deadline: I've set a date for completion

## GROUND RULES

### **Purposeful**

We are not getting together just to chat. This is an intentional, growth-centered relationship we are in to help us grow and accomplish important goals.

### **Structured**

We are committing to a structured relationship where we will meet regularly and be on time.

### **Mutual**

A peer coach is a partner, not a guide. My job is to provide positive support, encouragement, accountability and challenge, not to give advice.

### **Authentic**

We will be open and honest with each other about the things we are working on, and deal with it honestly when something is not working.

### **Accountable**

When we choose to commit to something, we will follow through. We want to be held accountable.

### **Discrete**

What we talk about stays between us.

### **Under Authority**

If we are not sure whether our goals, action steps or life patterns are appropriate, we will take it to Scripture first and then to our church leadership.

### **Peer Covenant** (sign below)

We agree to build a strong, supportive, mutual relationship that will help us grow, accomplish important goals and become more like Jesus. We are in this relationship because we want it. If our times together become inconsistent or unproductive, we will choose to refocus, recommit or end well.

\_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

### **My Growth Goal:** (use a pencil)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Peer's Growth Goal:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Covenant: Holiness Questions

## General

- *How goes it with your soul?*
- *What do you need to confess and repent of?*
- *What do you need to celebrate this week?*
- *What is God asking you to do right now?*
- *What was the highlight and what was the low point of your week?*

## Sexual Purity

- *Have you dwelt on any sexually explicit material?*
- *What do you need to remove from your life so you are not led into temptation?*
- *Have you walked by your standards of sexual purity since we last met?*

## Money

- *How did you give or share freely this week?*
- *Did you live within your budget or within your means this month? Have you spent wisely?*
- *How did you choose a life of simplicity instead of materialism this week?*

## Work

- *Are you maintaining a healthy pace of life?*
- *How did you show respect and grace to your co-workers and customers this week?*
- *Did you put in an honest day's work each day this week at your job?*
- *How many hours did you work this week?*

## Spiritual Life

- *How many days did you have devotions this week?*
- *Did you take a sabbath day of rest this week?*
- *How did your fasting go this week?*
- *What did God speak to you in your times in the Word?*

## Thought Life

- *How have you been aware of God's presence throughout your day during this week?*
- *Where have you put greatness into your mind this week? Where have you put in garbage?*
- *Have you been anxious about anything?*

## Lordship

- *Did you make Jesus Lord of \_\_\_\_\_ this week?*
- *Where is Jesus asking you for Lordship of your life? How have you responded?*
- *How were you obedient to follow God's Word or his voice to you this week?*

## Integrity

- *Were there any times you told a lie or twisted the truth to make yourself look good this week?*
- *Did you keep full integrity in all your business and financial dealings since we last met?*
- *Did you keep your commitments this week?*

## Relationships

- *Are you holding on to any bitterness, envy or a grudge against another person?*
- *Did you meet the challenges of parenting in a way you are proud of this week?*
- *How did you honor, bless or show love to your family since we met last?*
- *Who did you go out of your way to minister to or share the gospel with this week?*

## Body Stewardship

- *Are you addicted to anything?*
- *Have you had a [drink, smoke, pill] this week?*
- *Did you stick to your diet and exercise this week?*

### My Holiness Questions

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### Peer's Holiness Questions

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