

# SEASONS

The Discipleship Journal For Coaches' Wives



 COACHES'  
WIVES  
MINISTRY

# Welcome

*Welcome! This magazine is in your hands for a reason! Even if you are not a coach's wife, we hope and pray that you will be blessed. Seasons was created to meet several different needs: a resource for personal growth, a tool to help develop local communities of coaches' wives, and a guide for our membership group and on-line studies. Our desire is to journey through the seasons of life together, growing in the Lord and embracing His call on our lives to be coaches' wives. So, whatever your season of life may be, we hope you will be inspired and encouraged through this discipleship journal designed for you!*

*"For everything there is a season,  
and a time for every matter under heaven."*

*Ecclesiastes 3:1*

# Editor's Note

Dear Friends,

I believe that Biblical paradigm shifts are a crucial factor for our lives as coaches' wives, and really, for life as a follower of Christ. How many times did Jesus say, "You have heard it said.... , but I say to you...."? Six times in the Sermon on the Mount alone, and throughout His time on earth, Jesus spoke the truth in love and sometimes in righteous anger, convicting, correcting and re-framing broken ways of thinking. He healed physical ailments and faulty mindsets- His life, death and resurrection shifted everything from the inside out and for eternity.

I so wish that every single one of you could have been at the gathering. Our theme was identity and living out the gospel framework from an overflow of who God is and who we are in Him. We even looked at all of Paul's letters, and how he consistently emphasized identity before giving instructions on how to glorify God through our words, thoughts and actions. This spring issue continues on with that theme, and to be honest, my prayer is that identity in Christ through the gospel will be the theme of this entire ministry. That we wouldn't be known as the coaches' wives ministry with a discipleship journal magazine or an app- although these are tools we use to grow, but that we are known as a ministry founded on the Word of God, and proclaiming the gospel of grace throughout the world of sports, believing God's promises that the gospel message will transform the mindsets of coaching families and athletes.

God's Word says that we don't have to perform to have meaning and purpose. We don't have to have a winning season to have value. We can move around the country, be fired and hired and our identity doesn't change.

So let's enter this Spring season together from a place of rest. Although we are called to be warriors- as we will look at during the month of May, the ultimate battle has already been won and our identity is secure.

The world may say push hard, grind it out to find your inner peace and significance, but Jesus says that we are dead in sin without Him, saved by grace and therefore we have peace with Him and purposeful work that He has prepared for us to do. (Ephesians 2:1-10) Hallelujah!

Grace and Peace to you all,



CANDACE LANE  
Editor In Chief & Founder,  
Coaches' Wives Ministry

*"For God, who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ." 2 Corinthians 4*

*A special thank you to everyone who invested  
time, talents and treasures into the  
CWM 2nd annual gathering!*



**Spring Issue 2023**

# *Journal Guide*

## **MARCH**

**The Gathering**

**Preparing for Easter**

## **APRIL**

**“What the Women Saw”**

## **MAY**

***“Called to be Warrior Women”***

## *Content*

**Featured Blog: “In His Presence”**

**“Encouragement from**

**the Garden of Gethsemane”**



“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Romans 12:1-2

# COACHES' WIVES MINISTRY

## Gathering 2023



*“The Gathering reminded me of how unique and wonderful it is to be with this group of women. The connection was welcomed and palpable; laughter and tears were shared; God’s Word was the foundation and the focus. I’m beyond grateful for the time away with CWM.”*

*-Elisabeth Lee*



*God was VERY present during our gathering. Being able to dig deeper into the Word with like-minded women who truly understand the various seasons in life that we experience as coaches' wives was uplifting. I left renewed in my spirit and with a plan to keep me sustained. I also know these women will pray like no one else and if I ever need anything they will be there. I am so thankful & blessed to have found them when I did. I can't wait to see how God uses us for His glory."*

*-Sarah Evans*

We are so thankful for the opportunity to gather in person, build relationships, study the Word, pray, worship and learn about who we are in Christ. WHOSE we are and WHO we are in Him through the Gospel is the framework we need for every area of our lives! And even as a ministry, we want our identity to drive our activities- our core values remain the same as we move forward into what the Lord has for CWM!

**God's Word - Gospel of Grace - Growth through Discipleship - Generosity - Global Vision**



*“ I came home from the CWM retreat not only with fun special gifts... but with the treasure of renewed strength and determination to BE who God made me to BE for Him and His Kingdom, my Coach and the ministry He has given us! I realized being created as my Coach’s “Helper Suitable”...God created me to be a warrior! A “Fighter for TRUTH!” I am created to be STRONG! Assisting and serving in strength and truth as a victorious warrior! (Definition from the Hebrew translation for “Helper”!) I left that sweet weekend with other coaches wives inspired in hope and filled to the measure with truth and tools to help me live and love as God created me to! AND with many precious new friendships!”*

*-Deedee Kijanko*

# March

*Leave it all in the hands that were  
wounded for you.*

*Elisabeth Elliot*



The coaching life can be an emotional journey, and not just because of the highs and lows of wins and losses. It is a life often filled with intense pressure, unexpected transitions and what might appear to be unanswered prayers and unfulfilled career goals and dreams. Jesus Himself was “...a man of sorrows, acquainted with deepest grief...” (Isaiah 53:3), and before His death, He cried out to His Father in the Garden of Gethsemane, wrestling with the reality of death before Him. The name Gethsemane (“gat shemanim” in Hebrew), means “oil press”, and it is impossible to comprehend the immense pressure He felt as He carried the weight of the sin of the world to the cross. As we celebrate Christ’s victory over sin and death this Easter season, may we also remember that our Savior understands pressure, struggle and agony, and He is with us through whatever gardens we are being called to walk through.

# Preparing for Easter...

## Three ways Gethsemane encourages us when our dreams die

In the Garden of Gethsemane, Jesus agonized over the cross. But wasn't the cross the plan all along (John 3:16; 10:17-18)? Yes. Jesus chose to die, and yet—in a garden where beauty normally grew—disappointment, disenchantment, and perhaps even depression germinated in the life of our Savior. What wisdom might we glean from Jesus's hours in Gethsemane? How might it encourage us on days when joy is slim? Here are three thoughts.

1. Jesus was generally open with all and painfully specific with a few.

Jesus called people to follow him—large crowds, 72 disciples, 12 disciples, and from them a group of three (Luke 10:1; Matt. 10:1-4; 17:1-8). As the crowd shrunk, Jesus's vulnerability grew. The 12 disciples went to a place called Gethsemane. "Sit here while I pray," he told them. He then took the three—Peter, James, and John—and grew greatly distressed and troubled: "My soul is very sorrowful, even to death. Remain here and watch" (Mark 14:32-34). As life hammers away at our hope, we need to talk about it. But wisdom warns us not to be painfully specific with everyone. We should be generally open with all and painfully specific with a trusted few. If our sinless King pressed into these kinds of friendships, shouldn't we?

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2. Jesus kept returning to God in prayer.

Jesus’s most intimate friends failed him; they kept falling asleep. Luke tells us it was from grief, but their snoozing still disappointed our Lord (Luke 22:45; Mark 14:37–38). Yet he prayed all night.

We can be quick to judge God’s faithfulness in light of the non-responsiveness of our friends. It could be that all your friends are sleeping in your time of need because God is teaching you dependence on him (Matt. 26:40–42). At one point, Jesus asked his Father to change his script (Luke 22:44; Matt. 26:39a). I’m so thankful this event is in our Bibles. Jesus shows us it’s okay to struggle with the disconnect between our desires and what God is giving us. It’s even normal to want something on one level and not want it on another—like he did. What should we do when dreams and reality don’t connect? How should we respond when friends fail us? Pray. And then keep praying. *If our sinless King pressed into persistent prayer, shouldn’t we?*

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3. Jesus trusted his Father’s plan.

Ultimately, Jesus concluded, “Nevertheless, not as I will, but as you will” (Matt. 26:39b). He surrendered his desires to his Father’s plan because he knew the Father’s goodness. Your circumstances do not define God’s goodness—his character does. God is not a monster; he’s your Father (Matt. 7:11). And because he’s the best Father, every word spoken to a child of God is wrapped in tender, mysterious mercy. Your best dream might actually be your worst nightmare in disguise. We just don’t know. Only God does. So trust him in your Gethsemane. *If our sinless King pressed into surrender, shouldn’t we?*

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**WEEK 1:**

*Jesus Equips the Ordinary*

**WEEK 2:**

*Jesus Enables the Faithful*

**WEEK 3:**

*Jesus Heals the Wounded*

**WEEK 4:**

*Jesus Sees the Marginalized*

**WEEK 5:**

*Jesus Gives Hope*

**WEEK 6:**

*Jesus Empowers*

*April*

## *What the Women Saw*

**“Do women matter to the kingdom of God?”**

“Jesus was surrounded by both men and women during his ministry on earth. He saw, valued, and cared for women, and he still does today. Each one of us has a significant role. Through this six-session study, you will discover who Jesus is through the unique perspective of women in the Bible. As you study the lives of Mary, Martha, Mary Magdalene and others you will learn from their faith and failures, and be reminded that Jesus cared for and valued the women he was surrounded by. He equipped them, listened to them, walked with them, healed them, and empowered them. And he does the same for you now.”

(This video series and above description is from IF: + RightNow Media and features Jennie Allen, Bianca Juarez Olthoff, Jada Edwards, and Sadie Robertson Huff, and they teach through the Scriptures as they Join one of our virtual small groups, gather some friends and watch in your home, or follow along on your own! If you need help setting up your RightNow Media account, let us know at [info@coacheswivesministry.com](mailto:info@coacheswivesministry.com))

# *Week 1: Jesus Equips the Ordinary*

*(Bethlehem & Cana)*

*And Mary said, "Behold, I am the servant of the Lord: let it be to me according to your word."*

*Luke 1:38*

Read: Luke 1:26-56, John 2:1-12

How did God encourage you this week through the scripture or video?

Personal Reflection:

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# *Week 2: Jesus Enables the Faithful*

*(Lazarus' Tomb)*

*"Now when Mary came to where Jesus was and saw Him, she fell at His feet..."*

*John 11:32*

Read: John 11:1-44

How did God encourage you this week through the scripture or video?

Personal Reflection:

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# *Week 3: Jesus Heals the Wounded*

(Capernaum)

*“Daughter, your faith has made you well; go in peace.”*

*Luke 8:48*

Read: Luke 8:40-56

How did God encourage you this week through the scripture or video?

Personal Reflection:

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# *Week 4: Jesus Sees the Marginalized*

(Jacob's Well)

*“All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation...”*

*2 Corinthians 5:18*

Read: John 4:3-45

How did God encourage you this week through the scripture or video?

Personal Reflection:

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# *Week 5: Jesus Gives Hope*

*(Town of Magdala & Church of Holy Sepulchre)*

*“Those who are forgiven much, love much.”*

*Luke 7:47*

Read: Luke 8:1-3, John 19:17-25

How did God encourage you this week through the scripture or video?

Personal Reflection:

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# *Week 6: Jesus Empowers*

*(Garden Tomb & Mount of Olives)*

*“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.” - Acts 1:8*

Read: John 20:1-18, Acts 1:6-11

How did God encourage you this week through the scripture or video?

Personal Reflection:

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As we learned in our study “What the Women Saw”, God has called us all to make disciples and to be disciples. Doing this is an overflow of what the Lord has done for us, because our new identity in Christ drives us to action! As coaches’ wives, we do have a special platform of influence, however, we all have specific gifts and callings. Leadership training is a “no commitment” commitment, because it’s not about preparing to lead in CWM. You may complete the course and realize that the Lord is calling you to focus more on your children, or reach out to another woman at work- or God might be calling you to serve coaches’ wives in this ministry. Our goal is to help you discover what the Lord has for you, and to provide the tools and support you need. We cover the 5 values of the ministry in this 6-week training. This course is a great way to apply what we have learned from studying women in the Bible, and to be empowered to take whatever steps the Lord is leading you to take. We hope you can join us in the journey!

Let us know how we can serve you! [info@coacheswivesministry.com](mailto:info@coacheswivesministry.com)



A close-up photograph of a person's hands and arms. The person is wearing a light pink short-sleeved shirt. Their right hand is holding a light green insulated cup with a clear lid and a clear straw. A black braided rope is attached to the cup with a silver metal clasp. The person's left hand is holding the handle of a green tote bag. The background is a bright, out-of-focus outdoor setting.

*May*

*And the Lord God said,  
'It is not good  
that man should be alone;  
I will make him a  
helper (EZER)  
comparable to him.'*

*Genesis 2:18*

# Called to Be Warrior Women

In Hebrew, the word HELPER is Ezer Kenegdo, which means to rescue/to save and to be strong. Ezer is used 21 times in the Old Testament in three different ways: for the woman, for the nations to whom Israel appealed for military aid, and for God as Israel's helper. Throughout Scripture, the word Ezer is used consistently in a military context.

The Ezer is a warrior.

In serving those around us, it might seem as if our main job is to wait and see how we can best help; serving in response to the needs rather than having a plan of action. While it's important to be flexible, it is equally important to understand what it means to be a helper in the way that God created us to be. We have this identity as a warrior woman, because we belong to the Warrior King! We can learn how to battle in Ephesians 6- through the Word and intentional prayer, and take action because of who we are serving and who He says that we are in Him.

“The Lord your God is in your midst,  
A victorious warrior.  
He will exult over you with joy,  
He will be quiet in His love,  
He will rejoice over you with shouts of joy.”

Zephaniah 3:17

Have you ever considered that to be a helper is to be a warrior? Why or why not? Journal your thoughts below:

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“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.” -Ephesians 6:10-18

What is the most challenging part of this Scripture to you? Journal your thoughts below:

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*“I've recently been convicted about how we say ‘all we can do is just pray.’ It is no small thing to have a direct line of communication with God.” -Erika Holmes, CWM Member*

# Marriage

Lord, I pray for wisdom and understanding, and not just for my husband as he is serving athletes, other coaches and the community and thinking through future career options- I pray for myself, that I would have wisdom to know how to pray for him, when to speak and when to listen.

“So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.”

Colossians 1:9-10

Lord, I pray for healing and wholeness, that the battle wounds of life would be healed by You, our Great Physician, and that I would know how to speak Your words of grace and peace into my husband's life.

“Pleasant words are flowing honey, sweet to the taste and healing to the bones.”

Proverbs 16:24

Lord, I pray for compassion and patience, as I may not fully understand the pressure he feels and the challenges he faces. May I be kind and compassionate even as I have pressures and struggles of my own, and please help me entrust him to you and cease striving to fix things. Please glorify Yourself as we depend on You.

“...walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.”

Ephesians 4:1-3

*“Being in war together may be what keeps us from being at war with each other.” - Francis Chan*

# Motherhood



Lord, I pray for wisdom and understanding as I seek to steward the lives you have entrusted to us. May every decision be surrendered to You in prayer, and may the words of my mouth be pleasing to you as I teach and train my children, and as I continue to encourage them to seek You first as they move into adulthood. Motherhood is a lifelong ministry! Please provide godly mentors to pray with me and for me, and may I be a mentor who points other mothers to You as well.

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

James 1:5-6

Lord, I pray for healing and wholeness, as I experience the physical exhaustion of a 24/7 discipleship ministry in our home. You are my strength, and I pray that I will experience You in a tangible way.

“(He is) giving power to the tired and reviving the exhausted.”

Isaiah 40:29

Lord, I pray for compassion and patience with myself, my children and my husband. Although the physical, mental, spiritual and emotional needs of my family are continuously before me, I pray for Your eternal perspective to be my mindset. I thank you for Your compassion and patience towards me.

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Galatians 6:9

# *Mental Health*

May is Mental Health Awareness month. As Warrior Women, we are called to be light in the darkness, and to “save and rescue” those in need. However, it is crucial to depend on the Lord in this- He sees enemies we cannot see and understands the bodies and minds He created. And so we fight with the Word, our sword. We claim promises, speak grace and peace over the hurting, pray with them and for them and learn to listen well. And we too must run to our Great Physician! The fight for mental health is a struggle for almost everyone in some capacity or another. So whether you are struggling personally or know someone who is, let’s cry out to God in prayer and fight with and for those in the midst of the battle.

Lord, I pray for wisdom and understanding. You alone know the complexities of this struggle. Please show me when and how to take action and when to wait. When to speak and when to listen. Please provide wise and godly doctors and counselors if needed, and help me always seek Your Word first for answers and filter all research and advice through Your truth.

“Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

Proverbs 3:5-6

Lord, I pray for healing and wholeness for myself, my loved ones and the mental health of our broken world. We bring all chemical imbalances, genetic disorders, physical illness, painful experiences, hurting relationships, lies and weary spirits before You and ask for miracles upon miracles. You understand our frame, and we desire Your gospel framework to overpower every mindset that needs Your powerful touch. Thank You for being with us in our pain.

The LORD is near to the brokenhearted and saves the crushed in spirit.

# Mission



Lord, I pray for wisdom and understanding as we are serving on the mission field of sports. There are so many needs and opportunities, and I pray for wisdom to keep my priorities in order, seeking You and serving my family first, and then being aware of how You might be leading me to reach out to others. Above all, please let everything I do be built on Your Word.

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”- Matthew 7:24-27

Lord, I pray for healing and wholeness in my own life, that I may overflow with Your Grace into the hurting world around me. There are disappointments and suffering in this life, and I thank You for the stability I have in You.

“My body and my heart fail, but God is my heart’s rock and my share forever.”-Psalm 73:26

Lord, I pray for compassion and patience as we move from place to place. May I see each new group of athletes, and every coaching family and community through Your eyes. Show me how to love and make the most of the time we have with them. People need You, Lord. Please let them know You as their compassionate Shepherd too.

“When He saw the crowds, He had compassion on them because they were harassed and helpless, like sheep without a shepherd.”- Matthew 9:36

# *In Your Presence*



*Thank you Lord, for my weaknesses;  
my longings to be known;  
my desires to be loved and cared for.*

*For they are an opportunity  
to grow strong in the awareness  
of Your compassionate mercies;  
of Your deep love for me;  
of Your perfect ways  
which are much higher than mine.  
I will thank you for my weaknesses,  
longings and hopes,  
For they are the reason  
I run to You!*

*In Your Presence  
I am rescued from reacting  
in anger or self-pity;  
from believing lies from our enemy.  
I am instead strengthened  
in power,  
in love,  
in security,  
in confidence,  
in courage,  
in hope for tomorrow!*

*In Your Presence,  
I can thank You  
for allowing disappointments,  
heartache, hardships.  
For in my weakness,  
I need You!  
I run to You!  
I listen to You!  
I identify lies and respond to Truth.*

*In Your Presence  
I am renewed in the Light of Your Love!  
The intimacy in our relationship grows!  
My faith deepens!  
My dependance strengthens!  
My heart embraces the Truth that  
sets me free.*

*In Your Presence  
I am reminded  
that in my weakness I am strong!  
I am strengthened in power  
in my inmost being  
for Jesus to dwell in my heart through FAITH.  
The eyes of my heart and mind are opened  
to understand the depth of Your love for me!  
To know Your love is greater than knowledge!*

*In Your Presence  
I am covered and filled with Your fullness!*

*I am given such a sense  
of Your Living Reality.  
You reveal to me Who You are!  
I receive with Thanksgiving  
the plans You have for me!  
I reach for the abundant life  
My Lord Jesus died for me!  
I rejoice in the genuine JOY  
that is mine when I trust You  
and believe with all my heart  
that because of You  
and with You,*

*I have HOPE for tomorrow.*

A coach's wife for 47 years, Dee Kijanko is also a women's bible study leader and mentor, artist, writer and speaker. Dee and husband Tony are on staff at Nations of Coaches, a national ministry to collegiate level basketball coaches and wives. They live in the North Georgia mountains, grateful to be parents to four children and six grandchildren - their greatest adventure and most honored privilege! Her blog, "The Affections of My Soul", can be found at [deekijanko.com](http://deekijanko.com)

*"I run in the path of your commands, for you have broadened my understanding." Psalm 119:32*

*“Coaches’ Wives Ministry is a global outreach designed to strengthen and equip coaches’ wives through discipleship on the mission field of sports.”*



*SPRING 2023 ISSUE*  
**SEASONS**

*A quarterly discipleship publication of*  
**COACHES’ WIVES MINISTRY**

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