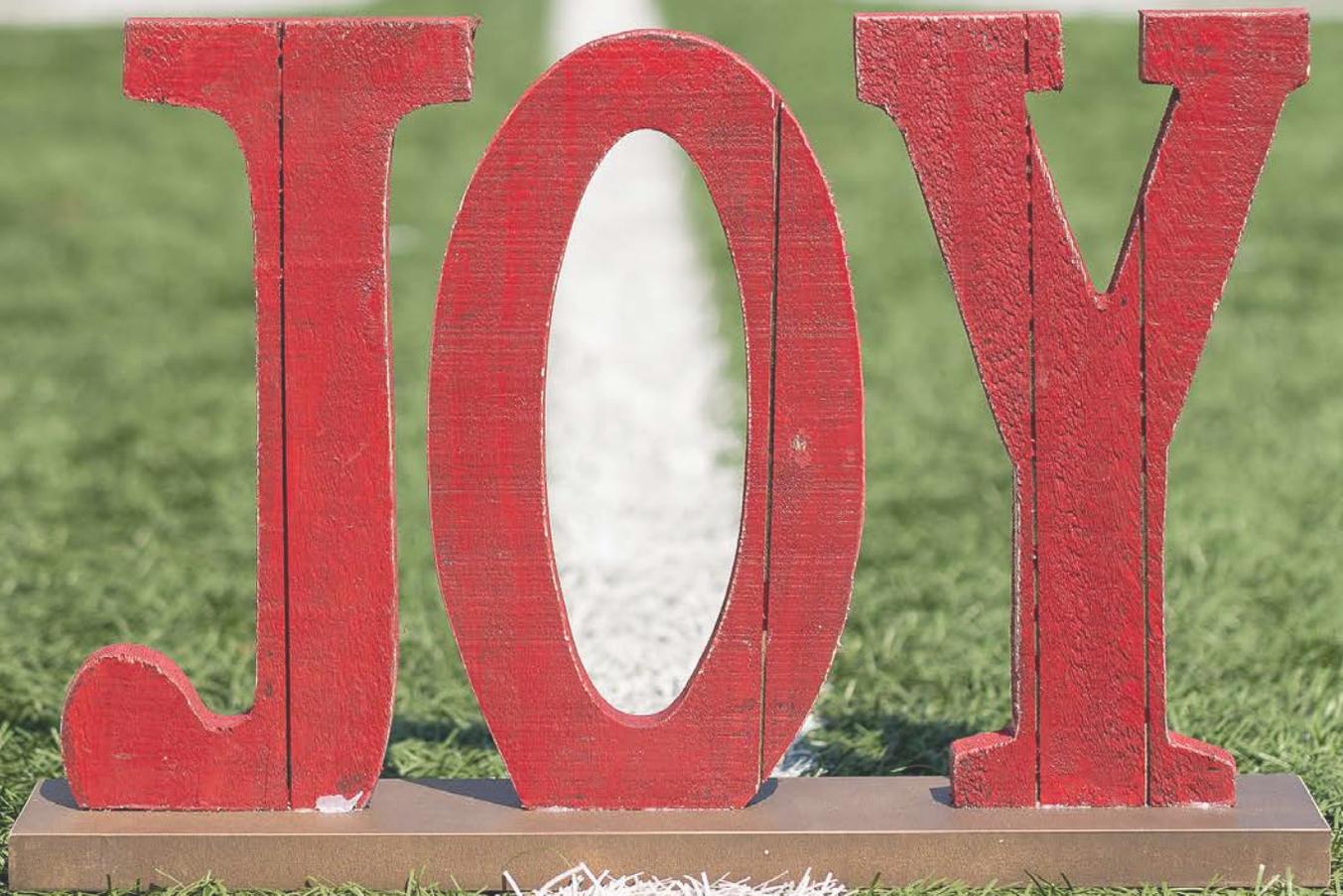


# SEASONS

The Discipleship Journal For Coaches' Wives



# 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,

The first thing on my Christmas list is always the same. I love gift cards, because I love after-Christmas shopping! Beyond that, my top three would definitely be candles (cinnamon scented), cozy blankets and fuzzy socks. Basically, the “comfort” gifts. They cheer me up, what can I say? But more than that, these simple gift items remind me to seek out deep and abiding comfort and rest- physically, mentally, emotionally and spiritually.

Light a candle and read the Word. Grab a blanket, sit on the couch and write in my journal- or take a nap! These simple moments have been part of my life for as long as I can remember, and my journals are filled with stories of God's faithfulness. Regardless of how I might attempt to fix my own issues, He has always been the ultimate Comforter, and the years of candles and blankets have drawn me closer to Him through seasons of both joy and suffering. He is the God of all comfort. He is the God of Hope. Over and again, the Lord has shown Himself to be the greatest gift.

I don't know what type of season you are personally in right now, but we've all been through alot these past few years, and our world as a whole is hurting. Some even say we are experiencing a “hopelessness epidemic”. However, even in this, we know that Jesus came to give us the gift of hope that “will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with His love.” Romans 5:5

Hopelessness and despair might be themes in our culture today, but this doesn't have to lead to discouragement. Instead, we have the opportunity to be honest about our own hearts, to be compassionate towards others, and to REMEMBER: He is the Light of the world (John 8:12) who dispels the darkness that plagues the future generations. He is the Wonderful Counselor who brings truth to the lies in our minds (John 14:26-27). He is the Healer of the brokenhearted and He is close to those who are crushed in spirit (Psalm 34:18).

My prayer is for us all to grow deeper in our relationship with the Lord. To have many candle-blanket moments throughout the holidays and in 2023! And to experience His comfort, joy and hope in our own lives, so that our hearts will overflow with that hope into the world around us.

*“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”*

*Romans 15:13*

*Blessings,*

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



This issue is dedicated to our giving teams. We are thankful for the generous giving of individuals, churches, businesses and other organizations that make it possible to serve coaching families.

May our God of all comfort and peace bless you  
and your loved ones this season and beyond!



Winter Issue 2022 - 2023

# *Journal Guide*

## DECEMBER

“Tidings of Comfort and Joy”

## JANUARY

“Should we stay or should we go?”

## FEBRUARY

“Uncomfortable Life, Unshakeable Hope”

*A 4-week study through the book of 1st Peter*

## *Content*

Editor's Note

“The Lord is my Dwelling Place”

The Coaching Family: *A Legacy of Discipleship*

(Healthy) Comfort Food Recipes



# Tidings of Comfort and Joy

*“And the angel said unto them, Be not afraid; for behold, I bring you good tidings of great joy which shall be to all the people! For there is born to you this day in the city of David a Savior, which is Christ the Lord.”*

*Luke 2:10-11*

Although Christmas centers around the birth of Christ, we cannot go through this season without celebrating His **WHOLE** life—His miracles, His teachings and His death and resurrection as well. In Luke 2, when the “good tidings” were proclaimed, the angel didn’t announce that a **BABY** had been born, but that a **SAVIOR** had been born! With this in mind, Christmas Day becomes a year-round celebration, carols become worship songs and the comfort and joy we feel during the season becomes part of our daily lives.

# December

*“Comfort my people! Comfort them!” says your God. “Speak tenderly to Jerusalem and announce to it that its time of hard labor is over and its wrongs have been paid for. It has received from the LORD double for all its sins.”*

*Isaiah 40:1-2*

To “comfort” is to lessen the sadness or sorrow of someone and to strengthen by inspiring with hope and restoring a cheerful outlook: to comfort a despairing person. (dictionary.com) Despite the cheerful music playing in the department stores, Christmas can be a lonely time and the holidays can’t replace the hurt that we might have experienced during the year. While we sing “Joy to the World”, the comfort part that we read about in Scripture is a gift that might be overlooked during the busy season. Let’s look at how our Savior’s birth brings joy to the world AND comfort to our hearts.

“God rest ye merry gentlemen, Let nothing you dismay  
Remember Christ our Savior was born on Christmas Day  
To save us all from Satan’s pow’r when we were gone astray  
**Oh tidings of comfort and joy, comfort and joy, Oh tidings of comfort and joy!”**

# *He brings comfort and joy through salvation*

*“But when the fullness of the time came, God sent His Son, born of a woman, born under the Law, so that He might redeem those who were under the Law, that we might receive the adoption as sons and daughters.”*

*Galatians 4:4-5 (NASB)*

**This is the devastating pain of all human kind. To be crushed under the law with the standard of holiness that no one can achieve, and therefore, no one can reach heaven or have a personal relationship with God the Father. We are in fact, orphans, and what greater comfort than to have a family. This adoption cost Him everything, and sending His own Son to us as a baby was just part of it. We can find comfort, strength and hope in God’s great love and willing sacrifice to rescue us from sin and death. Have you experienced the comfort and joy of salvation? If so, think about who you can share it with. If you are not sure, think about who you can talk with.**

**Read: Romans 8:14-17**

**Think about what it means to be part of the family of God.**

**Write your thoughts below:**

---

---

---

---

---

# *He brings comfort and joy to our loneliness*

*“And she will bring forth a Son, and you shall call His name JESUS, for He will save His people from their sins.” So all this was done that it might be fulfilled which was spoken by the Lord through the prophet, saying: “Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel,” which is translated, “God with us.”*

*Matthew 1:21-23 (NKJV)*

Ask any coach’s wife. Loneliness is a struggle that ranks high on the list for those committed to the coaching lifestyle. There’s not only the continual move, but also the hours of holding down the fort at home—plenty of alone time that can lead to loneliness. It’s easy to turn to other things to fill our hearts, but what a comfort to know that the Lord is with us. He calls us to experience His presence, not just know it intellectually, and it’s part of growing in our relationship with Him. He comforts us through His Word and through community. We need each other on this coaching journey!

Do you seek God’s comfort in your loneliness? If so, how?

Read: Deuteronomy 31:8-9

Write your thoughts below:

---

---

---

---

---

---

# *He brings comfort and joy to our uncertainty*

*“For to Us a Child is born, to us a Son is given; and the government shall be upon His shoulder, and His name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of His government and peace there will be no end, on the throne of David and over his kingdom, to establish it and to uphold it with justice and with righteousness from this time forth and forevermore. The zeal of the Lord of hosts will do this.”*

*Isaiah 9:6-7*

During this most wonderful time of the year, many coaching families find themselves waiting for the text or phone call that will lead to the next adventure or give confirmation to another year in the current job or location. It is an uncertain time to be sure- although even an individual game can be a source of anxiety! We are not promised stability in this life, but the coming of Jesus brings ultimate peace to people groups, governments, concerns of this world and unrest in our hearts. Not only is He the Prince of Peace, He is the Mighty God who is sovereign over all uncertainty. He is our Father forever, giving us a certain and stable family. He is our Wonderful Counselor with whom we can share all our worries and fears and receive comfort and direction.

Do you seek God’s comfort in your uncertainty? If so, how?

Read: Psalm 119:48-52 Write your thoughts below:

---

---

Have you ever experienced God’s peace in the midst of chaos?

Read: John 14:26-27, Psalm 23:4 Write your thoughts below:

---

---

*As we go into 2023, there are some special CWM opportunities to put on your calendar! Save the Date...*



**FEBRUARY 23RD - 25TH, 2023**

*Our second annual gathering  
is coming soon!*

**Cost is TBD**

**Pre-Registration and information is on the website.  
[www.coacheswivesministry.com/cwm-gathering-2023](http://www.coacheswivesministry.com/cwm-gathering-2023)**

# *Game Plan for the New Year*

In our Fall issue, we used a hand illustration that represented the 5 ways of growing in God's Word: Hearing, Reading, Studying, Memorizing and Meditating. This is helpful information at best without being intentional to put these things into practice. As we approach 2023, think through each aspect of growth and how you can put it into practice. Remember that this is not about being legalistic in our plans, but instead, it's about being faithful stewards of the gift of God's Word.

# January

Use the space below to brainstorm your game plan:

**HEARING:**

(Ex.: podcasts, sermons at church)

**READING:**

(Ex.: daily reading plan, chronological, going straight through or other)

**STUDYING:**

(Ex.: participating in a Bible Study at church, doing a topical study or a study on the book of the Bible with friends or on your own)

**MEMORIZING:**

(Ex.: focus on a topic, specific passages or themes,  
find accountability partner)

**MEDITATING:**

(Ex.: schedule regular time to think! Review what you've been learning,  
spend time journaling)



*Should We Stay  
Or Should We Go?*

The coaching life is an adventure of continuous decision-making opportunities, and a good decision making process can bring joy to the journey! The hard part is that we can seek the Word for answers, but it doesn't say, "Thou shalt take this job..." There are always different factors involved, and every family goes through this decision process differently, but here are two verses and four questions for you and your husband to think about before you even get started. Let's take a look at Proverbs 3: 5 & 6.

*"If any of you lacks wisdom, you should ask God, who gives generously to all." James 1:5*

***Trust in and rely confidently on the Lord with all your heart***

**How is your heart?**

At the heart level, we can all start the decision-making process from a place of faith, fear, frustration or exhaustion- or a mixture of all of it! It's especially hard when you are coming out of a difficult season or situation. We encourage you to use Psalm 139 as a daily prayer to remind you that God knows our hearts even better than we do. Pray for your husband's heart as well as your own, or maybe you can read and pray together.

***And do not rely on your own insight or understanding.***

**Who is in your corner?**

As coaches' wives, we need wisdom in finding wise, trustworthy older women to pray with us and support us as we seek to support our husbands. If you don't have this, pray for it and seek it out, and pray the same for your husband. We all need wise counsel and godly mentors that we can trust.

***In all your ways know and acknowledge and recognize Him,***

**Where's your focus?**

As you go through the process, it's easy to keep looking towards whatever the final destination could or should be. However, there are many steps and stops along the way that need to be submitted to the Lord. The process is important, so find ways to remind yourself of this starting with daily time in the Word. Focus on what the Lord is wanting to teach you each day, and grow as you go!

***And He will make your paths straight and smooth.***

**What's your perspective?**

Are you going into the process with earthly or eternal perspective? Yes, we want to serve the Lord in the coaching profession, but does this verse mean that if we trust God, the path will be easy and obvious? Not at all. Transitions are tough and the best decisions aren't necessarily the most convenient, however, we can ask the Lord to help us see things through His perspective before we even make a pros and cons list!

"The paths of life on which the Lord leads us often seem winding and bumpy to us. Yet from God's perspective- which is the only perspective that matters- these paths are straight and smooth, taking us exactly where He wants us. Hindsight, as they say, is always twenty-twenty. When we find ourselves in the place where the Lord wants us, we can often look back and see that the circuitous path it took us to get there was actually perfectly straight, that what seemed like twists and turns at the time were necessary steps along the road. When we feel as if we are wandering, we must remember that if we are trusting in God, He is actually guiding us on His straight path."

(Excerpt from the Tabletalk devotional "Straightening Our Paths" February 11, 2015)



Falling to my knees in my sweet corner.  
Confused. Unsettled. Yearning.  
Longing for life in past places that are no more.  
Life with people we dearly love and miss.  
Homesick for so very much.  
The void and ache so real.  
I wonder, "Are we where we should be?  
Is this place your leading, Lord,  
or the consequence of our doing?"

I hear the gentle, quiet whisper deep in my soul.  
"You already know the answer."  
I reflect. I remember. I realize,  
"Oh yes, Lord...I do know!  
You've already taught me this!"  
Though years ago,  
Vivid clear memory rushes back as I recall.  
Packing to join hubby Coach at the university  
he's gone ahead to.  
We do this every year.  
He leaves. I follow in a few weeks.  
We step away from family life, family home and  
community where children and grands live  
to coach, to serve at the university  
God has called us to.

Miles and states apart. Months away...  
Millions of moments void of  
precious children and grandchildren.  
Missing church home, church life, church family.  
Wandering through the house with the list of  
things to not forget.  
Heart beating fast. Hands holding tight.  
Resolve ebbs. Tears flow.  
Thoughts and feelings gush.  
"I'm not ready to let go. How can I leave?"  
Lord, please help me do this."

*"Strength and JOY are in  
His dwelling place!"*

*I Chronicles 16:27*

The doorbell rings.  
Wiping tears with my sleeve, I answer.  
Dear friend and neighbor  
returning borrowed books.  
Noticing my emotional state, she asks with compassion.

“How can I pray?”  
“Oh Andrea, how can I leave again?  
I miss their birthdays. I’m away for so long.  
They grow up so fast.  
We leave so many important things.  
This is home.”

A warm hug and embrace.  
She gently places her hands on my shoulders.  
I welcome her wisdom and comfort.  
I know she understands.  
High school, college and now NBA coach’s wife,  
she too has left homes and children  
to serve at her husband’s side,  
to answer God’s call for them.  
She’ll start her packing soon!  
So I listen intently.

“Oh dear Dee, The Lord is your dwelling place.  
Not this home. Not that campus apartment.  
Not children or grandchildren.  
Not a church building. Not a perfect place or situation.  
When you are His;  
When you seek Him and His plans for you;  
When you desire obedience;  
He covers you with the grace you need  
to go, to be, to live in His will for you.  
The right place. The safest place. Your dwelling place.”

Yes. Yes. Yes.  
Words that cover me as a balm to my aching soul.  
Powerful truth I again embrace.  
Calmness and peace flood my soul.

“Yes, Lord, You are my dwelling place.  
Not this place. Not past places. Not houses.  
Not perfect coaching situations.  
You are our dwelling place!”

The eyes of my heart open!  
My ears HEAR! My mind BELIEVES!  
In that moment of TRUTH;  
in the marvel and realization  
of God’s knowing and care for me;  
in His insight into the longings of my heart;  
in His compassionate mercy;  
I am covered in comfort, as a warm, soft blanket.

“Yes, my Lord... YOU are my dwelling place.  
Where I need to be. Where I belong.  
Where my heart won’t run away from where I should be.  
I can’t trust my heart but I can trust You!  
Thank you for TRUTH. Truth that sets me free from my  
wrestling and wandering.  
Thank you for sending my friend,  
a fellow coach’s wife who knows and understands!  
A mother with a heart like mine!  
A messenger from God to speak truth to me.  
Thank you for reminding me again now,  
though different season and situation,  
Your Truth is always sound and the same.”

I open my eyes to the “spacious place”  
He has led us for this season.  
Coffee waits. Bible, pens and journal near.  
The soft light enveloping my sweet corner  
sinks deep into my inmost being  
where I enjoy peace and rest.  
I rise from my knees, sit in my chair  
in my dwelling place and draw near,  
allowing My Lord to fill the void  
as no one else or no other place ever will.



# *Leadership Training*

God has called us all to make disciples and to be disciples. 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. We hope you can join us in the journey!

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

# February

Peter was one of the three closest disciples of Jesus, and the highs and lows of his faith journey are on display throughout the gospels. He was a fisherman by trade, confident in his trade, yet Jesus called him out of the boat to be a fisher of men and a shepherd of spiritual sheep. He walked on water and sank. He was invited to support Jesus in the Garden of Gethsemane and fell asleep three times. He boldly defended Jesus with his sword, and yet denied him three times as a coward in the following hours.

Peter was known to be impulsive, slightly violent and.....he was also known as the Apostle of Hope.

We've covered a few main topics this season- comfort, joy and hope, and throughout the book of 1st Peter we will continue to see these themes. Peter wrote this letter to persecuted Christians in five regions of Asia Minor, encouraging them to keep their hope fixed on God and His promises. Reminding them of our Jesus suffered, but eternal joy would be theirs one day. Calling them to live a holy, hopeful, uncomfortable life- and through this four week study, we will be challenged to do the same.

WEEK 1: *A Living Hope & Holy Living*  
1 PETER 1:1-2:12

WEEK 2: *Submitting & Suffering*  
1 PETER 2:13- 3:22

WEEK 3: *Stewarding*  
1 Peter 4

WEEK 4: *Shepherding*  
1 Peter 5

# *A Living Hope & Holy Living*

*“Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope, through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you...”*

*1 Peter 1:3-4*

READ: 1 Peter 1:1- 2:12

REFLECT and JOURNAL your answers below:

What verse(s) impacted you the most and why?

---

---

---

---

What does this scripture say about keeping eternal perspective, and how can we apply it when walking through the trials and challenges of the coaching lifestyle? How can you “set your hope fully” on His grace?

---

---

---

---

What does the scripture say about living a holy life regardless of opposition?

---

---

---

---

WHO MAKES THIS HOLY LIVING POSSIBLE? (hint: 1 Peter 1:3-5)

---

---

---

---

# Submitting & Suffering

*“But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.”*

*1 Peter 2:9*

READ 1 Peter 2:13-3:22

REFLECT:

What verse(s) impacted you the most and why?

---

---

If you have ever struggled with those in authority over your husband’s athletic program, or your own husband, you are not alone! What does this passage teach us to do?

---

---

---

On the mission field of sports, we have a platform of influence and are often being observed by players, other coaching families, parents and even fans. If someone were to ask you about your faith, with interest or with criticism, are you ready to share the “hope that is in you”? (1 Peter 3:15)

---

---

---

---

WHO MAKES SUBMITTING AND SUFFERING POSSIBLE? (hint: 1 Peter 3:20-21)

---

---

---

---

# Stewarding

*“As each has received a gift, use it to serve one another, as good stewards of God’s varied grace: whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies- on order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.”*

*1 Peter 4:10-11*

READ: 1 Peter 4

REFLECT and JOURNAL your answers below:

What verse(s) impacted you the most and why?

---

---

Do you know your gifts? Every coach’s wife is different, but we are all given gifts and abilities for God’s glory.

---

---

---

---

Make a list of the practical ways we can serve in 1 Peter 4:7-11.

---

---

Without comparing yourself to another wife, ask the Lord how He wants you to specifically apply these things.

---

---

---

WHO MAKES THIS STEWARDING POSSIBLE? (hint: 1 Peter 4:10-11)

---

---

---

---

# Shepherding

*“Shepherd the flock of God that is among you, exercising oversight, not under compulsion, but willingly, as God would have you...”*

*1 Peter 5:2*

READ: 1 Peter 5

REFLECT and JOURNAL your answers below:

What verse(s) impacted you the most and why?

---

---

As coaches, our husbands are most likely looked upon as leaders in the community. No matter where the coaching journey takes us, there will be a team (or flock) to love and to lead. To “shepherd” means to “guide or guard”. Are there specific people the Lord has put into your life that He is calling you to shepherd? To invest in, serve, mentor and walk alongside? Or specific ways your husband wants you to help him shepherd the team? Ask the Lord to show you.

---

---

---

As we serve on this mission field, we will encounter spiritual warfare. Do you have someone praying with you and for you and your family?

---

---

Do you have a habit of casting your anxieties on the Lord and trusting in His care for you, or is that something you need help with?

---

---

WHO MAKES SHEPHERDING OTHERS POSSIBLE? (hint: 1 Peter 5:10-11)

---

---

---

# *(Healthy) Comfort Food Recipes*

## Mini Pumpkin Pies

### Ingredients

- 2 GF pie crusts (store bought or homemade)
- 3 eggs
- 1, 15 oz. can pumpkin
- 1c brown sugar, or 1c coconut sugar
- 2 tsp pumpkin spice
- 2 tsp vanilla extract
- Pinch sea salt
- 1c full fat coconut milk
- Whipped topping for garnishing
- Cinnamon for garnishing

### Directions:

Preheat your oven to 350. Roll out the pie crusts on a floured surface, then use a 3.5-inch cookie cutter, or other similarly-sized lid or cup, to cut out circles in the pie dough. After you've cut out the circles, take the scraps of pie dough and form them into a ball, then roll out the dough again and cut out more circles until you have a total of 15. Place pie crusts in a muffin tin, and begin making the pumpkin filling. Crack and whisk eggs in a large bowl. Add pumpkin, brown sugar (or coconut sugar), pumpkin pie spice, vanilla extract, and sea salt. Stir until blended well. Stir the coconut milk into the pumpkin filling mixture. Fill pie crusts with  $\frac{1}{4}$  c pumpkin pie filling. Bake for 25 minutes, or until the center of the pies are done. Let cool for 1 hour, then refrigerate. Serve chilled, garnish with the whipped topping and cinnamon. Enjoy!

\*This recipe is courtesy of Fed and Fit

---

## Sweet Potato Pumpkin Honey Waffles

### Ingredients

- 1 cup almond flour (or 1 cup ground pecans)
- 1 1/2 cup Bob's Red Mill gluten-free flour
- 2 T cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp sea salt
- 1/2 cup mashed sweet potato
- 1/2 cup pumpkin
- 1 cup unsweetened almond milk
- 2 T coconut oil
- Raw honey (for topping)

### Directions:

Preheat a waffle iron to medium heat. Combine the flours, cinnamon, baking powder, baking soda, and salt. Mix well. In a separate bowl, combine sweet potato, pumpkin, milk, and coconut oil. Pour the liquid mixture into the dry mixture and mix together. Lightly coat the waffle iron with coconut oil cooking spray. Pour the batter into the waffle iron (according to your waffle iron instructions), and cook until light and crispy. Drizzle

# False Comfort @ True Joy

By Rachel King

I am a creature of habit. I wake up at the same time each day, follow the same morning routine (cup of coffee plus time with Jesus), eat the same thing for breakfast, etc.

I love routine. I thrive on it. It brings me comfort, and boy do I love to be comfortable!

However, routines are created and habits are learned, and there was a time when my health was suffering because of the habits in my life that related to food.

As a teenager, if I had a rough day or had gotten upset, I'd go straight to the kitchen and make a pan of brownies to feel better. I would even sit on the couch with an entire bag of chips and drown my sorrows watching mindless TV until the bag was empty. I had created the habit of turning to food for comfort, and as I got older, this became a common "routine."

After a breakup or a stressful day at work, I felt that I "deserved" a treat. I sought out comfort food to ease the pain. But after the food was gone, the brief moment of comfort was too. It was replaced with new guilt and shame over my gluttony in addition to the sadness I had already been experiencing. The band aid of brownies had been ripped off, and all that was left was a gaping wound that never healed. I finally hit a wall in my early twenties, while struggling with exhaustion and found out I had extremely high blood pressure and things had to change. But again, instead of asking God to come in and help me, I tried to do things on my own...because that was what made me comfortable. I did everything the wrong way - fad diets, counting calories, cutting carbs. One day after walking into a Christian book store and picking up a copy of "The Daniel Plan" book, God spoke to me. I could almost hear His voice as He told me that I hadn't been taking care of my body with my gluttony, and I wasn't taking care of in my restrictive state either. It was then that I decided to get my nutrition coaching certification and learn how to do this the RIGHT way, with God in the center of it all, and then teach other women to do the same.

God is such an important part of the journey when it comes to maintaining a healthy weight, yet I would rarely think to ask Him for help in this area. I would continually turn to food for comfort instead of the one true Comforter. Long term satisfaction and TRUE joy are only found in Jesus.

Instead of drowning my sorrows in a bowl of ice cream, I started learning to call out His name and let it all go, trusting that He will be faithful because that's who He is. He is a faithful, loving God and He will work all things for our good and His glory.

Maybe you are like me and struggle or have struggled with your relationship with food. The fact of the matter is, we shouldn't have a relationship with food at all. Our relationships are built around the food, not with it. God gave us food to enjoy, to use for fellowship with other believers, and to nourish our bodies so that we may go out and fulfill our greater purpose. But somewhere along the way, Satan has used food to lure us into his trap and twist what God meant for good.

I encourage you to spend some time with the Lord reflecting on YOUR source of comfort and joy. Are you spending your time seeking false comfort or are you investing in things that bring about true joy? Ask God to reveal to you any areas where Satan may have twisted your view of things that God meant for good. God cares about the deep dark places in your life and wants you to live in the light. He has His arm outstretched, just waiting for you to take it and begin feasting on the Bread of Life - your true source of comfort and joy.

*Rachel King is a certified nutrition coach and loves to help others in their journey towards healthy living. Her family lives in north central Alabama, and her husband is the athletic trainer for all sports at the local high school and she recently joined our CWM Team. They love to spend time with their 3-year old son, serve the youth at their local church, and watch sports (Braves baseball, especially!)*

# *The Coaching Family*

In Coaches' Wives Ministry, we talk a lot about discipleship and what can happen when we seek the Lord together in small groups and do life together. When you grow up in a coaching family, you are part of a culture of giving, serving and helping others reach their potential. It may seem insignificant to feed the team, wash the uniforms, or even to speak words of encouragement in passing, but when the family is on mission to make disciples, those acts of service and time invested have eternal value beyond the scoreboard.

This next article is written by a basketball coach's daughter who grew up in a missional family, was coached by her father and is now taking these lessons learned into her life as a young adult.

# *The Cost of Discipleship is a Coffee*

I've been recently reconciling the cost of discipleship. Both to disciple and be disciplined, and I'm realizing the metric is somewhat simple and somewhat boring. A lot of the times, the cost of discipleship is just a coffee. It is the cost of setting aside a few dollars and a few hours consistently in your schedule to meet with mentors, seekers, friends, and the Lord. You would think it would be more exciting. More intense. Maybe even more complicated. But I'm noticing that maybe the cost of discipleship is that it's ordinary and a lifetime long. The cost is faithfulness. The cost is patience. It doesn't tend to have grand instant gratification and it doesn't always feel like the type of "suffering" that at least you can feel proud of or feel important because of. No, a lot of times discipleship happens in the very mundane moments of life and the cost comes when your routine says "you have things to do" and discipleship asks to interrupt you. And it most likely interrupts you not for the exciting "come to Jesus" conversion on the side of the road. It just interrupts you to learn someone's name or hear someone's story or pick someone up from the airport or invite someone into your house and yes, even to grab coffee.

There actually is no line between living as a disciple who makes disciples and just living. It really is one and the same.

As I attempt to live life here "on mission" as if I were a missionary overseas, I find myself somewhat struck by how normal and boring discipleship and kingdom building can be. You go to work, go to church, have some people over to your house, go to coffee with someone new, go to sleep, and do it all again. And as someone who really struggles with getting bored, this is kind of a scary realization. But I'm finding that the mundane is where the beauty truly is. In the quiet moments and the hours of coffee. This is the cost, and it is also the reward.

Although I may be just living the routine of a normal life, I do not play by the rules of this world nor am I bound by its limited joys. For although the devil would like to convince me that coffee is just coffee, I know that it's another seed planted. And that faithful day at work is another field watered. Every moment at church is another opportunity to raise up workers for the harvest. And every prayer walk on my street is changing lives in ways I will never know. Life may seem normal from this side of heaven but I know that my citizenship is not here. I know that my life is storing up treasures in an eternal storehouse. And I know that there is a battle waging war in our midst and I am fighting alongside angels more vibrant than I could ever imagine.

And while it still may look like just having coffee, it turns out, that's not very boring at all.

-Melea Irby



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

WINTER 2022-2023 ISSUE

# SEASONS

A quarterly discipleship publication of  
COACHES’ WIVES MINISTRY

[info@coacheswivesministry.com](mailto:info@coacheswivesministry.com)

[facebook.com/coacheswivesministry](https://facebook.com/coacheswivesministry)

instagram: [coacheswivesministry](https://instagram.com/coacheswivesministry)

twitter: [@coacheswivesmin](https://twitter.com/coacheswivesmin)

Visit our website:

[www.coacheswivesministry.com](http://www.coacheswivesministry.com)



## Magazine Orders



*Digital & Print*

