

# The Lowedown

An update on the life and ministry of Dave & Jennifer Lowe

## Discipleship and Change Through Coaching

I first met Eric thirty-one years ago. I was a brand-spanking new staff member with Cru at San Jose State University. It was a Friday night and we were hosting a Prayer night at the Crusade house where I lived with 12 other guys.

Eric opened the front door and walked in, looking for a friend who lived at the house. He felt like a deer caught in the headlights as he realized there was a prayer meeting happening. To avoid embarrassment, Eric played coy, acting as if he had intended to join.

Later that next week I met Eric on campus and we got into a deep spiritual conversation. Though Eric had a Christian background, he had never placed his faith in Christ, until that day.

Over the next four years, Eric and I developed a close friendship as I helped him grow in his newfound faith. Since that time, we've

stayed connected and remained friends, occasionally connecting as families as the opportunity has presented itself.

Earlier this year, I contacted Eric about coaching. I was looking to gain experience in implementing the training Jen and I had received last fall and I needed people to help me get started.

Unbeknownst to me, Eric had

specifically prayed last fall that the Lord would give him wisdom and help him make progress in an area of his life that he's struggled with for a long time - his health...specifically, his weight.

For years, Eric has tried to gain control of his weight, with very mixed results. There was a certain sense of urgency this time though as Eric's doctor presented certain health related realities that were a direct result of his weight.

Can you relate? Is there an issue you've struggled with for as long as you can remember? It may not be weight or health-related but we all have areas in our lives that seem to hold us back.

Eric and I officially began our coaching relationship right before Covid hit and the primary issue we've been tackling is Eric's goal to lose 90 pounds.

If that sounds like a big goal, it is. Coaching isn't a panacea. It's not the silver bullet that solves all issues or problems. Primarily, it's

an avenue for self-discovery that empowers those who want to see growth and change make progress in areas that matter most to them.

For Eric, the journey has been long and hard. There have been many ups and downs. But with setbacks, coaching provides a structure for support that makes it a bit easier to keep going instead of throwing in the towel.

Eric has now lost 45 pounds and is half-way to his goal. He feels better, has more energy and is starting to see improvement in some of his weight-related health concerns.

Recently, I asked Eric about the spiritual connections he's made through his weight loss journey.

Eric said that he came to realize that losing weight was about more than just eating the right foods and exercising more, as important as those things are.

"There comes a point where you realize you can't just will yourself to get the results you want to achieve. We lack discipline, focus and will power." Eric went on to explain that we need help from others, whether that's in the form of support and motivation or instruction and tools.

What Eric described to me is a picture of grace. Grace is applied when we can't reach a standard we've set on our own and we need help to reach the goal.

Jesus is the ultimate grace-giver. He came to die for us, achieving the standard of righteousness required to experience a relationship with God that we couldn't meet via our own efforts.

God answered Eric's initial request from last fall by bringing others into his life to support him in his journey. I've been blessed to play a part in helping him hear the Lord's voice through our coaching relationship.

How about you? What are the areas where you need the Lord to give you wisdom and grace to move forward to see significant life change? Who can you invite into your process to provide support and encouragement?

We are grateful for your partnership with us, which gives us the opportunity to coach Young Professionals, helping them to hear the Lord's voice and experience significant growth and change!

Love,  
Dave & Jen



*Eric, taking time to reflect on God's Word. As a new Christian, Eric spent the summer of 1990 on a Cru missions project in Santa Cruz getting vital discipleship training.*



*Eric in 2002, attending a Sacramento area Cru Vision Dinner.*