

# Coaching the 5 Thresholds

A "Cheat Sheet" for Recognizing and Overcoming Obstacles of the Five Thresholds



**DISTRUST**  
looks like avoidance & fear.

→



**TRUST**  
looks like acceptance.

## THRESHOLD 1: TRUST

In your context: what are signs of distrust? What about trust?

### MOVING THROUGH THIS THRESHOLD

Dismantle their stereotype: Become human, be likeable. Get out of the box of their distrust. Charm + disarm. They expect \_\_\_\_ from a Christian.

**COACHING TIP:** Do something kind and totally unexpected.



**INDIFFERENT**  
Looks bored.

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**CURIOUS**  
Asks +1 Questions

## THRESHOLD 2: CURIOUS

In your context: What does indifference look like in your context? What about Curious?

### MOVING THROUGH THIS THRESHOLD

They just tolerate you, but they don't give a rip.

Something else to look out for is the "Rapid-Fire" questions. They may ask you 4 questions in a row, but they are not yet interested in your answers. Rapid-Fire Questions are often misunderstood as distrusting.

### COACHING TIP

- "What is your spiritual background? What does that mean to you today?"
- "I love your questions. Which one do you want to talk about today?"



**CLOSED**  
a person who is closed is complacent

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**OPEN**  
is honest about 1+ need

## THRESHOLD 3: OPEN

In your context, being closed to change looks like \_\_\_\_? What about openness?

### MOVING THROUGH THIS THRESHOLD

What is their level of awareness of a personal need in their life? Share a personal need in your life and how you are asking God to help. Offer to pray with them.

### COACHING TIP

"Would you be open to me praying with you right now? I know prayer can be a little awkward, but it is totally worth it."



**WANDERING**  
is when they explore options

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**SEEKING**  
is when they focus on Jesus.

## THRESHOLD 4: SEEKING

What does wandering look like in your context? How about seeking?

### MOVING THROUGH THIS THRESHOLD

Exploring other religions or options is often misunderstood as distrusting or merely curious. Remember, people vote with their feet. Affirm the time and energy they are putting into their search. Offer to help them explore Jesus.

### COACHING TIP

- "I love your openness. I think you would really like Jesus. Can we look at some of his teachings together?"
- Use this easy Bible study series <http://evangelism.intervarsity.org/resource/quick-bible-studies>



**AMBIVALENT**  
The need to make a decision is confusing and elusive.

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**FOLLOWING**  
The decision to follow Jesus is clear and compelling

## THRESHOLD 5: FOLLOWING

In your context, the barriers that most often keep people from following Jesus are \_\_\_\_.  
The most compelling reasons to follow Jesus are \_\_\_\_.

### MOVING THROUGH THIS THRESHOLD

There are some profound fears that keep people from deciding to follow Jesus: fear of commitment, fear of disappointment, fear of losing autonomy, fear of rejection, etc. Help them to see how Jesus will do a better job of running their life than they will on their own.

**COACHING TIP** "Each of us has to decide who is at the center of their life... us or God. Check out this story about two guys who made very different decisions. Why do you think one chose bitterness and the other chose humility? Who do you want to be like?"  
Look at Luke 23: 32-43.