



Leading from a Healthy Soul

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Session 1: The Invisible Battle

Soul Health/Neglect

Soul Health - -A Self Assessment

1. What's the current state of your own soul? Using the list we've developed, perhaps adding a few of your own, write down the symptoms of soul health and of soul neglect that you (or some one who knows you well) would say are true of you lately.

My symptoms of Soul Neglect:

My symptoms of Soul Health:

2. Next, write about how you feel about your assessment. Do you resist it? Does it feel false? Hopeless? Light? Desirable?

3. What do you most need to receive from God right now? Take time to talk to Him about that now. Go ahead and ask for what you most want. Whether it's a sense of joy, or a nap, or forgiveness, or encouragement, or clarity on a decision, or more peace, or restoration of a "first love".

4. Read Psalm 145:16-19, below. How do you find yourself responding to God in this psalm? Let this be a time in which you call on Him in truth.

*You open your hand and satisfy the desires
of every living thing.*

*The Lord is righteous in all his ways
and loving towards all he has made.*

*The Lord is near to all who call on him,
to all who call on him in truth.*

*He fulfills the desires of those who fear him;
he hears their cry and saves them.*

Spiritual Formation

What are the biggest barriers to recovering health of soul for leaders?

3 Helps and 3 Warnings

1) Silent Prayer

A wordless way of resting in the presence of God;
with an attitude of openness, contrition & longing.

*“I have stilled and quieted my soul;
Like a weaned child with its mother,
Like a weaned child is my soul within me.”*

Psalm 131:2

Process:

- Set aside time to sit in silent prayer.
- Think of a prayer word that describes your relationship with God at that particular time.
- Enter this time of silent prayer by acknowledging your desire to be attentive God.
- Sit quietly, resting in the reality of God’s presence.
- When distracting thoughts come, gently let them go. Use your prayer word to bring your attention back to God.
- At the end of your time, thank God for His presence and ease back into the activities of your day.

Practice: 20 minutes two times each day.

2) Spiritual Friendships

3) Simplicity (we'll explore this more in session 3)

3 Warnings:

Don't teach something too fresh (Your people can't go to the extremes you might need to go to. Its' OK, and you're not being inauthentic. Just wise.)

Don't pretend nothing's going on. Your team, your congregation will benefit from your authenticity during this time.

Don't feel guilty for taking care of yourself.

Final word... Take the swan dive... What might God do?

What's a next step for you?

Session 2: Immediate Impact

Functional Atheism:

Where does it creep in? Discuss...

The immediacy of Kingdom life, and a lesson from Biology

Ways to evaluate the basis from which you're operating.... (Symptoms creep in)

Goal is to lead from a place of deep spiritual groundedness,
remaining faithful to the responsibilities at hand.

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How do we remain clear that it is God's power at work?

That it is God upon whom we depend?

Develop Awareness

Four ways to develop our awareness:

1) Inward Prayer

"There is a way of ordering our mental life on more than one level at once. On one level we may be thinking, discussing, seeing, calculating, meeting all the demands of external affairs. But deep within, behind the scenes, at a profounder level, we may also be in prayer and adoration, song and worship and a gentle receptiveness to divine breathings.

The secular world of today values and cultivates only the first level, assured that there is where the real business of mankind is done, and scorns, or smiles in tolerant amusement, at the cultivation of the second level ---a luxury enterprise, a vestige of superstition, an occupation for special temperaments. But in a deeply [spiritual] culture [people] know that the deep level of prayer and of divine attendance is the most important thing in the world. It is at this deep level that the real business of life is determined."

---Thomas R. Kelly, A Testament of Devotion

Cultivating inward prayer:

- Find a "trigger"

What's your topic?

What's your trigger?

- Keep at it

Take a prayer walk to practice this constant inner conversation. Discuss the experience.

2) Fasting

3) Soul Searching (can take the form of Journaling)

Become a student of what situations, people, places suck the spiritual energy right out of you.

When does your awareness of God tend to diminish?

What happens as a result?

Find ways to inject intentional awareness into that portion of your day.

- Where did you sense God's activity?
- Where do you tend to go off on your own?

4) Find a place for Silence

Review of the Day (Examen of Consciousness)

Ignatian Practice

This small prayer, the Examen of Consciousness, is the heart of the spirituality developed by St. Ignatius Loyola and his followers. If practiced once or twice daily, it will help move you closer to the heart of Christ in all your thoughts and deeds. The point of it is to find the sources of unfreedom in your life—old habits, people, situations, conditions—that lead you to make cramped choices away from what would be God’s will.

The more we notice how we can change and move toward God like flowers to the sun, the freer we become. As God continually labors within us to make us more like His Son, we can either cooperate with his unfolding creation or freely choose not to. The choice is ours, and, like the prophets, Ignatius reminds us to “Choose life!”

Examen of Consciousness: Finding God in All Things, Phyllis Zagano

References: John Ortberg, *Ordinary Day with Jesus*, Phyllis Zagano

Process:

1. Recall you are in the presence of God.
2. Look at your day with gratitude.
3. Ask help from the Holy Spirit.
4. Review your day.
 - a. When did I fail?
 - b. When did I love?
 - c. Observe habits or life patterns
 - d. watch for both the positive and negative
5. Reconcile and resolve.

Session 3 Becoming Lead Followers: Disciplines for a fresh kind of leadership

Leadership is heady work...

Level 5 Leaders

Two defining characteristics:
Personal humility
Fierce resolve

Collin's "Black Box" the spiritual formation of leaders

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Zones of spiritual development:



Zone one “Living Up and to the Right”

Zone two “Losing touch: what’s God, what’s me?”

Zone three “Living through the collapse of the center”
or “Pride cometh before a fall”

Zone four “Living as a lead follower”

Which Zone are you in?

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A lesson from Harry...

A lesson from Michael Card's church...

What would your title be, if it were rearranged like this?

Cultivating your capacity for "followership"

Hint: a fully devoted heart— Truth & Surrender

What's a current "Truth?"

What's a current area for "surrender"? What might surrendering in that area look like for you?

Maturity progression: Dallas Willard, in Renovation of the Heart

Surrender

Abandonment

Contentment

Participation

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Disciplines of Following—enter into the “black box”—allow God to form your heart.

Use of Scripture

Soul Searching

Simplicity

From Soul Care

Soul Care Journals

Write for Your Soul: the Hows and Whys of Journaling, Jeff & Mindy Caliguire

Discovering Soul Care

Spiritual Friendships

Soul Searching

Simplicity

Renovation of the Heart, Dallas Willard

Journey to the Heart, Melanie Beattie

A Testament of Devotion, Thomas Kelley

Let Your Life Speak, Parker Palmer

Hearing God, Dallas Willard

The Way of the Heart, Henri Nouwen

The Life You've Always Wanted, John Ortberg

Everybody's Normal (Till you get to know them) John Ortberg

Connecting, Larry Crabb

The Safest Place on Earth, Larry Crabb

Safe People, Henry Cloud & John Townsend

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Good to Great, Jim Collins

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