

Leadership Equipping Thoughts



October 16, 2019

Any type of spiritual leadership can be very taxing. Authentic leaders pour their heart into God's work and are subject to challenges and disappointments. At the same time the enemy of our soul knows that "Smite the shepherd and the sheep will scatter" (Mark 14:27, Zech 13:7) which causes unique warfare upon leaders. Leaders cannot be naive about the challenges nor can they ignore the potential of burn out.

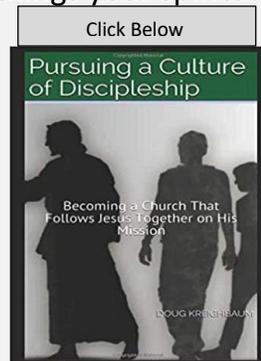
Consider what Paul faced. There were both physical and circumstantial challenges but also the daily emotional and spiritual concern for churches.

- *2 Corinthians 11:23-29 MSG 23-27 I've worked much harder, been jailed more often, beaten up more times than I can count, and at death's door time after time. I've been flogged five times with the Jews' thirty-nine lashes, beaten by Roman rods three times, pummeled with rocks once. I've been shipwrecked three times, and immersed in the open sea for a night and a day. In hard traveling year in and year out, I've had to ford rivers, fend off robbers, struggle with friends, struggle with foes. I've been at risk in the city, at risk in the country, endangered by desert sun and sea storm, and betrayed by those I thought were my brothers. I've known drudgery and hard labor, many a long and lonely night without sleep, many a missed meal, blasted by the cold, naked to the weather. 28-29 **And that's not the half of it, when you throw in the daily pressures and anxieties of all the churches. When someone gets to the end of his rope, I feel the desperation in my bones. When someone is duped into sin, an angry fire burns in my gut.***

We can all somewhat identify with Paul, especially the last part. What can we do to help remain Spiritually stable in the midst of instability?

12 Important things to keep doing when you're feeling overwhelmed

- **Maintain personal spiritual disciplines no matter how bad you feel (prayer, worship, His Presence, and the word).** If you let go of these things your spiritual engine will run out of God's fuel.
- **Never make important decisions in the valley of stress.** Decisions made in the fog of stress are rarely good ones. Never make permanent decisions in response to temporary emotions...you will always regret them.
- **Be open and ask close friends to pray for you.** Also make sure you get some time with friends not connected to "doing ministry." It is important to spend time with people who will encourage your soul.
- **Work from a "to do" list during foggy times.** Doing one thing at a time will help you not feel so overwhelmed.
- **Take time to exercise.** Walking, running, exercising in the gym can help us release stress, lower heart rates, and become healthier.
- **Don't respond to negative emails, posts, or exercise church discipline when stressed.** It will usually be a knee jerk reaction rather than a leading of the Spirit that you will always regret later. Moses struck the rock out of frustration and look what it costs him. It is better to wait and sleep on it.
- **Talk with and seek counsel from a trusted mature believer or your pastor.** They may not fix anything but just getting a calm, trusted perspective will help.
- **Repent of trying to be God.** You can't do everything, fix everyone's problems, or keep everyone happy. Not even Jesus could do that. You are not God, but your job is to point people to Him.
- **"Rejoice always, again I say rejoice" (Phil 4:4, 1 Thes 5:13).** Paul didn't write this from the pinnacle of good feelings or circumstances. He wrote it from a prison cell. Give thanks for the gospel of Jesus and the grace of God. It is always good news and will give you a God filled perspective.
- **Keep sowing good things not bad ones.** *Gal 6:3 Let us not become weary in doing good, for at the proper time we will reap a harvest if we don't give up.*
- **Honor the Sabbath.** In other words, make sure you take breaks.
- **Remind yourself that the most important thing is point #1 and make sure you pursue that first and foremost.**



Doug Kreighbaum
dkreighbaum@gmail.com
www.c2cfamily.org

