

Center for Church Leadership's Coaching Webinar Series presents

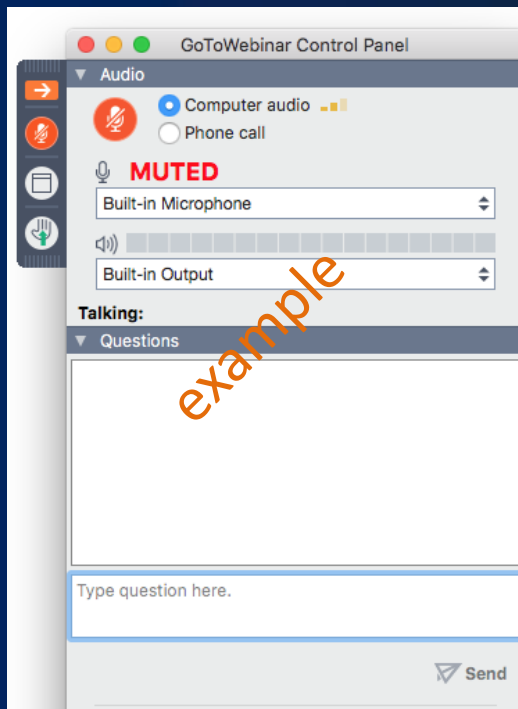
THE FOUNDATION OF HEALTHY CHRISTIAN LEADERSHIP: Staying Peaceful in an Anxious Society

Presented by Dr. Gary Sweeten and Rev. Ron Peake



Agenda

- 8:00-8:45 Staying Peaceful in an Anxious Society
- 8:45-9:00 Q&A



Please submit questions throughout the webinar in the Question box on your GoToWebinar control panel.

The Challenge of Leadership

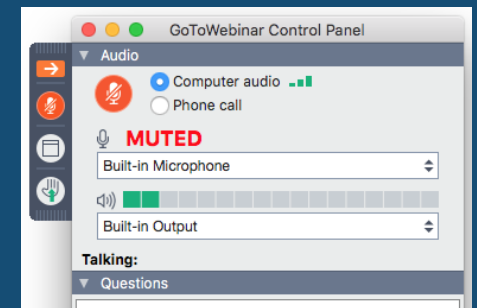
- Many Ministers of all denominations drop out
 - 50 to 70% Attrition
- Burn out
- Stress
- Family Concerns

How to Stay Refreshed and Peaceful

- By Renewal of the Mind
- Have Fellowship with God and others
- Rest

Renewal of the Mind

- Bible Study
- Bible Application to my life



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We Have met the enemy and it is...

- ANTS
- Bullies
- Leaves me feeling

The Mind of Christ

- “There is no condemnation for those who are in Christ”
Romans 8:1
- “Those who are in the flesh set their minds on the things of the flesh but if you are in the Spirit SET THEIR MINDS on THINGS OF THE SPIRIT.” Romans 8:5.
-

Stinking Thinking

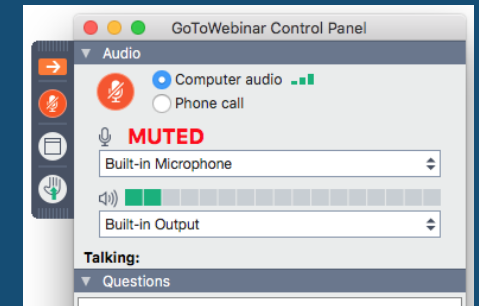
- Repetitive Pessimism
 - ANTS
 - I am under the condemnation of God
- Deep Grooved in the Brain

Guilt vs Shame Biblically

- Guilt means we have failed to obey a command of God or a law of our nation. The result is a demand for justice and a penalty is to be paid. When paid we are forgiven.
- Shame indicates that failure to be perfect means we lost our Position and Identity and Inheritance in God's Family. The only way to return is for the Family to bring us back.

Pessimism Tears us APART (1)

- A-Adversity: Guilt and Shame at my loss of Identity (Self-Esteem)
- P-Pessimistic Thoughts (ANTS)
 - P-Perfection is Required and is Impossible
 - P-Problems are all Me
 - P-Problems are totally Pervasive
 - P-Problems are Permanent



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Pessimism Tears us APART (2)

- A-Adversity-Loss of Identity
- P-Pessimism: Downward cycle of ANTS
- A- Anger, Anxiety, Aggravation
- R-Rumination, Recycle negative events; The opposite of Meditation
- T-Traumatization; The Result is much worse than an Adversity

Positive Knowledge, Faith, and Trust

- Adversity: We are not immune to failures
- Positive Faith
 - Positive Faith that God's truth will set me free
 - Positive Beliefs about my human fallibility
 - Positive Belief that God created me and made me His Child
 - P-I am Positive that I have the mind of Christ that can think on things that are true, good, honorable, right, lovely, pure, etc. PH 4:8

Positive Knowledge, Faith, and Trust (2)

- A-An **Attitude** of confidence, freedom, joy, and peace
- R-I **Realize** meditation on God's truth will fill me with optimism
- T-I **Treat** myself and others with genuine concern, respect, empathy, and warm interest.

Limbic Lag

- The Neo-Cortex is best at facts and things
- The Limbic System remembers Feelings and Events
- Old Habits are in the Limbic System

Action Steps

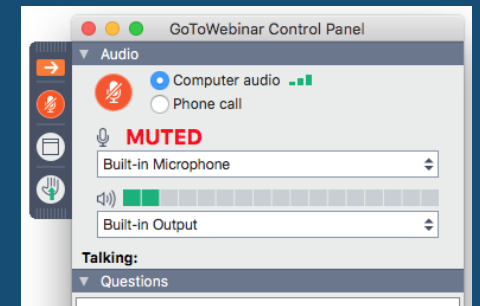
- Write the Positive Scriptures on a card.
- Spent 20 minutes each day meditating about one passage
- Spend 5 days with each passage
- Carry the card with you to read at lunch and breaks
- Choose songs that build your spirit.

Identity and Inheritance

For those who are led by the Spirit of God are the children of God.¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “*Abba*, Father.”¹⁶ The Spirit himself testifies with our spirit that we are God’s children.¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ. (Full legal standing of an adopted male heir in Rome.) Romans 8:14-17

Uplifting Music

- Good Good Father by Chris Tomlin
- Chain Breaker by Zach Williams
- No Longer Slaves by Jonathan David and Melissa Helser
- Amazing Grace by John Newton
- It is Well by Kristene DiMarco
- Oceans by Hillsong



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Want more information?

Go to <http://www.centerforchurchleadership.org/toolbox-main>

- Click on Center's Life Skills Help for Ministers
- Download the APART file



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