

Stewarding Self and Soul in Leadership



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Summary: God entrusts us with our physical and emotional realities, including pain and loss. As we tend our souls, we see His grace is sufficient and “His power is made perfect in weakness” (2 Cor. 12:8), bringing God glory and us joy for greater Kingdom impact. Three areas will be addressed- 1) Embracing God’s way of life for us, health and wholeness, growing our souls to provide depth in leadership; 2) Wrestling well through pain and loss, embracing God’s sovereignty and limits in our lives and handling emotions with love and grace; and, 3) Embracing healthy life rhythms.

❖ Session One | God’s way of life brings health and wholeness

Integration of mission and soul care and impact on leadership

- Self awareness – becoming aware of your emotions and embracing them, connecting the head and heart and how it affects personal life
- Self-disclosure, connecting yourself with others, communication about self, emotions and affect on others
 - God’s way of relationships -to God, self and others
 - Way of belovedness – John 17, Mark 1:1-12 –deeply rooted in the Father’s love, this is our identity, too
 - Way of suffering - Luke 9:23 “If anyone desires to come after Me, he must deny himself, and take up this cross daily, and follow me. Ps. 34, John 16:33
 - Way of overcoming, walking with him and experiencing peace and joy

❖ Session Two | We can cooperate with God to provide an environment for God to grow our souls

- Abiding or striving – tension? John 15 – focus on His love and fruitfulness, remembering His sovereignty
 - To continue and be present, continually stay, be, dwell, and endure
 - The vinedresser and His role
 - John 15: 1-17

- God grows our resilience as we walk with Him in the hard things of life we experience – the things He entrusts to us
 - Growing trust in God’s sovereignty
 - Relying on truth and the power of His presence – Ps. 16:5-8
- Our soul and the enlarging that happens as we walk through loss in obedience and trust, understanding our “Gift” of limits
- Our limits drive us to ruthlessly prioritize
 - Managing priorities makes space for transformation
 - Relationship mapping
- *Soul Care.com* - Soul Assessment – “our personal resolve to build a life deeply connected to God—the path to true flourishing”, Five dimensions of flourishing – spiritual, physical and mental, relational financial, and vocational (Barna, Harvard and Aetna study)

❖ **Session Three | Wrestle well through deeper life issues like pain and loss, embracing God’s sovereignty and limits in our lives to identify and handle emotions with love and grace.**

- Deepest God Given Longings - to be known and loved unconditionally, to have purpose Mark 12:30-31; I John 4:7-8
- Hurtful initial events/experiences/situations/environments (often in childhood) that have caused wound(s) “Time doesn’t heal anything – It just teaches us how to live with the pain”
- Initial interpretation/Conclusion
- Beliefs/lies- often connected with deep rooted emotions (heart) that are often stronger than later gained intellectual (head) convictions.
- Vows/goals
- Behavior – categories of self-protection (passive) and manipulation (aggressive) o
- Emotions as a dashboard to our heart- joy, anger, fear, sadness
 - Anger/frustration – toward self, others or God; anger indicates a blocked goal
 - Fear/anxiety – indicates an unattainable goal
- The Gospel in our Life script – Ps. 103

❖ **Session Four | Understand and establish personal life rhythms and healthy habits to live with joy and peace to glorify God and bless others.**

- Life rhythms and rule of life – speed and pace of life
- Sabbath – foundation of rhythms and fulfilled life
- Re-prioritizing and the disruptions of life – Ideal Week and fluidity
 - Devote Daily
 - Withdraw Weekly
 - Meditate Monthly
 - Abandon Annually

- “I admit that I haven’t yet acquired the absolute fullness that I’m pursuing, but I run with passion into his abundance so that I may reach the purpose that Jesus Christ has called me to fulfill and wants me to discover.” Phil. 3:12 TPT o
- Observation, reflection and life planning
- Life without Lack

Additional Resources

Emotionally Healthy Spirituality, Emotionally Healthy Leader, Pete Scazzero

Resilient, John Eldredge; Also, One Minute Pause App

Renovation of the Heart, 20th anniversary Edition, Dallas Willard

Strengthening the Soul of your Leadership, Ruth Hailey Barton

Restore My Soul, Janice McWilliams

Life Without Lack, Dallas Willard