

Overcoming Challenges in Life and Leadership



Gina Holm & Margaret Fitzwater, The Navigators, April 2024

Summary: More than ever, leaders everywhere are experiencing heavy life challenges and losses while still needing to fulfill their ministry responsibilities. How, therefore, can we overcome these challenges in life and leadership? This intensive will provide you with tangible practices and transferable tools to do so.

Outcomes:

1. Identify core lies that can impede your ability to overcome life's challenges and losses.
2. Find hope in the midst of grief and loss.
3. See God's goodness in life's hard places.

Session One | The Invitation *-Matthew 11:28-30*

- The invitation to come
- The invitation to take His yoke
- The invitation to learn from Him
- An invitation to learn Jesus' way of life: spiritual disciplines, rhythms of life and their impact in our soul

What area of your life feels weary and heavy?

Session Two | The key for hope in the midst of grief and loss

- Our Perspective - Who He is and who we are not, remembering His ways and our ways. *Gal. 2:20; John 17:20-25; Is. 55:8-9*
- Pain and suffering is a normal part of our lives, but God's peace can be ours. *John 16*
- Compound losses -embracing the pain with thanksgiving can grow us into more life, hope, and joy.
- Lamenting the pain grows us and heals us. What is it and how do we do it? *Psalms 10:1b,12,17; 12:1; 13:1; 28:1,2,7; 42:8*

What areas of your life do you need to grieve well and trust to God in lament?

Session Three | Core lies we believe and the truth that sets us free

- Identifying our deepest God given longings - to be known, loved and have purpose. *John 15:9; Luke 4:18-19; Mathew 5:14-16*
- The four S's of attachment and how feeling safe, seen, soothed and secure impact adult relationships?
- Which of the four S's has been the hardest to embrace in your life?
- The Gospel in our life script: how does the Gospel interact with the lies we believe? *Isaiah 53:5; Psalm 147:3; John 8:32; John 10:10*

Session Four | The goodness of God in hard places

- Finding the rainbow in the midst of the storm *Matthew 20:32-33*
- The renewal of our mind and remembering His faithfulness *Romans 12:2; Lamentations 3:21*
- Living and leading forward authentically out of God's love *John 10:10; John 15:9*
- Growing in resilience and being better prepared for the storms of life *Ephesians 1*
- Letting our light shine in the midst of hard circumstances *Matthew 5:14-16*

Additional Resources

- *Emotionally Healthy Spirituality & Emotionally Healthy Leader*, Pete Scazzero
- *Resilient*, John Eldredge – also see associated 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
- *The Deepest Place: Suffering and the Formation of Hope*, Curt Thompson, MD

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