



Dr. Filimão Chambo GENERAL SUPERINTENDENT

# **LEADING OURSELVES** Equipping Session

CHURCH - MESOAMERICA

## **SELF-LEADERSHIP!**

#### **SELF-CARE**

S\_\_\_\_\_\_ is a process of learning how to lead yourself. It is an act of developing the whole person to be the best leader that God created you to be. You cannot lead others well if you have not learned to lead yourself. Self-leadership aims to foster better health, lower stress, visionary leadership, purposefulness, and overall effective leadership of others.

To succeed in the leadership of others, one must learn to lead \_\_\_\_\_\_, this will provide clarity of his or her direction before leading others. As a leader, you are called to be a servant who is attentive to the concerns of others by putting their needs first. In addition, you have a responsibility to set the tone for constructive leadership and conversation, pointing the direction others are to go. This requires being open to learn and grow in your leadership.

A \_\_\_\_\_\_ leader may acquire leadership behavior and competencies that are aligned to his or her work environment, however, would also need to be developed within the context of Biblical principles and ethics for effective leadership.

Spiritual leaders recognize that all they are, and have, is from the Lord. This is, leaders who acknowledge their full dependency on God, and embrace their mission or leadership role as a calling from God.

Sanders, Oswald, said, "both natural and spiritual qualities reach their greatest effectiveness when employed in the service of God and for His glory. Yet spiritual leadership transcends the power of personality and all other natural gifts. The personality of the spiritual leader influences others because it is penetrated, saturated, and empowered by the Holy Spirit. As the leader gives control of his life to the Spirit, the Spirit's power flows through him to others. Spiritual leadership requires superior spiritual power, which can never be generated by the self. There is no such thing as a self-made spiritual leader."



## Participant handbook

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We must put on our oxygen masks first before helping others!

Joe Gorman reminds us that "the Christian life is a journey of loving God and others, but it is also a journey of learning to love ourselves...the first neighbor God calls us to love is ourselves. Loving ourselves as our neighbor will likely go against the grain of what many of us have been taught throughout our lives. But... if we do not know how to love ourselves as a neighbor in need of our love, how can we know how to truly love our neighbor?"

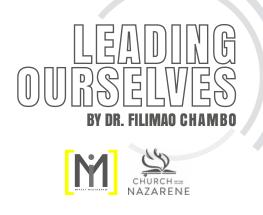
Jesus said the Great Commandment is, "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself".

- a. Love God, and
- b. Love your neighbor
- c. The call to love ourselves

Self-care is not a selfish act but an act of love, both for oneself and others. It is a recognition that we are God's holy people, gifted and called to participate with God in His redemptive mission in the world.

S\_\_\_\_\_\_ is "an act of worship, honoring God by caring for His gifts of body, mind, and emotions." God wants us to be holy in heart and life. God's desire for us is to be holy in every dimension of our lives.

Parker Palmer said, "Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give it the care it requires, we do so not only for ourselves but for the many others whose lives we touch."



## Participant handbook

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Self-Care is what we do to look after our holistic life so we can serve well and steward well.

Physical Self-Care:



"Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple." 1 Cor. 3:16-17

Relationships and Self-Care:

Mental Self-Care:

My prayer for you today is "that you may enjoy good health and that all may go well with you, even as your soul is getting along well." (3 John 2)

Allowing others to be a part of our journey is an expression of trust in God that he can use others to meet our spiritual, physical, and mental health needs. On the other hand, being a community where others can find healing is a sign of our willingness to participate with God in his work. We are created to live in community. We belong together; we are one body of Christ, and because of that, we bear one another and the world in prayers of intercession.

May we be known as people who help each other to meet and experience God's work in this life regardless of what the journey may look like.

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