

## **Strengthening the Soul of Your Leadership**

Being a leader in the church today is hard. So many different aspects of leadership can leave your soul feeling angry and anxious, disappointed and discouraged, envious and exhausted, lonely and lost. How can you help your broken and hurting soul? What can you do to overcome the struggles that might tempt you to give up and instead continue in ministry with joy and faithfulness? This session will explore these questions and dive deeply into the Bible to offer some everyday steps you can take to strengthen your soul, for the benefit of yourself and those you lead.

**Andrew Dickson** lives by the sea on Northern Ireland's world-famous Antrim Coast with his wife, Katherine, and their two young children. After spending over 13 years in local church and para-church ministry, Andrew now serves as the Congregational Life Development Officer for the Presbyterian Church in Ireland, where he holds the brief for the development of discipleship, leadership, and pastoral care across the denomination. Regularly speaking on and writing about these things, Andrew is passionate about equipping and empowering PCI congregations across Ireland today to follow Jesus closely, care biblically well for one another, and invest in raising up transformed, Spirit-filled leaders who play their part within the life of Christ's church. Andrew is a graduate of Union Theological College, Belfast, and has a Master's degree in Theology from the University of Cumbria. In life's quieter moments, he loves to eat mint choc chip ice cream, build Lego with his kids, and take long, slow walks by the sea.

### **1. Introduction**

- A. Gaining the whole world but losing your own soul (Matthew 16:26)
- B. Losing your soul is like losing a credit card
- C. There has to be more to life in leadership than many of us are experiencing

### **2. The Struggles Affecting Our Leadership**

- A. How is it with your soul?
- B. The challenge of spiritual leadership
- C. Common leadership struggles
  - a. Anger and Anxiety
  - b. Disappointment and Discouragement
  - c. Envy and Exhaustion
  - d. Loneliness and Feeling Lost

### **3. Strengthening the Soul of Your Leadership**

- A. An invitation to spiritual transformation
- B. Strengthening your soul through Scripture:
  - a. Remember your calling (Philippians 1:6)

- b. Challenge or opportunity? (2 Corinthians 12:9-10)
- c. Jesus' example of rest and renewal (Luke 5:16)
- d. Keep your eyes on Jesus, not results (Jeremiah 17:7-8; Hebrews 12:1-2)
- e. Keep an eternal perspective (Galatians 6:9)

C. Strengthening your soul through practical care:

- a. Spiritual disciplines – abiding in Christ (John 15:1-11)
- b. Sabbath and Rest
- c. Healthy community and life-giving relationships
- d. Reframing success
- e. Trusting in God's sovereignty (Matthew 16:18)

#### **4. The Strength to Keep Going**

- A. It's okay to lament your circumstances (Psalm 42:5)
- B. Remember: God is faithful; you are not alone (Matthew 28:20)
- C. Remember: Everything will work out for good (Romans 8:28)
- D. Remember: Your work in the Lord will not be in vain (1 Corinthians 15:28)

#### ***Further Reading:***

Ruth Haley Barton, *Strengthening the Soul of Your Leadership* (IVP)

Tod Bolsinger, *Canoeing the Mountains* (IVP)

Tod Bolsinger, *Tempered Resilience* (IVP)

Karl Martin, *Lead* (Muddy Pearl)

Paul Tripp, *Lead* (Crossway)