

Connected Leadership for Experienced Leaders: On Being Human

What does it mean to be fully human? This session will look into the biblical perspective of the Imago Dei, contrasting it with the surrounding world view. We will explore how distinctive leadership is exercised under Christ and in community.

Case study

You have a close friend who, on the surface, seems to be doing very well – s/he seems to be successful in their job, has lots of friends, and has a good home and family that are well cared for. But you know under the surface all is not as it seems.

Their role and work is not easy. There are bits of their job that your friends loves and that brings them great fulfillment and joy. But you know your friend also find much of their work difficult; it can be hard toil and full of challenges. There is also frustration, sometimes because there are so many opportunities to do good but so many tasks that require attention that takes them away from these opportunities. It is energy sapping and draining.

And it's not just work. Your friend is pulled in lots of different directions. The pressure of work has an impact on other areas of their life. They might be struggling at times to balance commitments to their family and in keeping up good deep friendships. They want to be strong and full of energy in every aspect of their life, but you know they are running on empty, and keeping up appearances is a strain. They want to give their best to every part of their life, but they have confided in you that they are often physically, emotionally and spiritually exhausted. Even holidays can be difficult as they feel pressure to have fun and come back to work fully energized. They have trouble finding refreshment and real joy.

Things cannot continue to go on like this without something changing or breaking in their life.

Questions for group discussion

- What happens if things do not change in your friends' life?
- What are the root cause of why your friend finds themselves struggling in secret?
(Consider all the things described in the case study as the symptoms of deeper issues. What are they?)
- What do you think a good life for this person looks like?