

# The “Holistic” Leader

(A SPIRITUAL CHECK-UP TO LEAD FROM A HEALTHY SOUL)



**May Every Leader Here...**

- ◆ Have nothing to prove!
- ◆ Have no one to impress!
- ◆ Have nothing to defend!
- ◆ Have no one to attack!

***“I discipline my body like an athlete, otherwise I fear that after ministering to others, I myself might be disqualified.”***  
**(I Corinthians 9:27)**

**Bill Kirk**

## “LEADING FROM A HEALTHY SOUL”

(It's No Secret That...)

- ◆ We live in a future-orientated culture that emphasizes productivity and results (what have you done for me lately?)
- ◆ We live in a church world that worships the god of compete and compare.
- ◆ We live in a business world that speaks in terms like “running and gunning”, “slamming and jamming”, “moving and shaking”, “juking and jiving”.

(As Philosopher Eric Hoffer wrote)

“We are warned not to waste time, but we are brought up to waste our lives.”

### (In Other Words)

- ◆ We all face the temptation to substitute service and activity for devotion and intimacy with God.
- ◆ We all are tempted to seek the approval of people and meet their expectations.
- ◆ We all are tempted to minister out of a tired, cluttered, frantic, squeezed and “too busy” soul.

(Oswald Chambers in “Utmost for His Highest” writes)

*“Beware of anything that competes with loyalty to Jesus Christ...the greatest competitor of devotion to Jesus is service for Him.”*

(I think Chambers is saying)

- ◆ Its better to be satisfied in Jesus than to be exhausted and burned out for Jesus! (One produces joy, the other resentment).

(I love Bob Warren’s comment in “Thoughts From The Hill”)

*“Because Joshua (in Exodus 33:7-11) spent more time being a friend to God than a friend to others, he avoided the pitfall of becoming enslaved to unproductive activity.”*

Question: Why is our spiritual life (of connection, intimacy and abiding) so important in our service?

(Kenneth Boa in “Conformed To His Image” tell us)

*“People who work and minister without adequate restoration through prayer and meditation do not have the interior resources to manifest the fruit of the spirit in a stress-filled world. During the quiet times of the devotional life, we gain the perspective and power we need to live with character and composure in the context of daily demands.” (Pg. 270, 271)*

- Following are a few suggestions to help us lead ourselves – as we lead others:
  1. Free yourself from bondage by learning to say “no” to invitations and requests that may flatter your ego but could drain your time and energy!
    - ◆ “Be not unwise, but understanding what the will of the Lord is.” (Ephesians 5:17)

**Question:** Why is “self-care” not a selfish act, but a required responsibility for those who continually serve God and people?

2. Develop an understanding of your own limits (gifts, strengths and weaknesses) know what makes you tick and know what ticks you off!

◆ “Having then gifts differing according to the grace that is given to us.”  
(Romans 12:6)

**Question:** Why is it real important to know your gifting, talent and function in the body of Christ?

3. Resist the temptation to forfeit your down time, days off and vacation (keeping a balance between work and rest).

◆ “Come apart into a desert place and rest a while; for there were many coming and going, and they had no leisure so much as to eat.” (Mark 6:31)

**Question:** Why is it difficult for so many people to rest without feeling guilty?

**Question:** Also, why is it impossible for a legalistic (performance driven) person to live with joy?

4. Budget time in advance for the important things that could get swept away in the daily grind!

◆ “So teach us to number our days, that we may apply our hearts unto wisdom.”  
(Psalm 90:12)

**Question:** Why is it important to plan ahead (prioritize your time with God, family, friends, etc)?

5. Be aware of the human tendency to avoid an honest examination of yourself in the quiet presence of God!

◆ “Examine me, O Lord, and prove me; try my reins and my heart.” (Psalm 26:2)

**Fact:** The more we allow the Holy Spirit to search our intentions and motives; the more we will avoid manipulation and self-seeking strategies that serve ourselves!

**Question:** Why is it easy to stay busy (keep moving) but difficult to be still in quiet reflection, meditation, contemplation and undisturbed solitude?

6. Be rigid enough to know where you are going but flexible enough for God to change it at anytime.

◆ “For that you ought to say, if the Lord will, we shall live and do this, or that.”  
(James 4:15)

**Question:** What does the following truth teach us; everyone of Jesus' recorded miracles took place when He was going somewhere, busy with someone, or doing something else?

7. Wherever you are, be all there at that moment!

- ◆ "Take therefore no thought (don't worry) about tomorrow; for tomorrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."  
(Matthew 6:34)

**Question:** Why is it unhealthy (and futile) to always be looking ahead and beyond your present task and assignment when you are serving or with someone in the present?

8. Be aware that restoration and renewal are especially important after periods of hard work and intense activity.

- ◆ "And to you, who are troubled, rest with us." (II Thessalonians 1:7)
- ◆ The word "rest" comes from the Greek word (anesis) which means; "to relax, let up and enjoy the freedom of taking a break."

**Question:** What happens to the human body as stress increases?

9. Always seek anonymity over public accolades so that you will desire to please God rather than impress people.

- ◆ "By humility and the fear of the Lord are riches (divine provision) honor (favor of man) and life (joy and peace within)" (Proverbs 22:4)

**Question:** How does meekness and humility allow you to serve in your local church without ever feeling cheated, entitled or offended?

10. Monitor your temptations by staying gospel centered, which means we do not overcome sin by trying to avoid it but by continually focusing on Jesus!

- ◆ "I have set the Lord always before me; because He is at my right hand, I shall not be moved." (Psalm 16:8)

**Question:** How does faith in the power of the cross enable us to overcome temptation (temptation in essence is a lie, promising something it cannot deliver)?

11. Cultivate a sense of gratitude to God for His tender mercy, your friends, creation, music, daily bread and those on the team around you!

- ◆ "O give thanks to the Lord, for He is good." (Psalm 136:1)
- ◆ "O give thanks to the Lord, for He is good." (v. 2)
- ◆ "O give thanks to the Lord, for He is good." (v. 3)

**Question:** Why does a grateful spirit produce a generous heart in every area of life (and protect you from becoming sour, demanding and critical)?

12. Remind yourself often that you are not what you do (your service, achievements and accomplishments) but your identity is who you are in Christ. Otherwise, when you stop performing you will cease to be valuable in your own eyes!

◆ “To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.” (Ephesians 1:6)

**Question:** What does it mean when someone says, “You are not what you do, but what you do flows out of who you are”?

Together, let’s come up with some healthy conclusions (Take-A-Ways)

1. Not every need and request is a calling from God to you!
2. Driven people (without margins) eventually burn out!
3. Better to do an excellent job on a few things than a poor job on many things!
4. Enjoying the journey is a God idea (His yoke is easy and His burden is light)

(What else is the Holy Spirit saying **to you**?)

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Nuf Sed!  
Bill Kirk