

# LEADERSHIP

AT THE RIDGE

## Ministry Lead Module 3 – Maintain Emotional, Spiritual, Relational, and Physical Health While Leading a Ministry

### **Core Competency**

Maintain Emotional, Spiritual, Relational, and Physical Health While Leading a Ministry

### **Objective**

Learn how to be a healthy leader.

### **Assignments Overview**

**Assignment 1** | Read 1<sup>st</sup> Timothy 3:1-3

**Assignment 2** | Read *Didn't See it Coming: Overcoming the 7 Greatest Challenges that No One Expects and Everyone Experiences* by Carey Nieuwhof

**Assignment 3** | Create and implement a personal “growth” plan.

### **Assignment 1**

Read 1<sup>st</sup> Timothy 3:1-3 and come prepared to discuss what these versus mean to you. *Here is a trustworthy saying: Whoever aspires to be an overseer desires a noble task. <sup>2</sup> Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach, <sup>3</sup> not given to drunkenness, not violent but gentle, not quarrelsome, not a lover of money.*

### **Assignment 2**

Read *Didn't See it Coming: Overcoming the 7 Greatest Challenges that No One Expects and Everyone Experiences* by Carey Nieuwhof

### **Questions**

1. Why do you think Carey Nieuwhof chose to write this book?
2. What stood out to you the most?
3. Respond to the statement that Carey shared...

1. "Competency gets you in the room. Character keeps you there."
2. Do you agree or disagree? Why?
- 3.
4. Carey suggested that leaders who last work twice as hard on their character than on their competencies. What might that look like for you?
5. Of the 7 challenges that Carey listed, which might be the most difficult or alarming for you? Explain.
6. What are some of the challenges to maintain emotional, spiritual, relational, and physical health for you personally?
  - a. How might you overcome them?
7. What are 3-5 action steps you need to take?
8. What accountability question would you like for me to ask you next time we meet?

### **Assignment 3**

Create and implement a personal "growth" plan.

#### **Exercise**

1. Pray and reflect on how you would like to grow in each of the 3 areas.
  1. Spiritual Growth
  2. Professional Growth

### 3. Other People Growth

2. Identify 1-2 Goals for each of those 3 areas and write them down. (Examples could include: I want to develop 3 new leaders this ministry season. I want to build a relationship with 4 neighbors in the summer. I want to lose 20 pounds in 3 months).
  
3. Identify 3-5 tactics that you will take to accomplish these goals. Be specific. List the books, podcasts, or other tactics you will use to accomplish these goals. Examples can include...
  1. I will meet with a mentor once a month.
  2. I will read (name of books).
  3. I will listen to X...
  4. I will host a block party.
  
4. For each tactic, identify how you want to be held accountable from your direct report.
  
5. Once the growth plan is developed, set a date to check in with your direct report.

### Leadership Takeaways

What are at least two LEADERSHIP TAKEAWAYS from this module? Be prepared to discuss with your group.

1.

2.