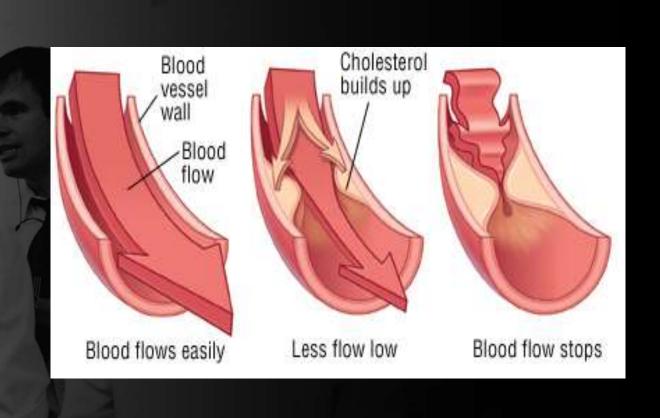
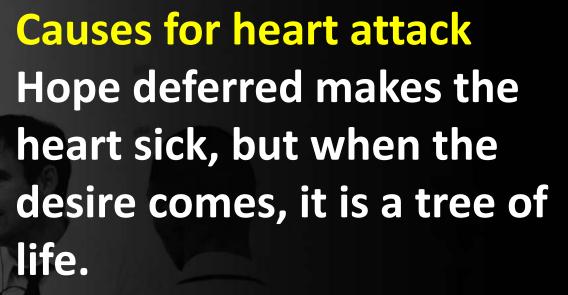


A heart attack occurs when one or more of your coronary arteries become blocked. Over time, a coronary artery can narrow from the build-up of various substances, including cholesterol....this condition, known as coronary artery disease, causes most heart attacks.

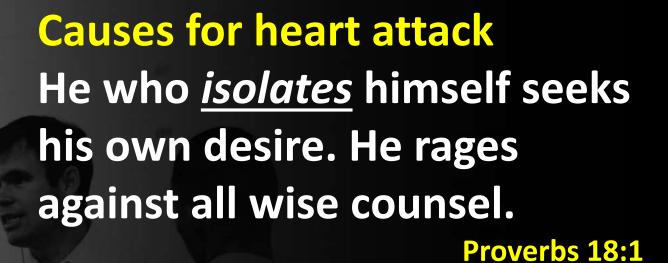






Proverbs 13:12

**Causes for heart attack** 12 Before destruction the heart of a man is haughty, and before honour is humility. 14 The spirit of a man will sustain him in sickness, but who can bear a broken spirit? **Proverbs 18 NKJV** 

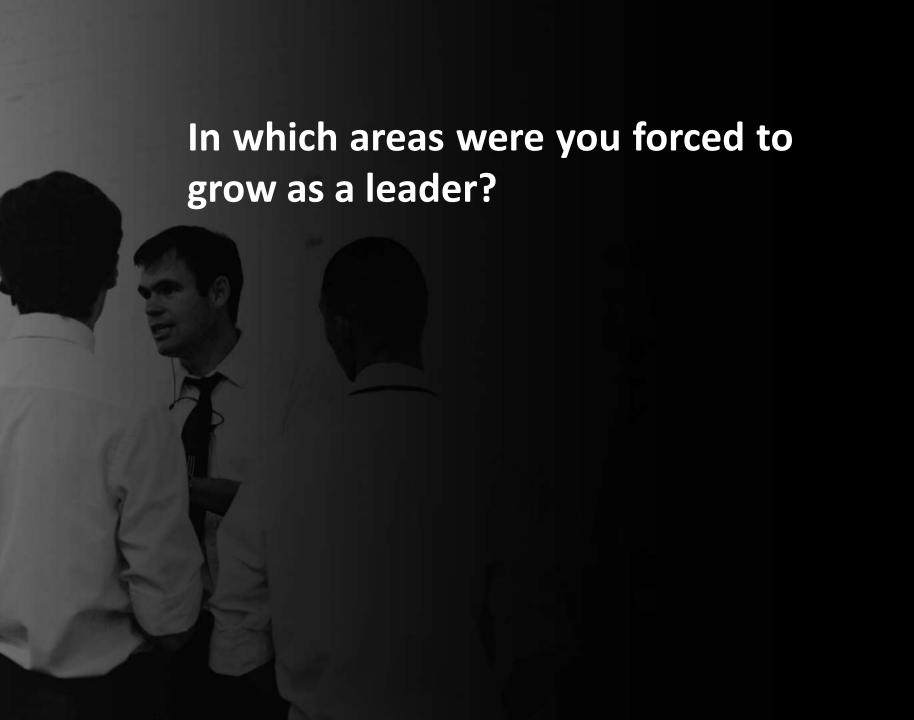


- 1. Discouragement
- 2. Failure
- 3. Loneliness
- 4. Moral failure
- 5. Financial pressure
- 6. Anger
- 7. Burnout
- 8. Physical health
- 9. Marriage/family problems
- 10. Too busy

**Leadership = growth** 

No growth, no leadership.

Leadership is not a title or an event, it's a *journey of growth*.



In which areas were you forced to grow as a leader? Which is the most important area of growth for us as leaders?

Jesus answered, "'Love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the greatest and the most important commandment. The second most important commandment is like it: 'Love your neighbour as you love yourself.' The whole Law of Moses and the teachings of the prophets depend on these two commandments." **Matthew 22:37-40 GNB** 

Leadership is about connecting with people where they are at and leading them from there to where God wants them to be.

It's a journey of movement.



8 Draw near to God and He will draw near to you....

James 4:8 (NKJV)

#### God initiates this movement

And Jesus said to him, "Today salvation has come to this house, because he, too, is a son of Abraham." For the Son of Man has come to seek and to save that which was lost." Matthew 18:11

- \* It is the Shepherd that goes looking for the lost sheep;
- \* The woman that searches everywhere for the lost coin;
- \* The king that keeps on sending invitations to the feast;
- \* The father that runs to the prodigal son as he returns;

We are on the journey of leadership because Christ has called us to it. We did not land here by accident.

How did you get here?

16"You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain, so that whatever you ask of the Father in My name He may give to you.17"This I command you, that you love one another. John 15

So leadership by definition, deals with a rhythm of movement, movement away from movement towards (1) and then (2) from \_ towards and then movement with towards and purposes.

Whenever the rhythm suffers, our leadership suffers and we get out of balance.

Look at the movement in Elijah and Daniel.

How is your rhythm?

Upward (Towards God)
Inward (Towards yourself)
Outward (Towards others)
Forward (Towards His purposes)

Whenever the rhythm suffers, our leadership suffers and we get out of balance.

- when to walk alone with God,
- and when to walk with God amongst the people
- and when to walk with God ahead of the people.

And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers.

Acts 2:42 NKJV

## **Movement towards God**

- Is my Worship authentic?
- Is His Voice precious and familiar to me? Journal
- Is His Blood precious to me?
- Do I get excited over new salvations?
- Am I quick to repent and am I quick to forgive?

# Movement towards people

- Do I see them? Do I look beyond their behaviour?
- Do I value them not for their contribution but also for who they are as individuals?
- Do I know their dreams and their fears?
- Am I walking in accountability?

# Movement with people

- Am I taking people along with me?
- Am I inspiring leaders?
- Am I multiplying myself?
- Am I imparting my values?
- Are people getting opportunities to see my life up close and personal?

The discipline of journalling
What was the word that brought
you into ministry? How did you
come into ministry? Why did you
enter? Write it down.

# The discipline of journaling Takes me out of my head: engage with my emotions.

- \* Define whatever it is I'm faced with: fear, anxiety, bring it to the blood
  - \* Brings focus
- \* Helps me remember God's word
  - \* Helps me prophesy