

NEXT

LEVEL LEADERSHIP

GROW A **HEALTHY**
Church

You & Your Life # 1

Learning Exercises

SECTION ONE – YOU AND YOUR LIFE

Complete these learning Exercises **at least two weeks before** your group coaching session.



In one sitting **read Module 1, *You and Your Life***.



Reread pages 3-7 from the Module and answer the following questions:



What person in the Bible do you most relate to in regards to their journey in God?



Why do you relate to them?



The Word *prevailing* is used to describe both churches and leaders. What does this word mean to you?



How do you “step back, survey the bigger picture, and reflect on God’s work in you”?

EXERCISE 1: THE FIVE PHASES OF LEADERSHIP

In the following table Clinton's 5 Phases of Leadership are listed.

- a. Highlight which phase you are presently in.
- b. In the middle column write your time-line, listing significant events that have contributed to each phase and your age at the time.
- c. In the right column list what you have learnt through each life event about Gods' ways.

Phases of Leadership	Your Timeline List Significant Events	What have you learnt about God's ways?
1. SOVEREIGN FOUNDATIONS <u>Focus:</u> Awareness Acceptance Uniqueness		
2. INNER-LIFE GROWTH <u>Focus:</u> Character Obedience Integrity		
3. MINISTRY MATURING <u>Focus:</u> Potential Leadership Capacity		
4. LIFE MATURING <u>Focus:</u> Life Experiences Revelation Defining		
5. CONVERGENCE <u>Focus:</u> Culmination Influence		

EXERCISE 2: SUMMARISE YOUR UNIQUE BACKGROUND AND GIFTEDNESS.

Genealogy
(ethnicity,
family line and history)

Upbringing
(family, schooling,
local culture and times)

Personality

Passions and Desires

Giftings and Talents

Calling

PHASE 1 - SOVEREIGN FOUNDATIONS:



In John Chapter 1 what do you learn from John the Baptist about self-assuredness based on the acceptance he had of his own sovereign foundations?

PHASE 2 - INNER-LIFE GROWTH:



Why is integrity such a powerful foundation for your leadership?



Write some reflections on one New Testament leader who lost his ministry through a lack of integrity.



What will you do to increase your integrity?

EXERCISE 3: MINISTRY MATURING

Use the table below to list 6 skills required to be a competent leader.

Rate your present level of competency with 0 being non-existent and 10 outstanding.

Choose one skill to grow in. List 3 steps you will implement to enable growth.

LEADERSHIP SKILLS	RATING
MINISTRY SKILLS	RATING

Skills I chose for growth:

Three steps I will take to grow in this skill:

- 1.
- 2.
- 3.

Measurable indicators:

PHASE 4 - LIFE MATURING:

List one significant challenge you have experienced which has shaped you as a leader.



What did you learn about yourself, the Kingdom and Christ?

PHASE 5 - CONVERGENCE:

If you are aged 50 years or more reflect on how the level of your influence has developed.



Where and whom would you like to influence in the future?

If you are younger than 50, ask a leader or pastor older than 50 about the Convergence Phase in their life.

HOW DOES AN UNDERSTANDING OF THE 5 PHASES OF LEADERSHIP HELP YOU TO:

Relax and be content in your current season?

Minimise the pressure to perform and to produce results?

Recognise that maturity and longevity are important?



Email a copy of your Exercises 1, 2 and 3 to your pastor.

SECTION TWO - YOU AND YOUR LIFE

FOLLOW UP ACTIONS

Continue to work on the two areas (increased integrity and ministry/leadership skill) that you chose to develop.

Complete the following learning Exercises **at least two weeks before** your group coaching session.

A HOLISTIC APPROACH, READ PAGE 8:



Read page 8 of Module 1.



What is your initial response to the statement *'When leaders are healthy they will build healthy churches'*?

Answer the questions that are listed on page 8 and if you answered 'yes' to any of them, take a moment to reflect on the ramifications this challenge has had on your life and ministry.

YOUR SPIRITUAL LIFE:



Read pages 9-11 of Module 1.

EXERCISE 4: MY DEVOTIONAL LIFE – A ONE WEEK LOOK

Record for a week, on a daily basis, every activity which you would consider is part of your private devotional life e.g. prayer, waiting on God, reading the word, listening to teaching, worship, fasting.

If the activity is prayer – make a note if it was thanksgiving, confession, supplication, warfare etc.

Also record how engaged you felt in this activity or how effective it was in connecting you with God.

Do not include message preparation, activities or meetings you have with other believers.

It is important for this exercise that you just do what you normally do. The aim is to gain an honest assessment of what your devotional life is like right now.

After the week is finished, read and reflect on the different activities you carried out and answer the 2 questions at the bottom of the table.

EXERCISE 4: MY DEVOTIONAL LIFE –FIRST WEEK

Day/Date	Time	Place	Activity	Engagement /Connection

At the end of the week assess what the strengths and weaknesses of your devotional life are.

What would you like to change? How will you do this?

EXERCISE 5: MY DEVOTIONAL LIFE – THE SECOND WEEK

Record again on a daily basis every activity you consider to be a part of your private devotional life. This week aim to implement changes following your reflections.

After the week is finished, answer the question at the bottom of the table.

Day/Date	Time	Place	Activity	Engagement/ Connection
How successful were you implementing the changes in your devotional life?				

YOUR EMOTIONAL LIFE:



Read pages 12-14 of Module 1 and complete the Energy Management Snapshot survey.



What did you learn about your emotional well-being from the results?



Did any of your answers trigger a need to change an area in your life?

HOW TO MINIMISE STRESS AND KEEP REST AND RECREATION ALIVE IN YOUR LIFE:

Do something SMALL that energises you every day.

Do something MEDIUM that energises you once a week.

Do something BIGGER that energises you once a month.

Do something EVEN BIGGER that energises you once a year.

EXERCISE 6: MY ENERGISERS

Make a list of SMALL, MEDIUM, BIGGER and EVEN BIGGER energising activities that you can introduce and implement in your life. Be as creative as possible in thinking of as many and varied different activities.

My SMALL Daily Energisers:**My MEDIUM Weekly Energisers:****My BIGGER Monthly Energisers:****My EVEN BIGGER Yearly Energisers:**

Email a copy of your Exercises 4, 5 and 6 to your pastor.