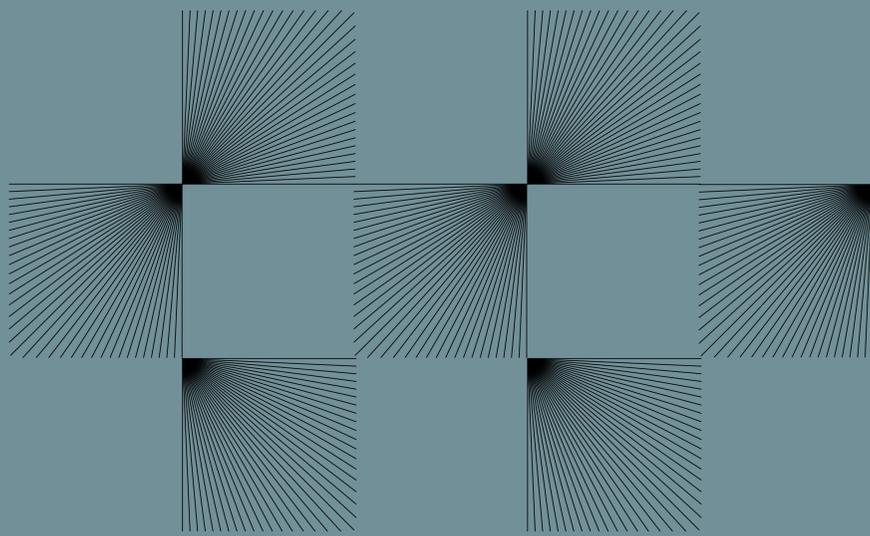


# 7 Practices for *Overcoming* Your Leadership Struggles



By Ines Franklin

*Trochia Ministries*

# Intro

On May 29, 1953, Edmund Hillary became the first to summit Mt. Everest. The key to his success? Beyond his ambition, natural talent, and discipline – Hillary found the best guide available for the task in Sherpa Tenzing Norgay. Yes, leadership requires drive, hard work, and God-given strength. To really grow, though, the best leaders also need a practical guide.

Your love for the Lord, your family, and your job, combined with your drive to become better, have landed you in a leadership position. And whether in business, the not-for-profit sector, ministry, or in our families, leadership brings ongoing struggles including insecurities, loneliness, and sheer weariness.

To overcome these struggles, you will need the right guide.

Each of the seven practices presented here addresses a common leadership struggle and offers solutions to apply, even in the midst of your busy life.

This book is here to help you learn how to grow in leadership, find contentment, and unleash your purpose. If you are ready to break through the barriers that are holding you back from your God-given potential, follow this guide.

No climbing gear required.



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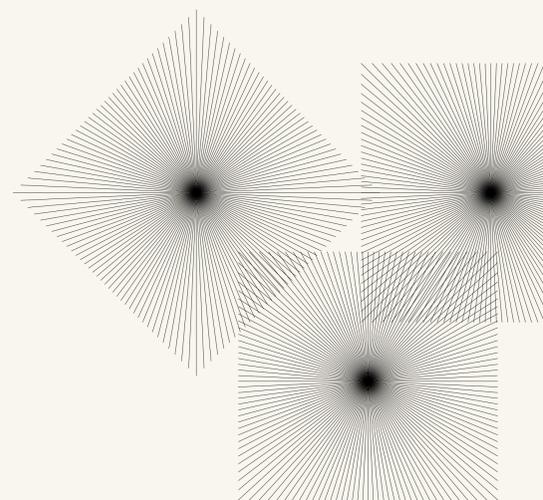
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## Get Serving

Share Your Influence  
and Help Others Grow



# Get *Wise*

## Expand Your Biblical Perspective

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“Imposter syndrome can be defined as a collection of feelings of inadequacy that persist despite evident success. ‘Imposters’ suffer from chronic self-doubt and a sense of intellectual fraudulence that override any feelings of success or external proof of their competence.”

— HARVARD BUSINESS REVIEW

All leaders hear the whisper, “You are not enough.” But only those brave enough to face their doubts can find authentic confidence through biblically-based wisdom.

According to Proverbs 1:7, “The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction.” Growing in wisdom is clearly intended to be a lifelong pursuit, and King Solomon (the writer of Proverbs) identifies fear of the Lord as the base on which such wisdom is built. The word fear communicates awe-struck amazement in the face of God and his truth.

And one of the best ways to expand our perspective of God and his truth is to study Scripture.

When new leadership obstacles or opportunities arise, having an ever-expanding biblical perspective is invaluable. Although this may sound straightforward or obvious, an expanding biblical perspective is not something gained through a one-time study or a fast-tracked experience. Instead, it grows from diligent and prayerful study over time. With a properly applied method, your study will yield lasting results.

*Here are three important principles to keep in mind while studying the Bible:*

### **1. Historical Context**

Understanding the historical context of different biblical passages and books will reveal God’s heart and illuminate his truth more clearly. For example, one common misconception is that God didn’t value women throughout Scripture, especially in the Old Testament.

There are three examples through the book of Exodus alone that show this to not be true: the deliverance of the first-born children through the

courageous faith of the midwives, the highlighting of the song of Miriam, which gives voice and leadership to women, and the protection of women in Exodus 21 that goes well beyond the cultural norms. These jump off the page once we understand the downcast position of women in ancient Egyptian society. When approaching Scripture, consider researching some of the cultural context in a respected commentary or a detailed study Bible. If you are having trouble finding the right one, ask a pastor or Bible teacher you know and trust which commentaries they use.

## **2. Biblical Genres**

Much as you wouldn't read content from Walt Whitman as literally as your US History textbook, you need to understand the genre you are reading to properly understand and apply truth from the Bible.

Scripture uses many unique and interesting genres to communicate God's truth. Keep in mind that each of these genres is different from the contemporary Western genres you and I are used to.

Here are six basic categories you can break Scripture into.

### Historical Narrative (including law and history)

Most of what is found between Genesis and Esther can be considered a literal historical narrative, though many other genre styles are employed throughout these books. For example, many of the authors weave into the narrative poetry and song, prophecies, and God's covenant laws. While Hebrew historical narrative is intended to communicate history, it also is considered a moral/spiritual text, meant to teach its readers about God's faithful love and how to (or not to) respond to that love.

### Poetry

Poetry is used all throughout the Bible, and pretty much the entire book of Psalms is made up of prayers written as poetry and/or song. Song of Songs is also largely poetic. When encountering poetry, look for parallelism of thoughts, simile, and figurative language. For example, when David writes, "The Lord is my shepherd," in Psalm 23, he does not literally mean he is a four-hoofed animal covered in wool, and God is not literally a field hand with a wooden crook. Instead, the poetic language is understood to represent the care and protection the Lord extends to David. As we read poetry throughout Scripture, it is good for us to consider what types of poetic tools the author is using.

### Wisdom Literature

Proverbs, Job, and Ecclesiastes are all considered Hebrew wisdom literature. Rather than being read as a promise or as history, the

Hebrew sage offers general wisdom and principles gleaned from a lifetime of watching how God has ordered creation. Each of these three books offers us a different perspective on the way God's creation works—having a general reap and sow structure (Proverbs). Yet, God can and does work outside of the structure (Job), and at times there is no meaning to the difficulty we face as everything comes in its season (Ecclesiastes).

### Prophecy

Isaiah through Malachi in the Old Testament along with Revelation in the New Testament are all books made up of mostly prophecy. Prophecy is God speaking through someone (a prophet) to a person or group of people about a specific issue (often the unfaithfulness of the people). Prophecy often utilizes figurative imagery and is used in parts throughout the historical narratives and the gospels.

### Gospel

A genre unique to Scripture, gospels are a specific type of historical narrative where the ordering, subject matter, and meaning of the narrative are intentionally chosen by the author for the sake of the intended audience's understanding, encountering, and following of Jesus.

The gospel is the “good news” of Jesus. There is a large emphasis on Jesus' acts and teachings, and it is to be understood that every story and teaching recorded is intended to be applied by the various early church audiences. By hearing the various perspectives of the gospel writers (and their eyewitness sources), we are given a more complete picture of Jesus' life and ministry. The book of Acts is sometimes understood to function similar to a gospel (having been written as a follow-up to the Gospel According to Luke), though many understand it as a more straightforward historical narrative.

### Epistles and Teaching

The book of Romans through the book of Jude in the New Testament are a collection of letters, known as Epistles, written by apostles and early church leaders to various churches and groups of churches around the Mediterranean world. Most are credited to the Apostle Paul (Romans through Philemon). The letters weave together theological teaching, encouragement, and instruction on first-century church administration and governance, practical counsel, and correctives for specific situations in these churches.

Again, a good commentary can help you understand what genre you are reading and how that genre works, but these six categories will get you started.

### 3. Literature Styles & Devices:

When studying the Bible, pay attention to the different literary styles and devices that biblical authors used to communicate their messages. Correctly understood, these help to enhance the meaning of each passage. Taken out of context, these are used to undermine the authority of Scripture.

For example, personification stretches the boundaries of reality to make literature and poetry more vivid. As alluded to above, this device continues to help poets and writers to make clear and memorable connections and is used throughout Scripture. Psalm 98:8 says, “Let the rivers clap their hands, let the mountains sing together for joy.” The worship of the Lord throughout the psalm extends from all of creation and is a beautiful picture of worship, but it doesn’t mean that mountains will literally clap their hands.

Hyperbole is an intentional overstatement intended to draw attention or emphasis to a passage. In John 4:39 when Jesus encounters the woman at the well. She reports back to her friends, “...He told me everything I ever did.” [Emphasis added] We’re meant to understand that Jesus clearly saw and confronted her sinful past and graciously offered forgiveness, not that he recounted a play-by-play review of every action of her life.

And merism is a succinct term that describes an expression that refers to something by its polar extremes. Common examples include, I’ll love you to the moon and back, he searched high and low, or she bought it hook, line, and sinker. We see this throughout the Bible, including God being the Alpha and the Omega or in Psalm 91:5, “You will not fear the terror of night, nor the arrow that flies by day.”

In your daily study of the Bible, consider the historical context, biblical genre, and literary devices meant to highlight truths about God’s character, creation, and plan for your life. This practice of getting wise through expanding your Biblical perspective will, over time, help you to overcome the imposter syndrome mindset.

*For more on this practice*

**CLICK THE LINKS BELOW**

Can You Trust the Bible

The Authority of Scripture

Reading the Bible in Context

The Epic Story of the Bible

# Get *Vulnerable*

## Uncover Your Unique Story

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“The definition of vulnerability is uncertainty, risk, and emotional exposure. But vulnerability is not weakness; it’s our most accurate measure of courage. When the barrier is our belief about vulnerability, the question becomes: ‘Are we willing to show up and be seen when we can’t control the outcome?’ When the barrier to vulnerability is about safety, the question becomes: ‘Are we willing to create courageous spaces so we can be fully seen?’”

— HARVARD BUSINESS REVIEW

Creating, inspiring, and sustaining high-functioning teams is a mark of a great leader. While it’s tempting to think that these teams have leaders who know all the correct answers, are assured of their calling, and have no insecurity, we’ve all had hard-headed leaders who’ve proved that theory wrong.

The unlikely key to inspiring the most effective teams is a leader who can get vulnerable and uncover their unique story.

Getting vulnerable and uncovering your unique story is the brave next step to building meaningful connections at work that will help you overcome your insecurities and help you develop successful teams.

*Five tips to start uncovering your unique story and building vulnerability:*

**1. Be honest with yourself** | Self-awareness is the starting place for understanding your unique calling and developing vulnerability. Spend time in the Bible, in prayer, and in reflection as you ask yourself the following:

- A) What are my God-given gifts, and how can I best steward them for kingdom impact?
- B) What are my blind spots or areas I need some help in?
- C) When do I overreact, and more importantly, why?

Ask these questions often and include friends or trusted colleagues who will be honest with you about your growth areas.

**2. Root your identity in Christ** | Stay connected to God and remind yourself frequently of who he says you are. Understanding your true worth in God's eyes and that your accomplishments are for his glory will keep you grounded. In John 15:5, Jesus reminds us, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

**3. Face your fears** | Identify the things that cause you the most fear. Are you uncertain of your calling? Do you worry you missed the boat or took the wrong path? Are you scared to step into what God asks of you because of fear of persecution or pain? After you identify these concerns, you'll be able to share these with God and discuss them with safe mentors to start moving forward despite your fears.

**4. Start sharing** | Even small adjustments can make a difference as you grow in your relationships. Share a challenge you are facing at work with a colleague and ask for their input. Share an insecurity with your spouse, family member, or friend and ask for their prayers. It can be easier if you let them know that they don't need to "fix" this, but you just want to be heard. That'll open up the conversation and will make them more likely to share with you in the future as well.

**5. Ask for Help** | You don't have to be a super-hero who always hits home runs at the office, the gym, or at home – while still having time to be a classroom parent. Take off your cape and ask for help! This will lighten your load and allow others to respect and relate to you more.

- A) At Work: Ask your team or your supervisor for help on parts of your big projects.
- B) At Home: Ask your family to take care of the dishes. Single parent? Order takeout (fed kids = happy kids). Whether it's an organic, vegan, home-cooked dinner or McDonald's fries, giving yourself a break is important.
- C) In Your Marriage: Tired but need a date night? Tell your spouse that you would like to go out and would love help getting a babysitter or picking a restaurant. Communicate your needs and allow your spouse the space to plan things. (Remember, it is okay if your spouse doesn't do things exactly as you do. Genuine effort is what we are going for.)

The benefits of vulnerable leadership are innumerable. You will notice more creative solutions from teammates willing to risk new ideas, invested employees who feel empowered and trusted, and

increased trust with supervisors. Most importantly, you will feel more connected to your team.

By understanding your unique calling and developing vulnerable leadership, you are making the conscious choice to open yourself up for authentic relationships that will build your self-confidence and lead to more opportunities.

*For more on this practice*

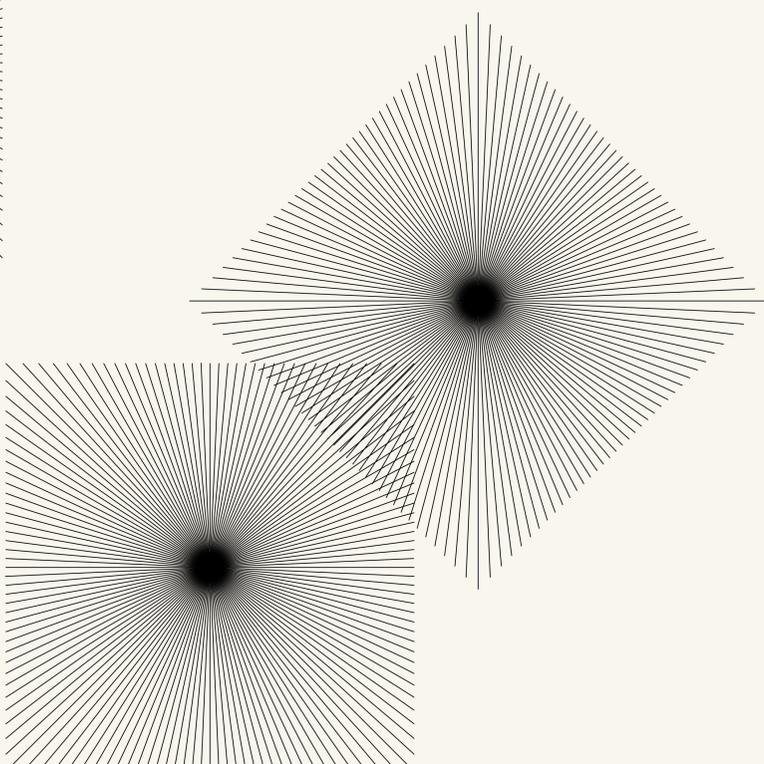
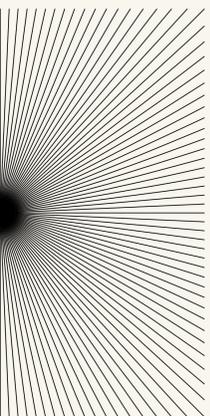
**CLICK THE LINKS BELOW**

The Apostle Paul

Fulfilling God's Calling

Shining Like Stars

Who is God's Favorite?



# Get *Focused*

## Maximize Time and Energy

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“From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than I.”

— PSALM 61:2 NKJV

Leadership can leave you exhausted with the to-do list that exceeds the hours in the day, and if you aren't careful, you can face burnout. Maximizing your time and energy will help you to succeed in the long run.

As you work to make the most of both your days and your years, here are five ways to maximize your time and energy.

**1. Pray first and pray often |** High achievers are often motivated, disciplined, and hard workers. While these traits can be part of the recipe for success, it's important to remember we are not called to work in our own strength. One key to maximizing the impact of your effort is to heed the reminder of James, the brother of Jesus:

“Look here, you who say, ‘Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit.’ How do you know what your life will be like tomorrow? Your life is like the morning fog – it's here for a little while, then it's gone. What you ought to say is, ‘If the Lord wants us to, we will live and do this or that.’ Otherwise you are boasting about your own pretentious plans, and all such boasting is evil.”

**James 4:13-17 NLT**

Pray over the big things: When considering big plans like a career change, a move, starting a family, or reviewing your annual goals, be sure to pray first and then start your planning process. This can help you to align your actions with God's desire to form Christ-like character in us.

Pray daily: When you start your day with prayer and ask for God's guidance with your schedules and tasks, your eyes are more open to eternal opportunities you would otherwise miss. Even just a few minutes in the morning can make a huge difference. Contentment and gratitude will flow as you release your expectations in favor of God's better plan.

Pray when things change: Life can change in a moment: the timeline on your big project at work gets adjusted, you lose that deal you were counting on, your kid falls off the playset, and you have to rush to the ER for a broken arm, or you find yourself with more work opportunities than you know what to do with. In these times, it can help to train yourself to go to God so that you can follow his plan and timing rather than clinging to your own.

**2. Get your priorities in line** | If you feel pulled in a million different directions, there is a word for you: normal. In his book, *Choosing to Cheat*, Andy Stanley says of busy leaders, “It’s unavoidable. The issue isn’t whether to cheat, but choosing where to cheat and how to go about it.” Taking time to get your priorities right will align your values to your calendar and increase not only your productivity but your fulfillment.

Big Picture Priorities: Set aside time on a regular basis (two/-three times a year) to evaluate your life priorities. Instead of being driven by the urgent, take time to identify the most important ways to invest your time. Consider how you want to spend time both at home and at work. What personal projects fuel your passion for life? Which relationships is God calling you to deepen?

Weekly Priorities: Take 20 minutes at the start of your week to review your calendar and your high-impact activities. Jot down the reminders about field day, dry cleaning and pick-up, and which work project needs your focus. You’ll discover that you have more mental space to focus on what matters and that your time feels multiplied by a little short-term strategic planning.

Daily Priorities: Michael Hyatt, in his *Full Focus Planner*, has users write down their “big three” each day. What three items would make the day a win for you? Focus on those before getting lost in your inbox or busywork. By focusing on the most important work, Michael Hyatt says you can “win at work and succeed at life.”

**3. Get perspective through rest** | It’s easy to get drawn into the hype of hustle, but God calls us to a life of dependence on his provision. Finding a regular rhythm of rest is a way to create healthy boundaries and find perspective. It reminds us that our problems are often not as large as they loom in our imaginations. Rest helps you to reconnect with God and reminds you that God gifted you with unique strengths, opportunities, and seasons. As we refocus our efforts on kingdom-minded endeavors, we will slowly be able to release our previous expectations about being able to “be it all” and rest in the assurance that God will provide us “life to the full” if only we surrender to him.

**4. Learn to delegate** | In his groundbreaking book, *Who Not How*, Dan Sullivan encourages readers to rethink problem-solving and goal setting. Instead of asking “how” we can get more done, he prompts us to consider “who” in our lives could accomplish that task with or for us. This principle is scattered across the pages of Scripture, such as Galatians 6:2, “Carry each other’s burdens, and in this way you will fulfill the law of Christ.” How could you delegate tasks to raise up others and save yourself valuable time?

**5. Practice 10-second obedience** | Some of your most significant contributions may not be a result of your effort but of short bursts of intentional obedience. Listen to the prompting of the Holy Spirit to have a brave spiritual conversation with the person in line at the grocery store. Set down your to-do list to play Legos© with your kids and listen to their stories from the day. Surprise your spouse with a cup of coffee in the morning. Greater obedience is built on the little stuff. If you are obedient with little, you are far more likely to be obedient with much.

Getting focused by maximizing your time and energy will allow you to accomplish the God-sized call of leadership.

*For more on this practice*

**CLICK THE LINKS BELOW**

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Time Management Moses

Prayer First, Plan Second

Ten-Second Obedience

Sabbath Still Matters

# Get Clear

## Develop Endurance For Every Season

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“Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say “My tooth is aching” than to say “My heart is broken.”

— C.S. LEWIS, *The Problem of Pain*

A diagnosis. A loss. A rejection. A failure.

When life is hard—really, unspeakably, unbearably hard—what does it look like to trust in God? And how can you possibly lead in the midst of such difficulty?

For leaders, it’s important to get clear now, so you are better prepared to endure the difficult seasons when they come.

*Note, if you are currently in a desperate season, it can be difficult even to take the next breath. Seeking the support of God and others can make all the difference, in the beginning, to let your heart grieve and heal. Isolation may feel right in the moment, but it will not serve us in the long run.*

**1. Learn God’s Character** | When things are hard, clinging to the truth of God’s character is so important. Remembering God is good when our circumstances are anything but can feel like a contradiction. But truly clinging to God can feel like someone handing you a life preserver in the middle of the ocean. In a sea of difficulty, it allows you to sustain and even hope for the future.

**2. Know God’s Scriptures** | Scripture is full of God’s provision and abundant love. But there are also honest accounts of loss, disappointment, and heartache. Knowing Scripture will give us a foundation of truth to better understand each of the seasons we face.

**3. Trust God’s Timing** | It can be difficult to trust in God’s timing, especially when we’re in leadership and have to make decisions quickly and efficiently. Abraham also struggled when things didn’t go as planned. He had to wait on God’s timing, but he failed at it multiple times. God’s faithful to work, even in our impatience. In order to cooperate with

God's timing, we must increase our trust that he has our best interest in mind and remember that he keeps his promises.

**4. Cry out to God** | From Job to David to Paul, the Scriptures are full of people who are crying out to God. Even if you don't have the words to express your grief, remember that God encourages you to cry out to him when you are hurting.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4 NIV)

As you walk through the trials of life and experience pain as a result of our broken world, it can feel difficult to consider it joy. But the promise of being made mature and complete help us to understand that while pain is inevitable, progress is also a result of walking faithfully through those seasons. Your depth of love for God and your empathy for others will be a testament to the difficult roads you have walked.

Lifelong leaders are able to endure every season because they take time to get clear.

*For more on this practice*

**CLICK THE LINKS BELOW**

The Security of Faith

Navigating Change

Confessions of a Christian Atheist



# Get Connected

## Grow Your Community & Opportunities

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“Therefore encourage one another and build each other up, just as in fact you are doing.”

— 1 THESSALONIANS 5:11 NIV

Zooming out and looking at the scale of this world’s problems is enough to take our breath away. Zooming in and trying to manage the ups and downs of work and family can be equally daunting.

Developing genuine friendships both at work and beyond can help you see your part in large-scale change and discover the meaning and purpose in your work. It can also be a key to combatting the loneliness so common to leaders.

Leaders across all industries can feel isolated and lonely. Managers are required to have difficult conversations causing awkwardness in the office as they shape the culture of their teams. Parents at home can feel cut off from the world as they build Christ-centered homes and mold the character of toddlers one picture book at a time. Ministry leaders can fear sharing their weaknesses or prayer requests for fear of losing the confidence of the congregations they are called to lead.

It is helpful in these situations to remember that we are called to live in community. “Be devoted to one another in love. Honor one another above yourselves.” (Romans 12:10 NIV)

As you get connected and build stronger relationships, you’ll feel more fulfilled in your current roles and discover the power of networks to open doors to new opportunities.

**1. Grow relationships based on authenticity** | In each relationship, ask yourself How much of my true self am I going to bring into this relationship? Ever since Adam and Eve first sinned in the garden, hiding has been a mainstay in the operating system of the human heart. Authenticity, rightly understood, is the ability to share our true selves with people—where we are at a given point in time, who we really are (the good and the bad), and who we are created to be. This type of authenticity leads to a messy, blessed, and rewarding life.

**2. Invest in the people around you |** Take a look at who God already placed in your life and start investing there. Sometimes a simple check-in can be the difference in a person's day. Here are a few ideas to get you started:

- Invite a coworker to sit on the patio for lunch and get to know their story.
- Bring cookies to your neighbors around a holiday or ask if you can shovel the walk for them.
- Ask your boss for a performance review or ask a brave question like, "I'm looking to grow. What blind spots do you see that I could work on?"
- Shoot a text message to a friend and ask how they are doing.
- Ask your spouse to meet you for an impromptu coffee.
- FaceTime your grandparents.
- Invite someone you respect out to lunch and ask them to share how they grew.

**3. Be Proactive |** Leaders know they need to show up and be a part of a solution long before they get the title or paycheck. Join your child's school's parent association to help address kids who are struggling with reading. Serve in your church's nursery to help tired parents connect with God. The relationships that develop as you serve shoulder-to-shoulder are often the most rewarding and can help to expand your network in unexpected ways.

Combat the struggle of loneliness in leadership by getting connected, and you'll see both your community and opportunities expand!

*For more on this practice*

**CLICK THE LINKS BELOW**

Authentic Relationships

Learning to Be the Church

Living as "Sent Ones"

# Get *Humble*

## Learn Self Care & Foster Gratitude

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“From Mas’r Daniel I got protection from the bigger boys, and from Miss Lucretia I got bread by singing when I was hungry, and sympathy when I was abused by the termagant in the kitchen. For such friendship I was deeply grateful, and bitter as are my recollections of slavery, it is true pleasure to recall any instances of kindness, any sunbeams of humane treatment, which found way to my soul, through the iron grating of my house of bondage. Such beams seem all the brighter from the general darkness into which they penetrate, and the impression they make there is vividly distinct.”

— FREDERICK DOUGLASS, *The Complete Autobiographies of Frederick Douglass*

After escaping slavery, Frederick Douglass went on to become a powerful social reformer, abolitionist, orator, writer, and statesman. His ability to focus on gratitude in the worst of circumstances helped him to overcome the nightmare of his situation and grow into the leader God intended him to be.

Though drive and ambition help you to dream big and work hard, godly perseverance through the darkest of situations can only grow from radical gratitude and biblical care for one’s self. This is anything but selfish, as those around you will benefit from your grounded perspective.

### **1. Prioritize Time With God**

Our time is our most precious resource, and how we choose to spend it is often a reflection of our deeper priorities. Surrendering your schedule is the first step to releasing your grip on control. True freedom can be found when you create space for intentional time with God through Bible study, prayer, and worship.

### **2. Prioritize Biblical Self Care**

Scripture affirms that God has called us to take care of our minds and bodies as a way to honor how we are created.

*Here are a few means of care found in Scripture:*

Find rest: We are created for rest, and making sure we get enough sleep and take a regular Sabbath can go a long way. Jesus himself reminded us that the Sabbath is a gift to us and is for our own good. (Mark 2:27)

Take care of your body: We are all God's creation! Regular exercise, being mindful of the food we eat, and drinking plenty of water are all practical ways we can care for our physical selves. The goal isn't to hit a certain number on the scale or fit into a certain size; it is to stop putting ourselves last so we can be fully present for God's mission. (See Romans 12:1 and 1 Corinthians 3:16)

Establish healthy boundaries: Work, ministry, and family are all gifts, but even Jesus knew when to step away and reconnect with God. "But Jesus often withdrew to lonely places and prayed." (Luke 5:16 NIV) So let's make a pact to stop checking our email late at night, working on our days off, or neglecting our health for the sake of others.

### **3. Get your priorities in line**

Studies show that practicing gratitude will improve your mental health and help release toxic emotions. The effects of just a few minutes of practicing gratitude each day can last for up to three months!

Make a gratitude list: Can it feel cheesy? Yes. Does it work? Absolutely. You can keep an official ongoing list in your journal, type a note on your phone, or jot down five things you are grateful for on the back of the napkin after a stressful day. Here is another idea. You can set a gratitude jar somewhere prominently at home or at the office and add a note or two a day. Then, read all of them at the beginning of the next year and see how much God has blessed you.

Thank someone genuinely: When you thank someone from the heart in an authentic and affirming way, you'll do more than make someone else's day brighter. You'll also refocus your mind on gratitude and away from negative emotions and situations. A minute of thanking someone else can change the outlook of your whole day. Consider some of these options:

- Write your waitress a nice note.
- Call a mentor who has helped you.
- Tell a coworker how much you appreciate their help on your latest project.

Most importantly, be sure to turn to Jesus often. He says:

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

— MATTHEW 11:28-30 NIV

“Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can also decrease depression, anxiety, difficulties with chronic pain and risk of disease. If there was a pill that could do this, we'd all be taking it. Our brains are designed to problem-solve rather than appreciate. And we often must override this design to reap the benefits of gratitude.” *See [Gratitude Improves Health link below](#).*

As you work on the practice of getting humble through learning self-care and practicing gratitude, you'll be able to lead out of the overflow of your heart.

*For more on this practice*

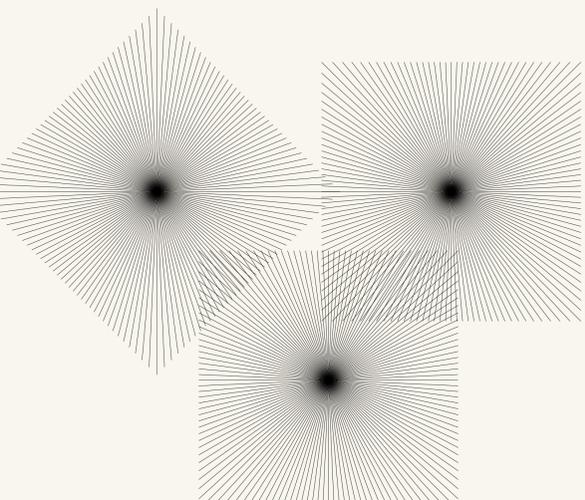
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The Cure for Exhaustion

What You Feed Your Heart

Contentment in Godliness

Gratitude Improves Health



# Get *Serving*

Share Your Influence & Help Others Grow

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“We make a living by what we get. We make a life by what we give.”

— WINSTON CHURCHILL

God wants to restore the world through his people, and he raises up leaders to extend his kingdom in the world. He wants to use us, where we live, work, and play, to bring restoration to the world.

In Matthew 22, Jesus was asked, “Teacher, which is the greatest commandment in the Law?” Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’” (Matthew 22:36-39 NIV)

When you refocus on serving those around you, sharing your influence, and helping others to grow, you’ll discover a life filled with purpose and contentment.

*A few ways to consider serving:*

- 1. Become a Mentor** | Find someone in your circle who has the desire to grow and offer to mentor them for a season to share the lessons you have learned.
- 2. Find opportunities for others** | Instead of keeping the challenging projects to yourself, look for ways to challenge your team, and then give them credit for their success!
- 3. Share your network** | As you network, extend a hand to those around you. Be proactive about looking for ways to connect people in your work and in your community.
- 4. Be Hospitable** | You don’t need the picture-perfect home or Pinterest-worthy meal in order to be hospitable. A great way to share your life lessons is to invite your colleagues and their family into your home.

Servant leaders understand that their impact can be multiplied across regions and generations as they share their influence to lift others up in love.

As Jesus says:

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this...everyone will know that you are my disciples, if you love one another.”

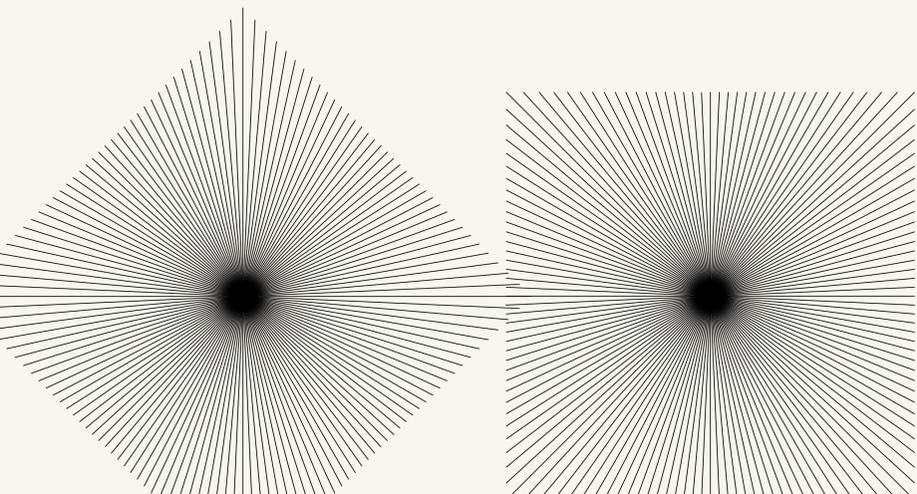
— JOHN 13:34 NIV

*For more on this practice*  
**CLICK THE LINKS BELOW**

Love Our Neighbor

Honest Hospitality

When Encouragement Comes



Leadership is a messy, beautiful, challenging, and rewarding journey that God has called you to and wishes to equip you. Each of the seven practices in this book will help you to grow and flourish as a leader. However, only by rooting your identity and purpose in Christ Jesus will you find true contentment.

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### **A PRAYER FOR LEADERS:**

God, strengthen each leader reading this to face challenges in ways that bring you glory and honor. Equip them for the mission that you have set before them. Remind each leader that you created them for a meaningful life and give them the courage to seize the opportunities that you have laid before them. As each leader encounters setbacks or obstacles, please provide divine encouragement to help them see a way forward. God, give each of us the humility to know that we do not walk this road of leadership alone. Let us keep our eyes fixed on you.

Amen

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*May these words of my mouth and this  
meditation of my heart be pleasing in your sight,  
Lord, my Rock and my Redeemer.*

PSALM 19:14 NIV

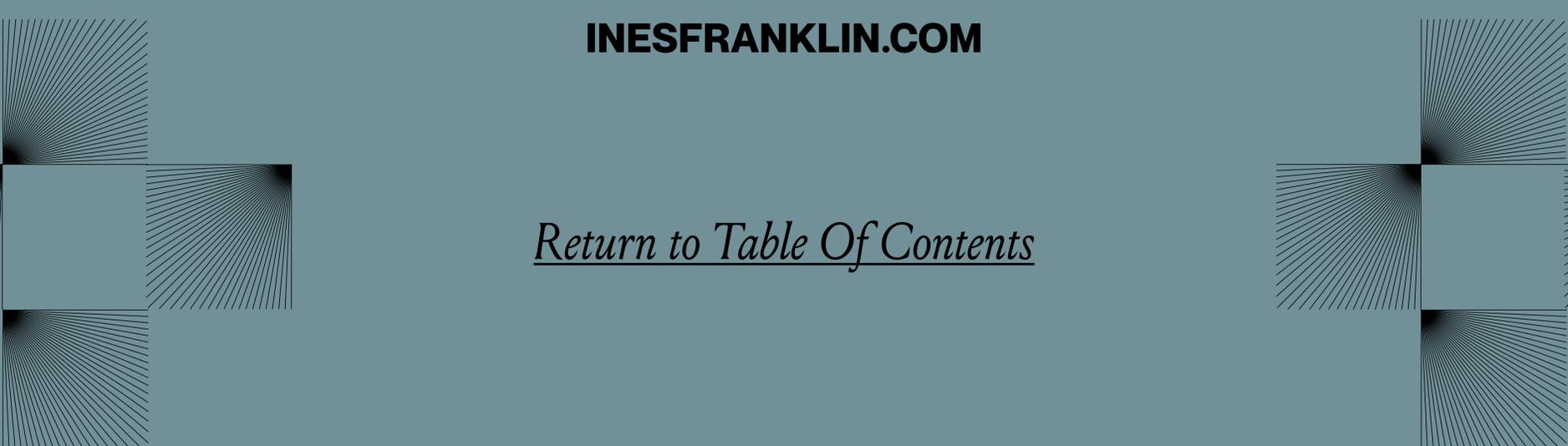
For more leadership breakthrough tips and resources:

**TROCHIA.ORG**

To connect with Ines Franklin:

**INESFRANKLIN.COM**

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## ADDITIONAL SOURCES

### Harvard Business Review / Imposter Syndrome:

<https://hbr.org/2008/05/overcoming-imposter-syndrome#:~:tet=Imposter%20syndrome%20can%20be%20defined,external%20proof%20of%20their%20competence>.

### Brene Brown / Braving the Wilderness:

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### Benefits of Vulnerability at Work:

<https://hbr.org/2014/12/what-bosses-gain-by-being-vulnerable>

### Benefits of Vulnerability at Work:

<https://www.forbes.com/sites/forbescommunicationscouncil/2020/03/02/12-benefits-of-embracing-vulnerability-in-leadership/?sh=3c4f89192248>

### Benefits of practicing Gratitude :

[https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_changes\\_you\\_and\\_your\\_brain](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)