



ASCENT

EMOTIONALLY HEALTHY LEADER



BREAKOUT OVERVIEW



Part 1:

Book & Author
Introduction



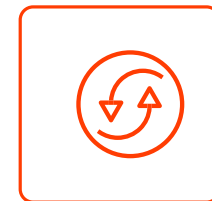
Part 3:

The Emotionally
Healthy Leader



Part 2:

The Emotionally
Unhealthy Leader



Part 4:

Transforming your
Inner Life



Book and Author Introduction

Chapter 1 - The Emotionally Unhealthy Leader

Part 1 - The Inner Life

Chapter 2 - Face Your Shadow

Chapter 3 - Lead Out of Your Marriage or Singleness

Chapter 4 - Slow Down for Loving Union

Chapter 5 - Practice Sabbath Delight

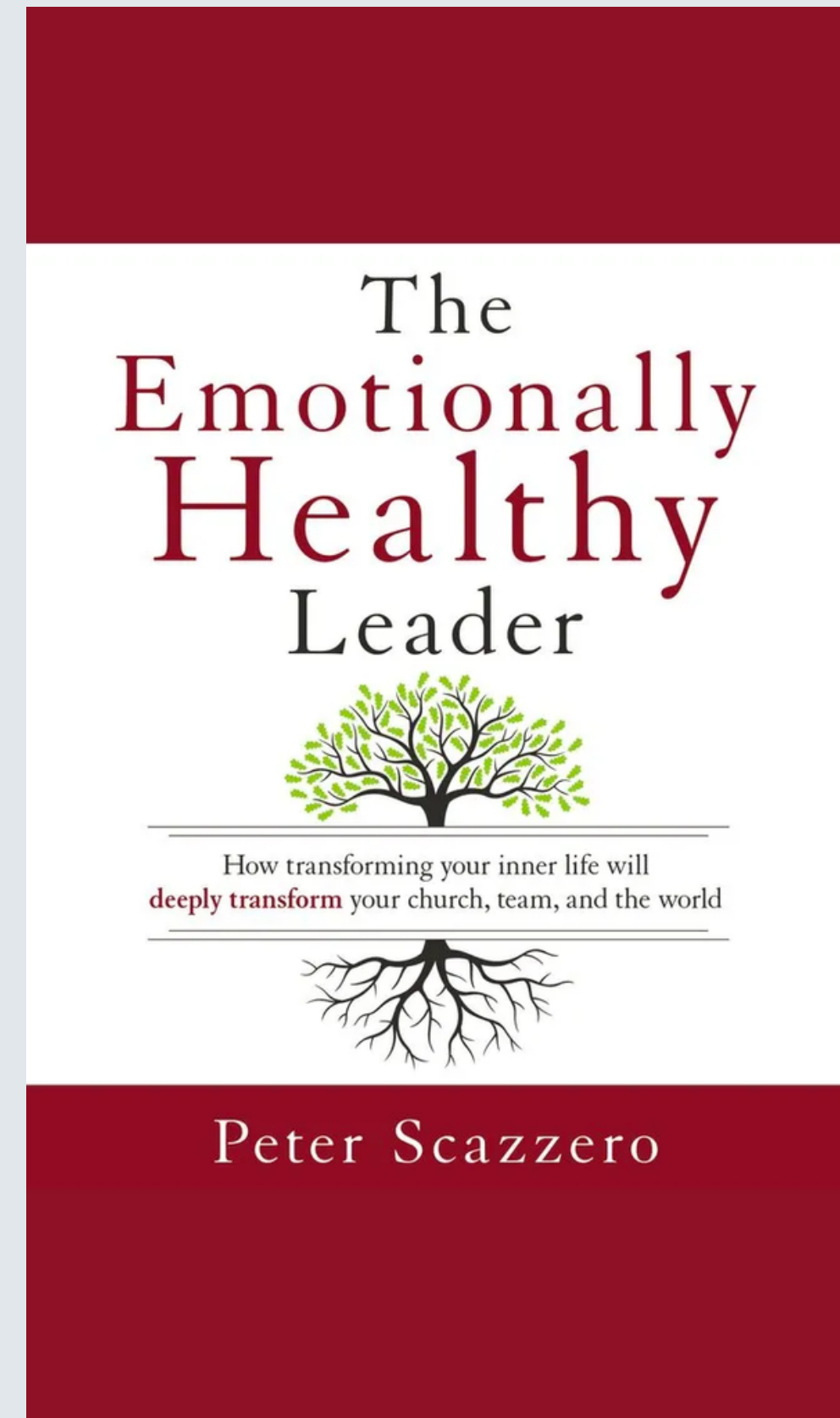
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The Emotionally Unhealthy Leader

The emotionally unhealthy leader is someone who operates in a continuous state of emotional and spiritual deficit, lacking emotional maturity and a 'being with God' sufficient to sustain their 'doing for God'. Emotional deficits are manifested primarily by a pervasive lack of awareness.

Four Characteristics of an emotionally unhealthy leader:

- 1) Low self-awareness.
- 2) They prioritize ministry over marriage or singleness.
- 3) They do more activity for God than their relationship with God can sustain.
- 4) They lack a work/Sabbath rhythm.



The Emotionally Unhealthy Leader

If you want to become an emotionally healthy leader, sooner or later you will have to resist the pull of one or more of these Unhealthy Commandments:

- It's not success unless it's bigger and better
- What you do is more important than who you are
- Superficial spirituality is okay
- Don't rock the boat as long as the work gets done



The Emotionally Unhealthy Leader

What you do matters (Outer Life).

Who you are matters even more (Inner Life).

**Transforming Your Inner Life Will Deeply Transform
Your Church, Team and the World.**



PART ONE : THE INNER LIFE

Chapter 2 - Face Your Shadow

Chapter 3 - Lead Out of Your Marriage or Singleness

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Practice Sabbath Delight



PART ONE : THE INNER LIFE

Face Your Shadow:

Your shadow is the accumulation of untamed emotions, less-than-pure motives and thoughts that, while largely unconscious, strongly influence and shape your behaviors. It is the damaged but mostly hidden version of who you are.

The shadow may erupt in various forms. Sometimes it reveals itself in sinful behaviors, such as judgmental perfectionism, outbursts of anger, jealousy, resentment, lust, greed, or bitterness. Or it may reveal itself more subtly through a need to rescue others and be liked by people, a need to be noticed, an inability to stop working, a tendency toward isolation, or rigidity



PART ONE : THE INNER LIFE

Lead Out of Your Marriage or Singleness

Understanding singleness and marriage as callings, or vocations, that point beyond ourselves to Christ must inform our self-understanding and the outworking of our leadership.

The pervasive disconnect between leadership and our status as marrieds or singles is so pronounced—and yet so pervasively considered “normal”—that only a powerful theological vision from God can reverse this dangerous state of affairs.



PART ONE : THE INNER LIFE

Slow Down for Loving Union

What Is Loving Union? To lovingly allow God and his will to have full access in every area of our lives. Loving union asks questions such as: To what extent is the door of our heart open to him? Have we allowed the incessant demands of leadership to so preoccupy us that we don't have time to keep that door open— continuously?

It is possible to build a church, an organization, or a team by relying only on our gifts and talents. We can serve Christ in our own energy. We can expand a ministry without thinking much of Jesus or relying on him in the process. We can preach truths we don't live. And if our efforts prove successful, few people will notice or take issue with the gaps between who we are and what we do.



PART ONE : THE INNER LIFE

Practice Sabbath Delight

Biblical Sabbath is a twenty-four-hour block of time in which we stop our work, enjoy rest, practice delight, and contemplate God. God's Sabbath rhythm is a reflection of the rhythm that undergirds all of creation. The problem with too many leaders is that we allow our work to trespass on every other area of life, disrupting the balanced rhythm of work and rest God created for our good.

The Four Characteristics of Practicing Sabbath:

1. Stop
2. Rest
3. Delight
4. Contemplate



BOOK + AUTHOR INTRO

Part 2 - The Outer Life

Chapter 6 - Planning & Decision Making

Chapter 3 - Culture & Team Building

Chapter 4 - Power and Wise Boundaries

Chapter 5 - Endings & New Beginnings



PART TWO : THE OUTTER LIFE

Planning and Decision Making

God's leaders have been making plans and decisions without him since the beginning. The only way we can know his plan is to listen carefully to his voice. We make plans and decisions every day as leaders.

Three great dangers, however, often torpedo our best intentions and efforts:

1. We Define Success Too Narrowly
2. We Make Plans and Take Action without God
3. We Go Beyond God's Limits

In contrast, emotionally healthy planning and decision making is characterized by four characteristics that need to become deeply rooted in the soil of our hearts.

1. Defining success as radically doing God's will
2. Creating a space for heart preparation
3. Praying for prudence
4. Looking for God in our limits



PART TWO : THE OUTTER LIFE

Culture and Team Building

Creating an emotionally healthy culture and building a healthy team are among the primary tasks for every leader. And the task for Christian leaders is even more demanding because the kind of culture and teams we create are to be radically different than those of the world.

There are **Four Core Characteristics** for emotionally healthy culture and team building.

When an organizational culture and team are healthy, these things are true:

- Work performance and personal spiritual formation are inseparable.
- The elephants in the room are acknowledged and confronted.
- Time and energy are invested in the teams' personal spiritual development.
- The quality of people's marriages and singleness is foundational.



PART TWO : THE OUTTER LIFE

Power and Wise Boundaries

A critical need for every leader is to become aware of their power, i.e., their capacity to influence and stewarding that power well so they are a gift to those they serve, enabling them to come more fully alive and flourish. Every leader needs to be aware of the six primary sources of power:

1. Positional power
2. Personal power
3. “God factor” power
4. Projected power
5. Relational power
6. Cultural power



PART TWO : THE OUTTER LIFE

Endings and New Beginnings

Embracing endings in order to receive new beginnings is one of the fundamental tasks of the spiritual life—and this is especially true for Christian leaders.

Endings and transitions to new beginnings are poorly handled in our ministries, organizations, and teams for at least three reasons:

1. We accept the broader culture's view of endings—as failure and something to be avoided.
2. We treat endings as signs of failure rather than opportunities for something new.
3. We view endings as disconnected from our spiritual formation in Jesus.
4. We disconnect endings from our family-of-origin issues.



