

Leadership And Self-Care

Discussion Questions

1. What stood out the most to you in this video?

2. **1.In 1 Kings 19:3-8 we see Elijah's exhaustion and God's provision of rest and food. "Then he lay down under the bush and fell asleep. All at once an angel touched him and said, 'Get up and eat.'" As a leader, when do you or others you know experience burnout? What causes this and what will it take to overcome it? (Include biblical advice.)**

3. **How does Jesus' example of withdrawing from the crowds to rest influence our view of self-care? Read Mark 6:31 "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'" What does real rest consist of?**

4. **Why is it important to care for ourselves so that we can effectively love others, as seen in Jesus' teachings? Consider Matthew 22:39 "And the second is like it: 'Love your neighbor as yourself.'"**

5. **In what ways do leaders today face stress similar to the challenges faced by biblical leaders like Moses or Elijah? How can we apply their lessons to modern leadership?**

Numbers 11:14-15 (Moses' frustration and feelings of being overwhelmed) *"I cannot carry all these people by myself; the burden is too heavy for me."*

6. As a leader, how can recognizing the Sabbath as a command to rest shape our understanding of self-care in leadership? Exodus 20:8-10 (Commandment to observe the Sabbath day) *"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God."*

Application

7. What practical steps can you take this week to prioritize self-care, ensuring that you maintain balance in your responsibilities and personal well-being? Read 1 Corinthians 6:19-20 - "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."

Going Deeper

This section is an extension of the above material and is designed for a deeper study/ devotion on your own. Read the scripture below and take time to journal and put this content into practice to help shape your culture at work.

8. How does the concept of stewardship apply not only to how we manage resources, but also to how we care for our own physical and emotional well-being? Read 1 Peter 4:10 - *"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."*

9. In what ways can community and trusted relationships serve as a support system for leaders during times of stress? How does Scripture emphasize the importance of sharing burdens with others? Read Galatians 6:2 - *"Carry each other's burdens, and in this way, you will fulfill the law of Christ."*

10. How can leaders learn to trust God more fully in seasons of high stress, letting go of control and depending on His strength? Read Philippians 4:6-7 - *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
