

“REAL PLACE”

- 1) **A strong reminder of the deep and real friendship that Jesus offers** and how it is a safe place where we can be real ourselves.
Christ is our High Priest who can empathize with us! Hebrews 4:14-16
- 2) **When we forget and do not go to this “real place” where do we go?**
How do we manage the challenges, fears, pains or stressors we face? Are we trying to numb or escape rather than facing them or authentically sharing them with Christ.
- 3) **As leaders “we do hard things,” but we are not alone.**
Philippians 4:13 “I can do all things through Christ who strengthens me.”
In silence and in solitude, in that “real place,” Christ sits with us, empathizes with us and strengthens us.

Book recommendation: <https://www.amazon.ca/Invitation-Solitude-Silence-Experiencing-Transforming/dp/0830835458>

Brené Brown video on the difference between sympathy and empathy:
<https://brenebrown.com/videos/rsa-short-empathy/>

Sitting with Jesus is sitting in a “real place.” A powerful place of empathy, compassion and strength. As we rest in Him, the Lord can lift us out of the miry clay and steady our feet on a firm foundation (Psalm 40).
- 4) **Practical Tip: “The Safe Place”** - through sanctified imagination, ask God to give you a “safe place” where you can communicate with and rest in Jesus.
- 5) Conclusion: **My current greatest leadership encouragement for you is to go to the “real place” with Jesus** - be who you are, bring what you carry, and allow Him to love you, to strengthen you and to transform you with His presence.