

Resisting the Leadership Pressure Cooker

Taste of Arrow
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The Leadership Pressure Cooker...

We've all felt it

Jesus' Approach to the Leadership Pressure Cooker (Mk 1:29-39)

Recentering

Benefits of Recentering

Refined Perspective

Benefits of Recentering

Replenished Energy

Benefits of Recentering

Resolve...

...to say a good no in service to his higher yes.

Discuss in Your Groups

How might taking the time to recenter with God help you resist the leadership pressure cooker?

Would it refine your perspective?

Replenish you?

Strengthen your resolve?

Other?

When We Don't Follow Jesus' Example of Recentering...

...We expose ourselves to several negative outcomes

- Burnout
- Prideful self-reliance (practical atheism)
- Frustration and discontentment

Ultimately, we can miss our higher yes and sacrifice great for good

Helpful Recentering Practices

- Find your desert with God
 - Silent Prayer
 - Slow Reading of Scripture
 - Sabbath-keeping
 - Stability

Some of My Recentering Rhythms

Daily Scripture Meditation

Listening Prayer

Sabbath Keeping

Monthly Summit Day

Annual Spiritual Retreats in Nature

Finding and meeting with trusted companions

Discuss in Your Groups

Is there a recentering practice you believe might help you in this season of life and leadership? What are you hoping will result?

One Last Question

What “have to’s” might impact your rhythms in this season of life and ministry?

-Take a moment to reflect and write down any that come to your mind.

Envision What's Possible

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