

Session 7 – Leading When It Gets Tough

How do you react with things get tough?

Click the picture to watch the video (if the link doesn't work go to <https://youtu.be/5Mqp2AH19I8>)



Everyone who leads will face a time when it gets tough. But if we can put in good practices when things are going well, this can help us in the tough times.

When things get tough:

Remember

- Remember when things were going well. The best way to do this is to keep a journal, writing how things are going, no matter if they are good or bad. It's often harder to look back honestly on how things were.
- Remember why you are leading.
- Remember your calling.
- Remember the people you are leading.

Be Resilient

- Jesus did say that we will have trouble, John 16:33
"I have told you these things, so that in me you may have peace. In this world you will have trouble.."
- We need to build up resilience to keep us going, but be careful that we do not become hard or cynical.
- When we build resilience, we learn to endure and keep going. As it says in Hebrews 12:1
Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.

For further reading see 2 Corinthians 4

Rest

- Carey Nieuwhof says 'Discipleship is 70% sleep.'
- When you are tired, you struggle to function. When you are tired, the smallest things seem like big things. Rest makes such a difference.
- When things get tough, check your rest levels. Then make sure you do it. Often you think that you need to do more than you really do, and you can't afford not to rest.

Follow-up Questions

1. Which of these three points do you find the hardest to implement when things get tough?
2. What can you do now to help you remember the good times and why you are leading when things get tough?
3. What effects your resilience in tough times?
4. How easy to you find it to rest when you are stressed? What can you do to help you rest more during these times?
5. Which of these practices do you need to start implementing into your life now to help you in the future?
6. How much time are you currently spending resting in God? Is that enough?