



"Triumphant In Christ, Victorious In Life"

TWCC Teaching Handout: "The Emotions of a Leader – Part 2" – 2/7/2018

2 Timothy 1:7 (NKJV) – "For God has not given us a spirit of fear, but of power and of love and of a **sound mind**." (**NLT**) - "For God has not given us a spirit of fear and timidity, but of power, love, and **self-discipline**."

- **The Three-fold Nature of Man: Read 1 Thessalonians 5:23 (KJV)**
- You are a SPIRIT; you possess a _____; and you live in a BODY.
 - Soul = Greek – psyche; (Components = (1) Mind/Intellect (2) Will (3) EMOTIONS.
- WHEN EMOTIONS ARE PUT IN THEIR PROPER PLACE, UNDER OUR CONTROL, THEY CAN SERVE US AS A _____. BUT WHEN EMOTIONS CONTROL US, THEY CAN BECOME A FRUSTRATING CURSE.
- Our life should be controlled by God's Word and the by the power of the Holy Spirit. They give us the ability to dominate and control our _____.
- Having one's emotions under control is a great mark of maturity.
- THE DEAL IS THAT EVIL EMOTIONS ARE A SIN AND SHOULD BE TREATED AS SUCH.
- God desires each of us to enjoy a life of healthy, toxic-free emotions that are in the control of the Word of God and the Holy Spirit through your spirit.
- New Testaments Admonitions: (**Read Ephesians 4:31 – 32; Colossians 3:8**)

THE EMOTIONS OF A LEADER (CONTINUED):

- **POINT OF TRUTH:** You will reproduce either emotional _____ or emotional _____. DYS = diseased; abnormal; unhealthy; bad; difficult; impaired; FUNCTION = the action for which a person or thing is specially fitted or used or for which a thing exists: purpose.
- Some Principles to Learn:
 - **Principle #1 – The way we handle our emotions will determine how far our abilities will take us.** (IQ + EQ + GQ = Success in Life)
 - EQ = emotional control in response to situations, struggles or stress
 - (*Example: High IQ but Low EQ doesn't equal success in life, relationships and leadership.*)
 - **Principle #2 – Emotions are contagious!**
 - Leaders must turn the tide of other's emotions during a crisis.
 - When we lead we must turn the energy level and emotional level "lower" or "negative" than when we came and interacted with others.
 - *Ex: Teaching, Exhorting, Engaging with groups / congregation, etc.*
 - *Example 2: When you teach you either "commentate" from the head or you "communicate" from the heart. Leaders are communicators.*
 - Teachers just teach _____; Leaders teach _____
 - **Principle #3 – Emotional rest stops are essential.**
 - Jesus' Pattern for Personal Renewal: (1) Set aside time (2) Find a quiet place (3) Pray and reflect (**Mark 1:35; Matthew 14:23; Luke 5:15–16**)
 - Merely changing locale will not guarantee emotional recharging. Rest

stops provide opportunities to filter our emotions. (**Read Isaiah 30:15**)

- **REST** _____ (balance your sleep and rest – watch overindulgences or binging behaviors that spin you out of balance); _____ Daily (you should develop daily “Throne” and “Thinking” time); _____ Weekly (a hobby or a peace-building holy habit that allows the creativity and color of God to restore your mind and soul); **RETREAT** Monthly; **RECHARGE/REFRESH** at least twice annually. (get away, vacation)
 - **Principle #4 – Emotions should be stepping-stones to the Spirit.**
- **Last week we mentioned the 7 Emotional Land Mines we must watch and be cautious of:** (Criticism; Pride; Unforgiveness; Self-Pity; Fear of Failure; Rejection; and Loneliness).

EMOTIONAL MANAGEMENT – THINGS TO DO:

- 1) To maintain _____ emotions in life, ministry, and leadership responsibility and reproduce _____ emotions in others, we must develop godly _____ - **ESTEEM**. (Did you notice I didn’t merely say a “high” self-esteem?)
- Godly self-esteem comes through three areas of our lives: (1) *The Establishing of our Core Values* (2) *The Determining of our Guiding Principles (Life Verses)*, and (3) *The Setting of Our Priorities*.
- **Point of Truth: You must _____ your core values before the crisis hits or the crisis will _____ them for you.** (Our core values are the absolutes that anchor our lives in the midst of any storm.)
 - These are your non-negotiables in life. **Examples:** (1) *I believe I was created to know Jesus.* (2) *I believe that I have a God-given purpose in life.* (3) *I believe that integrity is always the right way (DWR).* (4) *I believe I have been placed here on earth to help, benefit and be a blessing to others.* (5) *I believe that is more important to have significance than success.*
 - How do you identify your core values? By pursuing and seeking God. Through an intimate relationship with the Lord, you will discover the core values He wants to guide your life.
- Another way to develop _____ - **ESTEEM** is by determining your guiding principles, or Life Verses. These principles will direct you, keeping you on track and focused in the midst of a changing world with its myriad of choices.
- Setting our life’s priorities in the correct order is the final key to building a _____ **SELF-ESTEEM**. **Point of Truth: Priorities differentiate between those things we are to do and those things we are not. (Make CHARACTER your quest because INTEGRITY guides us to the _____ decisions).**
- General Norman Schwarzkopf sums up the significance of character: *“To succeed in life you need strategy and character. But if you can only have one, give up strategy.”*
- **Read Romans 1:1.** We see the proper prioritization (3 P’s): (1) _____ of Paul (2) _____ of Paul and (3) _____ of Paul.
 - When we rearrange the order we experience unhealthy _____ and identity crises in our life.
- 2) The second emotional management thing to do is _____ your SPIRITUAL IMMUNE SYSTEM. If you want to maintain your emotional well being, then build up your _____ IMMUNE SYSTEM.

- **Point of Truth:** Our spiritual immune system functions in much the same way as our physical immune system; it protects us, guarding against the emotional sicknesses and emotional toxicity and contamination that ruin our *efficiency*, our positive emotional *energy* and our *effectiveness* in life, in loving others and in leadership.
- **Proverbs 18:14 (Amplified Classic)** – “*The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?*”
- **A Strong Spiritual Immune System contains three (3) ingredients:**
 - (1) *The ability to bounce back from failure.* Everyone makes mistakes, but people with strong spiritual immune systems learn how to rebound from them. They refuse to let an _____ of failure become an _____ of failure.
 - (2) *Resilience in spite of rejection.* Someone in this world isn’t going to be happy you were born. If they rejected Jesus, they’ll reject you.
 - (3) *Confidence in the midst of crisis.* Strong leaders shine in the presence of problems, not the absence of them. **Read Hebrews 13:5 – 6**
- **Point of Truth:** A strong spiritual immune system is founded on the knowledge of **WHO WE ARE IN CHRIST**. When we agree with and acknowledge what God says about us we strengthen our spirits.
 - God is more interested in your prayer _____ that your prayer _____.
 - Understanding your call will help you remain steadfast in tough times.
- **Point of Truth:** Unforgiveness will deplete your Spiritual Immune System.

UNDERSTANDING YOUR PAIN THRESHOLD:

- Life, business and ministry are _____ **CHALLENGING**, and our ability to manage those EMOTIONS creates boundaries that influence our life, business and ministry.
- **Three (3) Biblical Illustrations:**
 - **Acts 26:17 (KJV)** – “*Delivering thee from the people, and from the Gentiles, unto whom now I send thee.*”
 - To minister to people, you must be _____ from them.
 - If you need people to like you, there will be high levels of _____.
 - **Luke 6:26 (KJV)** – “*Woe unto you, when all men shall speak well of you! for so did their fathers to the false prophets.*”
 - If you need everyone to agree with you, then you will be constantly _____.
 - **Exodus 18:18 (KJV)** – “*Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone.*”
 - If you are a frontline caregiver, it is easy to wear yourself out.
- **Three (3) Laws of Ministry:**
 - **#1) MINISTRY IS A _____ SPORT.** The very nature of life and ministry as a leader is that we take hits. In the way a football player knows that he will be hit, parents, pastors, leaders absorb emotional hits all the time and need to be prepared for them.

- **#2) YOU WILL PLAY _____.** There is a degree of pain that is a part of what we do. Cal Ripken Jr., who is a baseball hall of famer from the Baltimore Orioles, had the longest consecutive games played total in the history of baseball. When asked how he did it, he said, "You must learn to play hurt."
- **#3) YOU CANNOT PLAY _____ ALL THE TIME.** Yes, there are difficult moments, but there must also be times of healing to build.
- Principle to Glean and Grow from: **Ministry grows to the level of your _____ THRESHOLD. 1 Corinthians 10:13 (MSG)** – "No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; **He'll never let you be pushed past your limit; He'll always be there to help you come through it.**"
 - Everyone has a pain threshold. Pain creates its own barriers.
 - Pain problems cause us to lose our perspective. Pain creates distortion towards:
 - **Ourselves:** I'm not doing any good; failure becomes my identity.
 - **Others:** I seek isolation because people are nothing but problems. If I let anyone close; they will hurt me.
 - **God:** I must not be called, or I would be doing better than this. But even more importantly, I feel like God doesn't even care.
 - 4 Types of Pain Leaders go through:
 - (1) People Pain: (Acts 6:1) (2) Personal Pain: (Acts 20:22 – 23) (3) Staff Pain: (Acts 15:37-39) (4) Growing Pain: (Acts 15:1-2)
- **Growing your pain threshold involves (4) four areas:**
 - (1) **PURPOSE** – Why do you do what you do? Your purpose must be **expanding**.
 - *Without purpose, the day-to-day staff, stress and situations alone will crush you.*
 - (2) **PASSION** – For whom do you do what you do? Your passion must be **growing**.
 - *Without passion, your problems will overwhelm you.*
 - (3) **PATIENCE** – How long do you do what you do? Your patience has to be able to **stretch**.
 - *Without patience, the little things will eat away at you.*
 - (4) **PRAYER** – How do you do what you do? Your prayer must **increase**.
 - *Without prayer, life and leading courageously is bigger than you.*

NOTES:
