

Session 2 Leadership Character, Disciplines and Practices

A. Some Causes of Draining

1. Tiredness
2. Stress
3. Misdirected Love and Attention
4. Weariness
5. Disillusionment
6. Disappointment
7. Disheartenment
8. Dysfunctionalism
9. Not being true to self or calling
10. Information overload...
11. Attempting too much
12. Failure:
13. Relationship breakdown
14. Tension, unresolved conflicts
15. Loss of hope

B. Diseases

1. Pride
2. Competitive Spirit
3. Critical spirit
4. Bitterness
5. Control
6. Fear
7. Insecurity
8. Inability to let go ~ territorialism

C. Develop A Rhythm and Appreciate the Spiritual Disciplines:

Intentionality.... *not a matter of trust but direction* ~ Einstein.

1. Soul Care.... cf. project managers... running churches
2. Practising the Presence of God ~ Br. Lawrence...Contemplative Awareness...
3. Mezuzah...
4. Rule of Life
5. Jewish '*Kavanah*' & Quaker '*Living Concurrently*' ...
6. Prayer....
7. Scripture
8. Solitude and Silence
9. The Cell
10. Self -denial
11. Submission
12. Screen time
13. Service
14. Hospitality
15. Generosity
16. Pottering...
17. Study...
18. Reflection...
19. Lay-Bys...
20. Play
21. Rest & Relaxation...
22. Ordinary time...
23. Creativity
24. Retreat
25. Sabbath
26. Sabbatical
 A fallow period
27. Beyond the church
28. Drink Copiously of Grace

29. Laugh at Self

30. Value prevention

D. Social Context

1. Family *Family life is holy ground*

2. Friends

3. Soul Friends *Anyone without a soul friend is like a body without a head, Bridget
Blind, Dumb & Deaf Spots*

4. Spiritual Director

He who makes himself his own teacher becomes the pupil of a fool

5. Confessor

6. Spiritual Formation Groups

7. Safe Places and People

E. Pleasures

1. Home and gardens - creativity - hands , therapeutic

2. Eating and drinking - meals

3. Health - body - mind spirit

4. Conversational art