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Emotionally Healthy Leadership

*Moving Beyond Performance and Approval-Driven
Ministry Toward Healthy Leadership Patterns*

PRESENTER

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24 Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. 25 "For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. 26 "For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?

Matt 16:24-16 NKJV

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**Any ministry efforts rooted in performance and
the drive for approval are unhealthy and motivated
in the desire preserve of our false self.**

“All sin starts from the assumption that my false self . . . is the fundamental reality of life to which everything else in the universe is ordered. Thus, I use up my life in the desire for pleasure and the thirst for experiences, for power, honor, knowledge and love, to clothe this false self and construct its nothingness into something objectively real.”

- Thomas Merton

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Emotionally healthy leaders are emotionally honest leaders, who lay down false-self patterns to embrace healthy leadership patterns.

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**Emotionally Healthy Leaders,
are Emotionally Honest Leaders**

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12 Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. 13 And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.

1Co 2:12-16 ESV

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14 The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. 15 The spiritual person judges all things, but is himself to be judged by no one. 16 "For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ.

1Co 2:12-16 ESV

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“In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God.”

— Peter Scazzero

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**Emotionally Healthy Leaders,
Lay Down False Self Patterns**

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"The self is given to us that we may sacrifice it; it is ours that we like Christ may have something to offer... The Self is to be no longer the ruler of our action".

- George MacDonald

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5 You must have the same attitude that Christ Jesus had. 6 Though he was God, he did not think of equality with God as something to cling to. 7 Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, 8 he humbled himself in obedience to God and died a criminal's death on a cross.

Phl 2:5-8 NLT

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**Emotionally Healthy Leaders,
Embrace Healthy Leadership Patterns**

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1 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth. 3 For you died, and your life is hidden with Christ in God.

Col 3:1-3 NKJV

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**“I was told, each time I drew my sword,
I should consider not what I killed,
but what I allowed to live.”**

- D'Artagnan, The Man in the Iron Mask

Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.

1Co 2:12 ESV

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If we live by the Spirit, let us also keep in step with the Spirit.

Gal 5:25

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Reflection Questions:

1. What is setting the cadence, rhythms, and patterns of your life in leadership? What does this reveal to you about who is setting the cadence, rhythms, and patterns?
2. What false-self leadership patterns is the Holy Spirit calling me to lay down?
3. What healthy leadership patterns does Christ's resurrection allow to live in their place?

Contact

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