

Importance and Danger of Self-focus:

*“...give heed to yourself
and **keep your soul**
diligently, so that you
do not forget the
things which your eyes
have seen ...” Deut. 4:9*

King David
strengthened himself in
the Lord; he tended to
his soul; he considered
his ways and turned his
feet...(Ps.119:59)

Proverbs 4:23 “Watch over your heart with all diligence, for
from it *flow* the springs of life.”

Jeremiah 3:40 “Examine your ways and test them...and
return to the Lord...” (in the midst of devastating loss,
disillusionment)

Haggai 1:5 “Consider your ways, you have sown much and
harvested little...”

Jesus speaks of the one thing that’s necessary in the midst of
frantic service for the Lord.... Luke 10:42

He pleads with us to come and take rest for our souls. Matt.
11:28

Paul says to Timothy “...train yourself to be godly...”

1 Tim. 4:7b, NIV

“...watch over yourself and your teaching” 1 Tim. 4:16

The Soul of Leadership

Care of Self

- ✦ “A leader ...must **take special responsibility**
for what's going on inside him or herself,
...lest the act of leadership create more harm
than good.” Parker Palmer
- ✦ “Truly, the best thing any of us has to bring
to leadership is our **own transforming**
selves.” Ruth Haley Barton

Dangers

One of our problems is we have an enemy who wants to convince us that we shouldn't pay any attention to ourselves...

Some see self-care as pampering or an **excuse for self-centered behavior** - this is a wrong understanding/misuse.

Our Enemy will distort this to keep us from growth & fruitfulness.

He will convince you it's **selfish to focus on your own growth**

He will try to **distract you** with good things (always many good things to do so you don't have to look at your soul.)

He will accuse you and say you **don't deserve time with God.**

He will want you to think **God's love is based on what you do.**

He will want you to **wallow in your sin** and shame, thinking you have to fix yourself or make yourself better. This keeps you from forgiveness and freedom

He will **overwhelm you** making you think change is all up to you.

We are transformed by God as we let Him renew our minds, our thinking & our beliefs! That takes time and effort on our part.

*“Do not be conformed to this world, but **be transformed by the renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect... I say to everyone among you not to think of himself more highly than he ought to think, but to **think with sober judgment**, each according to the measure of faith that God has assigned.”* Romans 12:2,3, *ESV*

Enemy's voice - Pharaoh said to the Hebrew slaves. (Ex. 5:4)

“Go back to your labors, it's because you're lazy that you want time with your God.” I think some of us hear that same voice today.