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Emotionally Healthy Leader Chapter 1: Response

How do you know you are leading people effectively? Is it by the way you teach? Is it how you prepare well and put your sermons? Or is it from the confirmation and affirmation from people? According to Emotionally Healthy Leader written by Peter Scazzero, none of these assures a leader that they are an effective leader. Instead it is how you care for yourself emotionally and spiritually. It is how you allow yourself to know the kind of person you are as an emotional and spiritual person. In this book, Scazzero will show us what God intends for leaders on how to care for themselves, to avoid burn out, and of leaving hurt emotions alone understand the damage they can bring if neglected and untreated.

Understanding these aspects of yourself and more is important because this will help you and those around you on how to pour into you and how to help you in your walk with Christ. For myself, I always thought to myself to keep people at an arm's length to not risk the possibilities of getting hurt. For myself, I always thought that emotions are a sign of weakness and the best way to handle them is to acknowledge they are there, but not to embrace them and truly sit in it. When life's challenges come, being resilient is a necessity. After reading this chapter, it made me think, am I an emotionally healthy leader? I don't believe I am because I bottle everything inside and give the impression that everything is fine with me. Allowing anyone to cross boundaries with me. That's not a good quality to have as a leader in ministry or any kind of profession because people can take advantage of me. I want to give the best of myself to God and the only way of doing that is surrendering my beliefs, methods, and ways to God and begin taking up what He advised me to do to receive healing. Once that happens, people will see the best in me and will receive the best of me because I decided for God to show me how to handle the emotional and spiritual aspect of me.

Do you make time for God? Do you know your limitations and weaknesses as a leader? After reading this chapter, these were the kind of questions that came to me. Being intentional is

something I struggle greatly with in my relationship with God. I believe reading an Emotionally Healthy Leader will bring more awareness to me and knowledge. Because it will help me identify sin habits and flaws within myself as a leader that will encourage me to bring to God.