

Justin Austin

Prof. Bidel

Pastoral Counseling

10/28/2020

S & R chapter 1 & 2

This chapter talks about unhealthy leadership and in order to have good leadership you have to be physically, mentally and spiritually healthy and grounded. Being in good leadership requires one's focus and ability to adapt to different circumstances. With dealing with unhealthy leadership you would lack awareness of feelings, weakness and limits.

By being an unhealthy leader to lack the capacity and skill to understand and go deeper with your feelings and the feelings of others. Unhealthy leader is more of a servant than one who would share the joys of Christ. When it comes to building ministries instead of laboring and doing the hard work that it entails, a lot of ministers try cut corners to try to get ahead. Instead of doing the work that needs to be done in building the ministry understanding that it is a process, and it takes time.

The unhealthy leader has four characteristics and in one of those characteristics low self-awareness is the first one because it is not being aware of what is going on inside themselves and not being able to process it honestly and appropriately. Another is putting the ministry first before the marriage or singleness, not being in true intimacy with the spouse. The leader wants

the ministry to be so effective that the unhealthy leader neglects their own ministry which is home first.

It is very important as a leader that you are healthy, in mind, body, soul and spirit. When being a leader to people, you have to make sure that you are equipped to handle various people that may come to you with a lot of their problems as well as just wanting someone to talk with. Some people may just want someone to listen to them, so they are able to vent and get things off of their chest with out judgment.

Not dealing with your own past hurts can cause conflict in counseling an individual who may come to you with the same issue or concern. And in doing so you want to be able to give them sound advice and let them know that you understand where they are coming from without giving to much of your personal information. If you are emotionally unhealthy then you will not be able mentally to deal with such concerns as abuse, or someone who has been neglected by a parent if you yourself have not overcome the very thing you are counseling someone on. faith reflects not only yourself but also your ministry.

Without spiritual, emotional, and physical self-care you will not be able to function correctly in your leadership position causing yourself to explode over those you are trying to lead. Unhealthy leaders tend to place guilt on other people in order to manipulate them, while healthy leaders understand and sympathize with others and tend to seek it understand in order to love them as a whole and better.

In the chapter 2 of facing your shadow, it says that the shadow is an untamed emotion in which thoughts are confused by versions of yourself. The leader is the one who is to be the bearer of the Good news and who is to bear witness to the Goodness of God himself.

The shadow tends to show up in various ways such as lust, greed, judgmental perfectionism, outburst of anger, also jealousy in some cases. It also shows ways of vulnerability and exposure of one's feelings. Given examples of knowing when you know your shadow is acting out inappropriately when under pressure, as well as not wanting someone to succeed because they hurt you.

You cannot ignore your shadow because it will undermine the best of who you are. God wants Christ to be formed in us. Your shadow will limit your ability to serve others, the gift of choosing to face your shadow is very important. When you choose to face your shadow, you break the shadow's hidden power. You also discover the shadow's hidden treasure God promised he would give hidden treasures, riches, and that one stored in secret places.

It is very important to keep your relationship with Jesus because as you begin to face your shadows it will begin to expose some things within you. The things that the shadow will begin to reveal to you are vulnerability, nakedness, vulnerability, loneliness, fear and darkness. Also, in marriages the unhealthy leader will tend to compartmentalize their own marriage separating themselves from their relationship with Jesus and their leadership positions.

Facing your shadow is just like looking in the mirror, it allows you to see a reflection but except through feelings of vulnerability, sadness and at times it can be anger or fear. Facing who we are, and our hurts and insecurities is no fun, it exposes a side to us as human beings that we try so desperately to hide from the rest of the world. In hiding these insecurities, it makes us become bitter to people we love and care for and no being able to trust what others say because of so much disappointment.

Facing your shadow is like how David faced Goliath head on with no fear because he trusts in the Lord. If we can have that same faith, we can take on our own giants internally facing them with no fear or shame. Having guilt over our shadows can also make us hard on ourselves, thinking that we are unlovable, and no one wants to be with us or even around us, it effects marriages and relationships with friends and family members.

Just like a shadow when light is shined upon it, it vanishes. We have to remember that Jesus Christ is our light, and he doesn't shine on it to shame or condemn us but to help and motivate us to move forward in this journey of life. Dealing with negative thoughts may be unpleasant at times but we can do it the problem will always be there you either have to choose to solve it or eliminate it completely.

