

Resource Reflection

Healthy Rhythms for Leaders: Cultivating Soul Care in Uncertain Times Winfield Bevins

Read through Bevins resource with this worksheet alongside it. Read one chapter then complete the prompts on this worksheet for that chapter before moving on in the resource. This document should record your growth as you move through the book. There is no need to revise past answers based on information that gets revealed in the upcoming chapters.

Introduction

- What do you hope to gain from this resource as a developing leader?
- How would you rate the health of your soul?

Chapter 1

- Complete the practice activity found at the conclusion of the chapter. Record the work you complete below.
- What value do you see in retreat and reflection?
- How do you plan to integrate mission, worship, and leadership in the next 1, 3, and 6 months as well as in the next 5 years?

Chapter 2

- Complete the practice at the conclusion of the chapter. Record the work you completed below.
- What are the biggest challenges to your rule of life?
- Of the 12 Spiritual Disciplines cited from Scazzero, which do you find the easiest to integrate? Which are the most difficult to integrate?

Chapter 3

- Download the app “Lectio 365”.
 - Commit to participating with the app, morning and night, for 3 days.
- Write a 150-300 word reflection on your experience.
 - Be sure to discuss the 5 steps of examen and whether you would prefer to use an app or develop a rhythm on your own.

Chapter 4

In 100 words or less identify leaders from you life who meet the following criteria:

- Who is an example of hopeful leadership and why?
- Who is an example of Emotionally healthy leadership and why?
- Who is an example of contemplative leadership and why?
- Who is an example of adaptive leadership and why?
- Who is an example of culturally sensitive leadership and why?

- Who is an example of servant leadership and why?

Chapter 5

Work through the 5 stages of missional design that you could implement in your context. Record your final drafts of the 5 stages below.

Chapter 6

- Of the four competencies listed, praying, listening, asking questions, and reflecting...
 - Recall a constructive or deconstructive moment for each competency that you experienced from a leader.
 - Recall a constructive or deconstructive moment for each competency that you experienced as a leader.
 - Where do you need to develop as a leader?
 - How will you intentionally develop these competencies over the next 1, 6, and 18 months?

Chapter 7

- Is the structure of a Soul Care small group as presented an effective model for small group ministry?
- Are there any potential dangers to the prescribed method?
- How would you strengthen the model?
- What are your emotional, spiritual, and intellectual reflections on this concept?

Epilogue

- Would you recommend this resource? To whom would you recommend it?
- Was the resource beneficial to your development as a leader? Why or why not.
- What is your 1 sentence takeaway from this resource?