

5 Spiritual Disciplines to Lead through Crisis

ROGO Forum | Sandals Church
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Equipping you to lead through a crisis by putting tools in your leadership toolbox.

Why are Spiritual Disciplines important to a business leader? Spiritual Disciplines help you to be in sync with God so that He can direct your steps and steward what He has entrusted to you.

5 Spiritual Disciplines to Lead Through Crisis:

1. Daily Communion
2. Solitude and Silence
3. Community
4. Decision Making
5. Listening & Attending

Spiritual Discipline	Thought Starters	Tools for your Toolbox
1 - Daily Communion Drives sensitivity to the Holy Spirit	In a crisis you need to see around the corners but you can't. God can, as you commune well with God on a daily basis you will be more aware of the Holy Spirit prompting and directing you If you do daily communion with God well in this stage of your life you will live your most free and creative life in the next stage of your life.	Bible Engagement <ul style="list-style-type: none"> - Reading to engage with God, not for duty, info or accomplishment - 60 Days to a Better Me - 30 Days with the Risen Jesus Centering Prayer <ul style="list-style-type: none"> - Temporarily setting down burdens in order to be present to Jesus - Creating space for God to speak Prayer of Examen <ul style="list-style-type: none"> - Evaluating our recent past in order to awaken to the present
2 - Silence & Solitude Drives Clarity	Clarity: Leaders need to drive clarity throughout their organization amidst the ambiguity and paradox.	Scripture Meditation <ul style="list-style-type: none"> - Reading small portions - Mulling it over - Allow it to connect with your

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	<p>Leaders need to take ideas or objectives that are not clear and make them clear for others, it's what leaders do. Most successful orgs are tenacious about driving clarity ie Apple Inc, In N Out, Chick Fil A</p> <p>Prioritization & Relatability: Solitude and Silence creates internal space so you can observe yourself in an independent way to enhance clarity and perception of what really matters. S&S also improves the quality of your responsiveness. This is key in the high stress environment all business leaders are living in right now.</p>	<ul style="list-style-type: none"> - heart - Drives forward movement <p>Divine Reading</p> <ul style="list-style-type: none"> - Sanctify the imagination - As if you're in the story, observing, participating, one of the characters - What stands out to you? What impacts you? Who do you resonate with in the story? - What is the HS saying to you? <p>Retreat</p> <ul style="list-style-type: none"> - Getting alone with God for an extraordinary period of time - Everyday Life - an hour at a time in normal space for specified number of days - 24-72 hour - going away to a place to be alone with God - Consultation available
<p>3 - Community (Christian)</p> <p>Drives Growth (so many bus leaders are isolated from real community/friends hip)</p>	<p>1-Isolation: Proverbs 18:1 A man who isolates himself seeks his own desire; He rages against all [a] wise judgment.</p> <p>2-Who's going to carry your mat if you are struggling with the pressure of leadership? Luke 5 19 But they could not find a way to take him in because of so many people. They made a hole in the roof over where Jesus stood. Then they let the bed with the sick man on it down before Jesus. 20 When Jesus saw their faith, He said to the man, "Friend, your sins are forgiven.</p>	<p>Pursue Spiritual Community</p> <ul style="list-style-type: none"> - Small Group - Spiritual Friendship - Spiritual Formation Guide <p>Practice</p> <ul style="list-style-type: none"> - Openness - Vulnerability - Confession <p>The Spiritual Discipline of Confession</p>

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<p>4 - Decision Making</p> <p>Drives Stewardship</p>		<p>Discernment Paradigm</p> <ol style="list-style-type: none"> 1. Turn to God for Help 2. Listen to God's voice 3. Ask God for confirmation 4. Eliminate barriers to God 5. Take a next step 6. Have bigger faith in God 7. Let God lead the way forward 8. Praise God for the win
<p>5 - Listening & Attending</p> <p>Drives Deep Relationships</p> <p>Listening to your staff & customers then ask Holy Spirit what do I need to do right now?</p>	<p>Helps you to be united with the Holy Spirit and with Others which will improve the quality of your relationships and increase your influence.</p>	<p>Soul Care Video Selections</p> <ul style="list-style-type: none"> - Don't fix - Praying with God - Participate in what he's doing - Concrete Questions - Compassions Statements