

### Focus

One of the first priorities of leaders is to lead themselves well. There are many areas where this will be difficult, but perhaps none more so than our use of time. Tension, stress, and burnout are all too common among Christian leaders. This module examines the spiritual issues that underlie issues of stress, as well as the drivers that often take us beyond the call of God. It offers a framework for understanding pressure and some guidelines for living in the unforced rhythms of grace.

### Reflect

#### THE ONE BOOK TO READ

- Fear and Trust – God-centred leadership, David Runcorn (SPCK).

#### FOR FURTHER READING

- The 4 Pillar Plan, Dr Rangan Chatterjee (Penguin).
- Sustaining Leadership, Paul Swann (BRF).
- Zeal Without Burnout, Christopher Ash (The Good Book Company).

#### OTHER RESOURCES

- Daring Greatly, Brene Brown (Penguin Life).
- Better Sleep – an e-learning module on the ALP 16 webpages.
- For podcasts and blog posts, [www.drchatterjee.com](http://www.drchatterjee.com).
- The Resilient Life, Gordon Macdonald (Thomas Nelson).

### Explore

#### MENTOR

- Identify the most challenging realisation from the module and talk through with your mentor why it is a challenge and how you can address it.

#### PEER CELLS

‘Stress is the adverse reaction people have to excessive pressure.’ HSE definition.

- What pressures are you currently facing? Some may be related to covid-19, but others may not be.
- Where are you on the pressure/performance chart (page 3)?
- What have you learned in particular over the last year, about coping with pressured time?
- What most helps you cope with pressured times?

### Develop

Reflecting on this module, what new personal or leadership goals do you sense God nudging you towards? Or is there an existing goal he is nudging you to revisit? Make a note here of anything that comes to mind. (Use the reverse side if you need more space.)

LED MORE BY,  
LEAD MORE LIKE,  
LEAD MORE TO  
JESUS