



GROWING LEADERS

Under Pressure

What things cause pressure in your spiritual life?

AREAS OF LIFE

Broadly speaking, we live our lives in three main areas. Each one is important in relation to the spiritual life. Often we will neglect one area. The greater the lack of connection between these areas, the more 'out of sorts' we will feel.

- **Private** The place no one else knows. This is where we withdraw to be with ourselves and with God.
- **Personal** The place where we are in intimate relationships with those we know best and who know us. This is the important area in which we are simply 'being', rather than 'leading'.
- **Public** The place where we lead, where people see us and observe what we do and say. It is worth remembering that it is quite possible to be present physically but absent emotionally.

Temperament

Individual temperament obviously has a big impact on our spiritual life.

'God is into discipline because it is about love and learning. God loves us and therefore wants us to change. I engage in a disciplined life because it helps me to learn. Therefore discipline gives structure for growth. None of it is an end in itself. All of it is about growing in the love of God. The energy of commitment fuels the act of discipline.'

Alison White



For Journaling/ Mentor

- How does your temperament affect your approach to the spiritual life? What would work well for you?
- Which of the three areas of life do you think you need to give most attention to at this time?

GREAT EXPECTATIONS

Principles

Taken from Busy Christian Living, Emma Ineson (Continuum)

- **Sustainable** – for the long haul.
- **Practical** – in the everyday.
- **Life-giving** – relevant to all of your life.
- **Releasing** – not guilt inducing.
- **Authentic** – to who you are.

Pathways

Taken from Sacred Pathways, Gary Thomas (Zondervan)

- Relational.
- Intellectual.
- Serving.
- Contemplative.
- Activist.
- Creation.
- Worship.