



## **CONFERENCE CALL 5: REVIEW MONTH 4 AND SELF-SABOTAGE**

### **1. CONNECTING AROUND RELATIONSHIPS**

These questions are extrapolated from month four of coaching calls. One at a time, share your thoughts by answering one or two of the following questions:

#### RELATIONSHIPS

- How is love integrated into your relationship with God? How is it integrated into your relationships with others?
- Share about one person who is journeying deeply with you and how it has enriched and encouraged your journey overall. enrich our relationship and encourage my journey overall?
- What is your most influential living system and how does both deep connection and emotional challenges affect you as a leader?

### **2. COLLABORATING: EXPLORING SELF-SABOTAGE**

#### **J. Oswald Sanders, *Spiritual Leadership***

*"Adding leadership potential to our lives usually requires that we shake off negative elements that hold us back. If we are overly sensitive when criticized and rush to defend ourselves, that must go. If we make excuses for failure and try to blame others or circumstances, that must go. If we are intolerant or inflexible, so that creative people around us feel hemmed in, that must go."*

*"If we are disturbed by anything short of perfection in ourselves and others, that must go. The perfectionist sets goals beyond their reach, then sinks into false guilt when they fall short. Our world is imperfect, and we cannot expect the impossible. Setting modest, realistic goals will help a perfectionist move through a problem without discouragement."<sup>1</sup>*

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<sup>1</sup> J. Oswald Sanders, *Spiritual Leadership: Principles of Excellence for Every Believer* (Chicago: Moody Press, 1967), 169.

**Dr. Brené Brown, *Daring Greatly*<sup>2</sup>**

*"Based on my research and the research of other shame researchers, I believe that there is a profound difference between **shame** and **guilt**."*

*"I believe that **guilt** is adaptive and helpful – it's holding something we've done or failed to do up against our values and feeling psychological discomfort".*

*"I define **shame** as the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection."*

*"I don't believe shame is helpful or productive. In fact, I think shame is much more likely to be the source of destructive, hurtful behavior than the solution or cure. I think the fear of disconnection can make us dangerous."*

*"Shame is a focus on self, guilt is a focus on behavior. Shame is, 'I am bad.' Guilt is, 'I did something bad.' How many of you, if you did something that was hurtful to me, would be willing to say, 'I'm sorry. I made a mistake?' How many of you would be willing to say that?"*

**Guilt: I'm sorry. I made a mistake.**

**Shame: I'm sorry. I am a mistake.**

One at a time, share your answers to the following questions:

- What ways can you think to "shake off negative elements" that sabotage your ability to lead?
- How do you experience the difference between shame and guilt in your life and ministry?
- How might shame challenge your journey as a Christ follower?
- How is it unique to you as a leader? And particularly as a woman leader?

### **3. LEADING FROM WITHIN: BIBLICAL SNAPSHOTS**

**Diana Butler Bass**

*"Christianity did not begin with a confession. It began with an invitation into friendship, into creating a new community, into forming relationships based on love and service."<sup>3</sup>*

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<sup>2</sup> Brené Brown, *Daring Greatly* (New York, NY: Gotham Books, 2012).

<sup>3</sup> Diana Butler Bass, *Christianity After Religion: The End of Church and the Birth of a New Spiritual Awakening* (New York, NY: HarperOne, 2013).

### *Ruth – Book of Ruth*

*"So [Naomi] said, 'See, your sister-in-law has gone back to her people and to her gods; return after your sister-in-law.' But Ruth said, 'Do not press me to leave you or to turn back from following you! Where you go, I will go; where you lodge, I will lodge; your people shall be my people, and your God my God. Where you die, I will die— there will I be buried. May the Lord do thus and so to me, and more as well, if even death parts me from you!' When Naomi saw that she was determined to go with her, she said no more to her." (Ruth 1:15-18, NRSV)*

How did Ruth's relationships have an impact on her journey?

What might Ruth's relationships teach you about your own relationships?

### *Abigail – 1 Samuel 25-26*

*"David said to Abigail, 'Blessed be the Lord, the God of Israel, who sent you to meet me today! Blessed be your good sense, and blessed be you, who have kept me today from bloodguilt and from avenging myself by my own hand! For as surely as the Lord the God of Israel lives, who has restrained me from hurting you, unless you had hurried and come to meet me, truly by morning there would not have been left to Nabal so much as one male.' Then David received from her hand what she had brought him; he said to her, 'Go up to your house in peace; see, I have heeded your voice, and I have granted your petition.'" 1 Samuel 25:32-35, NRSV)*

How did Abigail's relationships have an impact on her journey?

What might Abigail's relationships teach you about your own relationships?

### *Hannah – 1 Samuel 1*

*"But Hannah answered, 'No, my lord, I am a woman deeply troubled; I have drunk neither wine nor strong drink, but I have been pouring out my soul before the Lord. Do not regard your servant as a worthless woman, for I have been speaking out of my great anxiety and vexation all this time.' Then Eli answered, 'Go in peace; the God of Israel grant the petition you have made to him.' And she said, 'Let your servant find favor in your sight.' Then the woman went to her quarters, ate and drank with her husband, and her countenance was sad no longer." (1 Samuel 1:15-18, NRSV)*

How did Hannah's relationships have an impact on her journey?

What might Hannah's relationships teach you about your own relationships?

### *Martha – John 11*

*"When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him.' Jesus said to her, 'Your*

*brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.' Jesus said to her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?' She said to him, 'Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world.'"* (John 11:20-27, NRSV)

How did Martha's relationships have an impact on her journey?

What might Ruth's relationships teach you about your own relationships?

#### **4. NEXT STEPS**

##### **Monthly coaching pairs/triads:**

Each month, you will receive an outline that will help you explore important leadership topics by yourself and in your peer coaching triads. The upcoming months topics are:

- Month 5 **Accountability**: What support do you need?

##### **Next Video Conference date:**

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##### **Future In-Person Retreat:**

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##### **Clarifying Questions:**

This month, we are revisiting the clarifying questions we explored last month. Consider them now, and see how they may be changing for you.

- What kind of leader do I want to be one year from now?
- What kind of leader do I want to be 5 years from now?
- What phrases describe me and my leadership style?
- What do I hope is my leadership legacy?