

## **DEVELOPING MY LEADERSHIP: Soul Care Pt. 2**

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”*

*Matthew 11:28-30*

### **PURPOSE**

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Explore the spiritual practices that create space for God to speak and act in your life, preparing you to love and serve those around you.

### **REFLECTION**

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**Read the verses above and then consider the questions below...**

- Rewrite this verse in your own words.
- What principle does this verse teach?
- How does it apply to your life right now?

### **KEY PRINCIPLES**

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#### **1. Experiencing God.**

*What common themes do you find from the moments when you felt closest to God?*

#### **2a. Spiritual disciplines - Prayer**

#### **2b. Spiritual disciplines - Silence & Solitude**

#### **2c. Spiritual disciplines - Studying Scripture**

*Which of these disciplines will you start to incorporate into your life?*

### **3. Your body is a temple.**

*What are you doing to take care of yourself, and what is the current state of the body?*

### **4. Rhythm of life.**

*What changes do you need to make in order to live out the life that God has planned for you?*

## **NEXT STEPS**

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**Considering the content of this video, what are my next steps as a leader?**

**How can I apply these principles in my relationships at home, work and church?**