**Lead from Your Heart**

1. **Become more self-aware.**

How emotionally present are you? What do you do with your emotions? To what degree have you shut down or numbed your emotions to protect yourself from getting hurt?

Proverbs 20:5: The purposes of a person’s heart are deep waters, but one who has insight draws them out.

1. **Get soul care.**

Soul care/spiritual direction isn’t therapy. It’s not for hard cases. Every spiritual leader needs people to “hold up the mirror” for them and help them identify the log in their eyes.

Matthew 7:3-5: Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.

1. **Embrace grief.**

Grief’s a gift. God invites us to reject power and embrace powerlessness. Sit with Jesus in disappointment and give yourself permission to weep over what you’ve lost.

Laments in the Bible

1. **Lay down your demands.**

Anger’s proof of inappropriate goals. We’ve taken responsibility for others. We demand God and others come through for us. Desires are healthy. Demands are sin.

Saul

1. **Lead out of brokenness and vulnerability.**

Is it safe to be broken in your church? Is the penalty for confessing the same as getting caught? Do people think put you on a pedestal? Do people seek help inside the church?

2 Corinthians 4:7: But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.

For further reading: *Inside Out* (Larry Crabb), *The Emotionally Healthy Church* (Peter Scazzero), *Mending the Soul* (Steve Tracy), *The Healing Path* (Dan Allender)