

LEADER CONVERSATION GUIDE

Lance Witt on Prioritizing Your Own Health While Leading Change, Facing Pressure & Dealing with Criticism - Episode 167

Pastor and Team Health Part 1: Taking Care of Your Soul

It's been said that you can't build a healthy church without a healthy leader. And with pastors currently leading through so much change, it can be hard to stay focused on our mental and spiritual health. In this week's episode, Amy begins a two-part series with fellow Unstuck teammate, Lance Witt, on how pastors can protect their personal health in this season.

On Self-Care During a Challenging Season

- **Embrace your humanity.** You're going through this as a person, not just a pastor. God made you a person before He made you a pastor, and a sheep before shepherd.
- **Embrace your limits.** Realize that even Jesus had human limits when here on earth. He could only be in one place at one time. And as a person, as a leader, you have limits. Many pastors live as though they believe they shouldn't have limits, but they do—limited energy, limited time, limited gifting, limited perspective—and all of those limits are actually a gift from God.
- **Own your own health.** You're not a victim. The abundant life of John 10 really is available and accessible to us no matter the season of life, the size of our churches or what COVID-19 has done to our attendance or giving.
- **Self-care is not selfish.** The greatest gift you give those you lead is your own healthy soul. Make some time to care for your own soul during these days.

On Dealing with Pressure & Criticism

- Seasons like this expose the places where we're not healthy—where we suffer from approval addiction or people-pleasing.
- Become a student of your own soul and become more aware of the stuff that's going on inside of you. Learn to understand the internal scripts that drive you, what triggers you, and why you get uptight and angry. Self-awareness is the best defense against self-deceit.

Getting Practical

- As Henry Cloud has said, you are ridiculously in charge of your life. Take responsibility for your own health. It's not your elders' job or your spouse's job.
- In a season that has been so leadership intensive, most of us have been delight deficient. There haven't been enough things in our lives that really fill us up. Write out a list of things that are life-giving to you. What do you need right now in this weird, crazy season to stay healthy and to lead well? Put some of those things that replenish and refresh you on your calendar every week.
- Shepherd your family well. Be a good listener. Ask good questions. Successfully transition from your work day into your family evening. When a plane lands, it doesn't land going 500 miles per hour. It has to put its flaps down so that it can land at an appropriate speed. When we're in leadership mode, we need to put our flaps down so that we can come into our family evenings and actually be present.

Next Steps

Do you need support?

It's been an exhausting year, and it's likely you're running on reserves. That's why we created a brand new way to help you grow your ability to effectively lead your team and your church to thrive in the new normal, while prioritizing health for yourself and your team.

Get coaching from Unstuck coaches like Tony Morgan, Lance Witt and Amy Anderson—Explore the options at theunstuckgroup.com/coaching.

Listen to the episode on iTunes or at theunstuckgroup.com/episode167.