

# RESILIENCE

## FLOURISHING IN COVID



THE CHRISTIAN & MISSIONARY ALLIANCE  
WESTERN CANADIAN DISTRICT

JANUARY 25TH 2022 | DR STEVE BROWN



# FOREWORD

Many ministry workers are weary and losing heart. All of us are trying to figure out how to persevere in the midst of the disruptive changes, increasing complexity and unprecedented conflict all around us. This seminar will provide biblical and practical help, including:

- A tool to self-assess your current level of health and resilience
- Best practices and rhythms to help cultivate spiritual, physical, mental, relational and work resilience
- A proven framework you can customize to get traction on your next steps
- Encouragement to keep running the race and your eyes focused on Jesus



## Meet Dr. Steve Brown

Dr. Steve Brown develops Jesus-centered leaders as president of Arrow Leadership, a ministry focused on developing leaders who are led more by Jesus, lead more like Jesus and lead more to Jesus.

Over the last two decades he has spent thousands of hours walking alongside hundreds of Christian leaders. He speaks widely and is the author of *Jesus-Centered - Focusing on Jesus in a Distracted World* (2021), *Leading Me - Eight Practices for a Christian Leader's Most Important Assignment* (2021), and *Great Questions for Leading Well*. You can subscribe to his free e-resources at [www.sharpeningleaders.com](http://www.sharpeningleaders.com).

Steve earned degrees from Wilfrid Laurier University (HBBA), Tyndale Seminary (MDiv) and Gordon-Conwell Theological Seminary (DMin) and had a life changing experience as a participant in the Arrow Leadership Program™. Steve is based in Abbotsford, BC and loves spending life with his wife Lea and three young adult children, Luke, Ainslea and Lauren. He enjoys the outdoors and running.

[steveb@arrowleadership.org](mailto:steveb@arrowleadership.org)

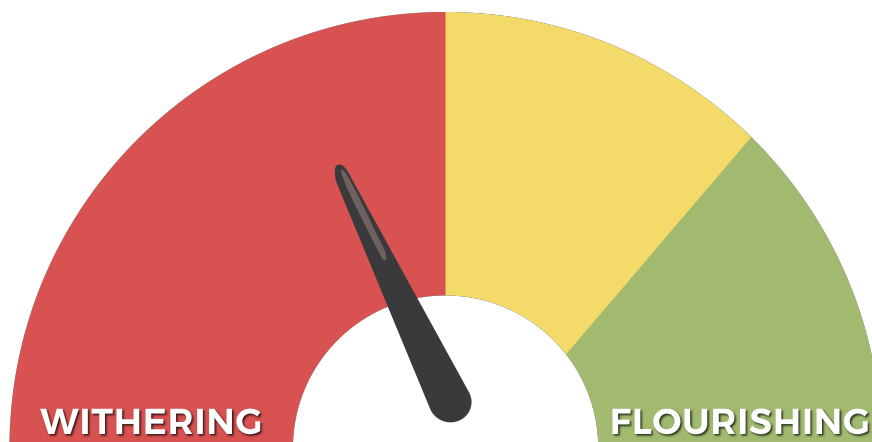
[www.arrowleadership.org](http://www.arrowleadership.org)

[www.steveabrown.com](http://www.steveabrown.com)

# A GRINDING SEASON OF SHIFTS & CHALLENGES

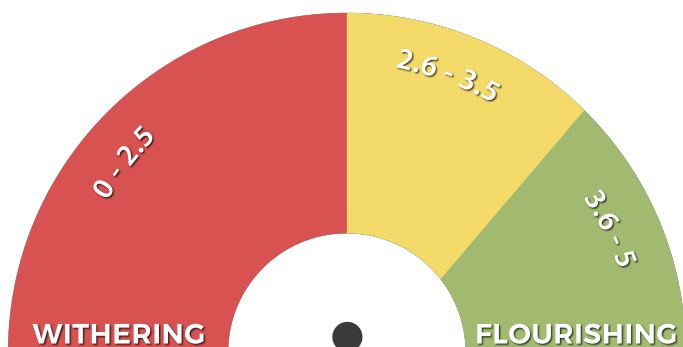
What's been the impact on you?

# SELF-ASSESSMENT



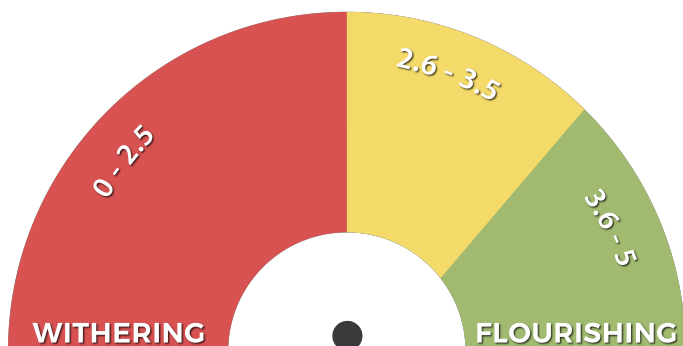
**SPIRITUAL:** \_\_\_\_\_

COMMENTS:



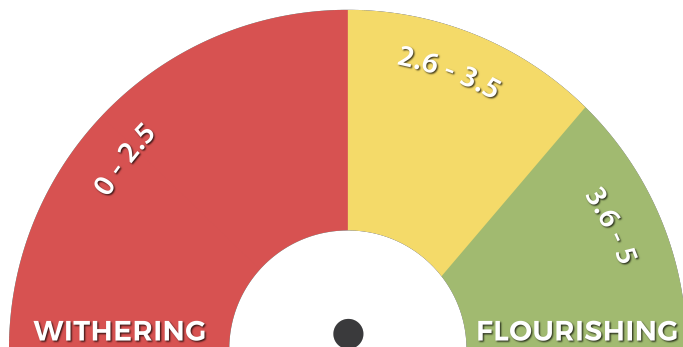
**PHYSICAL:** \_\_\_\_\_

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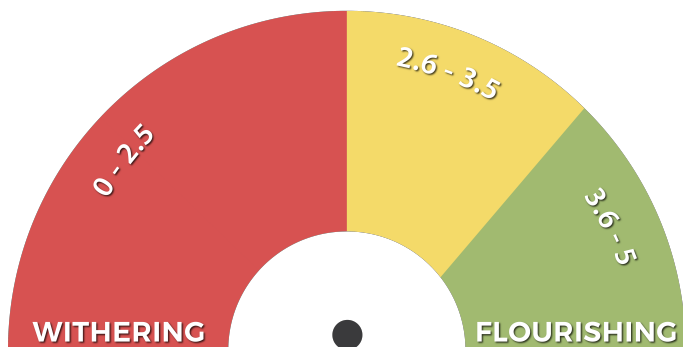
**RELATIONAL:** \_\_\_\_\_

COMMENTS:



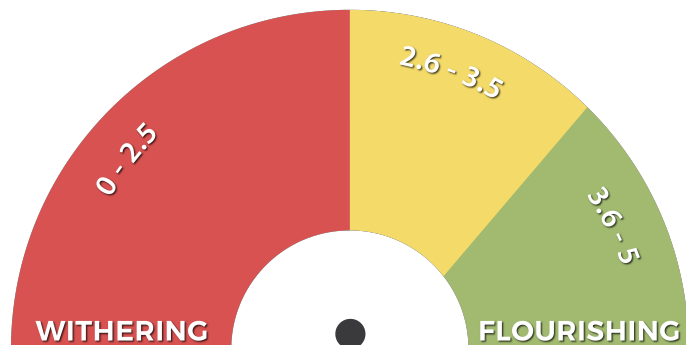
**MENTAL:** \_\_\_\_\_

COMMENTS:



**WORK:** \_\_\_\_\_

COMMENTS:



# STEWARDSHIP, SHALOM & SACRIFICE

## STEWARDSHIP

- “Teach us, O Lord, to number our days aright, that we may gain a heart of wisdom.” | **Psalm 90:12**
- “You have been faithful with a few things; I will put you in charge of many.” | **Matthew 25:21**
- “Now, it is required that those who have been given a trust must prove faithful.” | **1 Corinthians 4:2**

*“The busier we are, the more important we seem to ourselves and, we imagine, to others. To be unavailable to our friends and family, to be unable to find time for sunsets (or even to know that the sun has set at all), to whiz through our obligations without time for a mindful breath, this has become the model of a successful life.” [ Wayne Muller ]*

## SHALOM

- “The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you shalom.” | **Numbers 6:24-26**

Complete, perfect, full, wholeness, peace, welfare, safety, soundness, tranquility, prosperity, fullness, rest, harmony, absence of discord.

## SACRIFICE

- “Jesus called them together and said, “You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”” | **Mark 10:42–45**
- “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” | **John 16:33**

# PRACTICES & RHYTHMS

## SPIRITUAL:

RETREATS | [www.kerithretreats.ca](http://www.kerithretreats.ca) ; [www.fairhavencanada.com](http://www.fairhavencanada.com)

BOOKS | The Rest of God by Mark Buchanan; God In My Everything by Ken Shigematsu

APP | Lectio 365

## PHYSICAL:

QUOTES | "No single behaviour . . . more fundamentally influences our effectiveness in waking life than sleep." Tony Schwarz

"Regular exercise acts like a vaccine on the immune system." Journal of American Medical Association

RESOURCE | [www.thehealthproject.ca](http://www.thehealthproject.ca) with Stan Wiens [See downloadable on 10 Transformational Habits]

## MENTAL:

BOOK | Managing Leadership Anxiety: Yours and Theirs by Steve Cuss



## RELATIONAL:

RESOURCE | [www.familylifecanada.com](http://www.familylifecanada.com)

IDEA | Form a small peer group, meet monthly and ask these six questions: How are you really doing? What can you celebrate right now? What are you learning? What are you grieving? What's hard? How can we pray? Then pray.

## WORK:

BOOKS | When: The Scientific Secrets of Perfect Timing by Daniel Pink

At Your Best: How to Get Time, Energy, and Priorities Working in Your Favor by Carey Nieuwhof





# LEADERSHIP PLAN

COMPONENTS	LEADERSHIP DEVELOPMENT PLAN
Big Picture Objective with specific metrics	
Envisioned Future	
Inspiring Verse	
Current Reality	
Competing Commitments	
One-Time Actions	
On-Going Rhythms	
Evaluation	

# NOTES

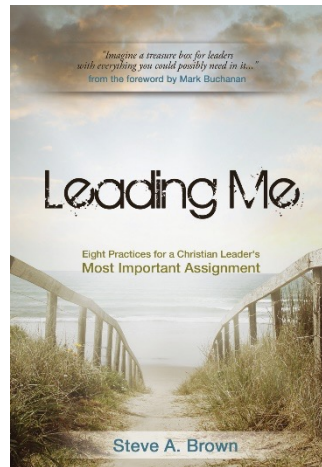
# NOTES

# AVAILABLE FOR PURCHASE: ARROW RESOURCES



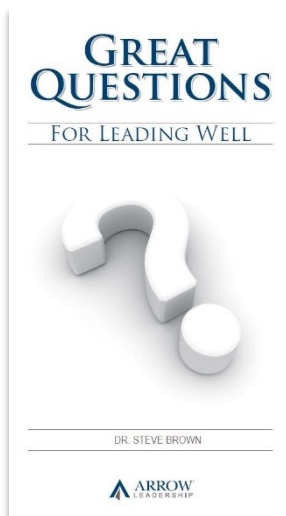
## **Jesus Centered** By Dr. Steve A. Brown

Through personal stories, biblical insights and practical strategies, Steve equips you with inspiration and tools to throw off any distractions and keep your eyes on Jesus, adopting His character and priorities as your own. Jesus Centered will help you be captivated afresh by Jesus and discover proven practices to center your life and leadership on the One who matters most



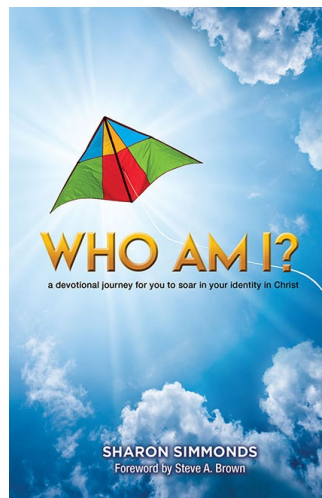
## **Leading Me** By Dr. Steve A. Brown

Leading Me will help you get traction on living a Christ-centered, holistic, sustainable and fruitful life of impact. Grounded in biblical truth, utilizing the latest research and drawing on the proven process of the Arrow Leadership Program, Leading Me provides practical next steps for your most important leadership assignment... You.



## **Great Questions** By Dr. Steve A. Brown

Great Questions for Leading Well is packed full of powerful and proven questions for Christian leaders. These questions are strategic tools to help you lead yourself, cultivate relationships, find perspective, lead others, effectively delegate, intentionally mentor, overcome discouragement and connect more deeply with God.



## **Who Am I?** By Dr. Sharon Simmonds

This devotional explores 22 identity-in-Christ statements for you to interact with Scripture and reflect on application questions, with space to journal and sketch. It can be used personally or collectively as a discipleship tool that positions Christ-followers to experience God, interact with his Spirit and be more fully alive in Jesus.



Arrow Leadership exists to develop Christian leaders to be led more by Jesus, to lead more like Jesus and to lead more to Jesus.

We live out our purpose by providing transformational programs, producing exceptional leadership resources, and sharpening Christian leaders globally.

God is using Arrow to make a growing global impact with Arrow leaders serving on 6 continents and national Arrow programs in 11 countries. Arrow Leadership has sharpened over 1,200 leaders across North America and over 1,200 leaders more internationally through the Arrow Alliance.

The name "Arrow Leadership" comes from Isaiah 49:2-3: "He shall make me as a polished arrow . . . in whom I will be glorified."

For more information visit: [www.arrowleadership.org](http://www.arrowleadership.org)

Subscribe to Arrow's free monthly leadership e-resources at:

[www.sharpeningleaders.com](http://www.sharpeningleaders.com)

# 30<sup>^</sup> YEARS LEADING DIFFERENT



**Lead Different.**

Because Jesus-centered leadership changes everything.

[www.arrowleadership.org](http://www.arrowleadership.org)

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