

# A 31-Day Discovery Tour of Biblical Leadership Principles

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Dedicated to all those who strive to lead like Jesus

Thank you and acknowledgements

Thank you to my husband, Mark, for his loving, patient, generous support of my endeavors.

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# My **LEADERSHIP** Devotional Bible Study Journal

For the purposes of this journal, I suggest you use the definition of **a leader to be someone who has the ability to influence others**. While there are leaders by virtue of a title or position, they do not necessarily have the ability to influence others. There are other people who have no official position of authority, yet exhibit great influence over others.

Each one of us has the ability to influence someone else, and in that sense we all have the opportunity to be a leader. A mother influences her children. An organization's president influences the members. A boss influences employees. A productive team member influences other members of her team. A kind and loving act can bring a positive influence to a negative situation. Friends influence friends. Someone seeking justice can influence those who are in authority. And, of course, we have all witnessed the negative effects of poor or cruel leaders at some point in our lives.

However, regardless of where our influence is felt, what is the ultimate purpose of that influence? I am afraid that as 21st-century Christians—especially those of us in the wealthy part of the world—we have a limited understanding of the purpose of our influence. Our influence is often aimed at the ideal of making the world a better place for *us*—for *our* family, *our* church, *our* business, *our* school, *our* community. And while that is certainly a worthwhile aspiration, it is short-sighted compared to the immense opportunity we have to participate in God's desire to use our influence to grow God's empire.

God's empire has no borders, no limitations, no injustice, no suffering, and no pain. God's empire is perfect and is exactly what Jesus came to re-establish on earth. Ever since the fall in the Garden, our world has suffered because our perfect relationship to God was destroyed, our relationship to each other was damaged, our understanding of ourselves was derailed, and our relationship to the rest of God's creation was devastated.

When Jesus came to earth, he came to restore God's empire, to show us the true purpose of influence and how to have the maximum effect with our influence. As the perfect leader, Jesus left us with profound teachings and practical examples which are often overlooked or ignored. This Bible study journal will provide some exercises to help you think deeply about how Jesus wants us to exhibit our influence in the world and to what end.

## How to use this book

I recommend you print the book to use as a journal. Each page has two sections: an instruction section to help you prepare your heart and mind for the devotional Bible study and a journaling section. The journaling section provides the reference to a biblical passage and a focus for that particular day. As a devotional Bible study, the length of the passages are short for each day, but your involvement with the passage may last throughout the day.

I invite you to allow yourself the freedom to stop, breathe, and pause and allow the breath of God to fill you anew with a vision for just how expansive your influence as a leader can be. In order to ponder the powerful influence of these scriptures, you must pause long enough in the silence to know that you are in the presence of Prince of Peace. To help get your heart and mind ready for a closer look at the kind of influence Jesus wants us to have, we will begin with a few days of looking at Psalm 23. Then we will spend the rest of the month in Matthew 5.

When you discover the power in this kind of pause, you will find yourself looking forward to these encounters each day. This is not a workbook to complete. This is a guide to help you journal your way through what God is speaking to you personally.

Leadership that brings a positive influence to the world must come from within a heart and mind that is guided by the Spirit. I confess I wrote this guide for myself. I need this kind of practice in my own life. My hope is that this guide will help you develop your discernment muscles in knowing when and where God is leading you. This journal will help you establish or deepen your own methods for preparing to read scripture, processing your reading, and pondering and practicing your influence. You can BE the leader God intended.

## Thank you

Thank you for signing up for my newsletter. I hope you will find this and all the resources I will provide on <u>WomensMinistryCoach.com</u> helpful in your development as a ministry leader. As with all the resources I develop for <u>WomensMinistryCoach.com</u>, I would appreciate your feedback regarding ways to improve them or ways they have been helpful to you.

Contact me at <a href="mailto:Laura@WomensMinistryCoach.com">Laura@WomensMinistryCoach.com</a>.

-Laura Savage-Rains, October 2016

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 1 - Psalm 23:1-3

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

**Process:** 

Identify words that stand out to you.

Note any questions that this passage brings to mind.

Identify the one(s) being influenced in the passage.

How is that influence affecting the one(s) being influenced?

What is the purpose of that influence in this passage?

## Ponder

If your primary purpose today was to focus on experiencing this kind of influence from God, how would that affect your relationship with God?

## Practice

What is one way you allow yourself to experience this kind of influence today?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

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- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 2 - Psalm 23:4

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

**Process:** 

Identify words that stand out to you.

Note any questions that this passage brings to mind.

Identify the one(s) being influenced in the passage.

How is that influence affecting the one(s) being influenced?

What is the purpose of that influence in this passage?

## Ponder

If your primary purpose today was to focus on experiencing this kind of influence from God, how would that affect your relationship with God?

## Practice

What is one way you allow yourself to experience this kind of influence today?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

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- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 3 - Psalm 23:5-6

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

**Process:** 

Identify words that stand out to you.

Note any questions that this passage brings to mind.

Identify the one(s) being influenced in the passage.

How is that influence affecting the one(s) being influenced?

What is the purpose of that influence in this passage?

## Ponder

If your primary purpose today was to focus on experiencing this kind of influence from God, how would that affect your relationship with other people?

## Practice

What is one way you allow yourself to experience this kind of influence today?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

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- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 4 - Matthew 5:1-3

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

**Process:** 

Identify words that stand out to you.

Note any questions that this passage brings to mind.

Identify the one(s) being influenced in the passage.

What attitude is Jesus encouraging here?

What promise is Jesus offering here?

## Ponder

If your primary purpose today was to focus on helping *others* experience the kingdom of God, what influence would that have on *you*?

## Practice

What is one way you could use your influence today to help others experience the kingdom of God?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 5 - Matthew 5:4-5

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Identify the emotions that are in this passage.

Note any questions that this passage brings to mind.

How would the rewards/promises of gladness and receiving the earth influence the hearers of that day?

How would those particular rewards/promises influence people today?

## Ponder

If your primary purpose today was to join someone in *their* grief, what influence would that have on *you*?

## Practice

What is one way you could use your influence today to lessen someone's grief or to practice humility?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 6 - Matthew 5:6

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

**Process:** 

Identify the desires in this passage.

What is a person seeking when they hunger for righteousness?

What is a person seeking when they thirst for righteousness?

## Ponder

If your primary purpose today was to focus on fulfilling these two desires, how would your day be different?

## Practice

What is one way you can allow yourself to be influenced toward these particular desires today?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, spend time today reflecting on your week and the passages you read. Review your notes from the previous week. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• Choose a place and time today where you can simply BE. Imagine yourself only *receiving* God's loving, merciful influence today.

## Practice

• Remember the Sabbath and keep it holy. Make your remembering a holy and restful practice today.

## Day 7 - Review and Rest

## Day/Date/Time \_\_\_\_\_

My location \_\_\_\_\_

Prepare: My current state of mind

## **Process:**

Review your notes from the past 6 days.

Note any phrases or words which have different meanings to you now.

## Ponder

Consider the ways you fulfilled the suggested practices during the week. Which would you label "good" and "very good"?

List some ways you enjoyed God's influence this past week.

## Practice

Find a way to experience a true Sabbath rest today. Can you be without technology for a period of time to enjoy the silence or the beauty of nature? Without silence there is no room for creative thoughts or for listening to the Spirit.

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
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#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
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## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

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## Day 8 - Matthew 5:7-8

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

#### **Process:**

Identify the act and the state of being in this passage.

What is the reward for being merciful?

What is the reward for having a pure heart?

#### Ponder

Is it possible for these rewards to be experienced today? If so, how?

## Practice

How can you demonstrate an act of mercy today toward another person as a way to influence them?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
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#### Practice

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## Day 9 - Matthew 5:9

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Identify the act that is initiated in this passage.

Identify the reward in this passage.

#### Ponder

What is the greatest barrier to peace?

What is the greatest barrier to personal peace?

What is the greatest barrier to global peace?

#### Practice

How can you use your influence today to initiate peace?

#### Prepare

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## Practice

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## Day 10 - Matthew 5:10-12

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Identify the actions that are received in this passage.

Identify the rewards that are received in this passage.

## Ponder

Are these statements more or less counter-cultural today than they were in Jesus' day?

How is the persecution described here an example of both positive influence and negative influence?

What is the greatest cause of persecution? Personally? Globally?

## Practice

How can you use your influence today to defend the harassed?

#### Prepare

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## Ponder

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#### Practice

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## Day 11 - Matthew 5:13

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## Process:

Identify the metaphor in this passage.

## Ponder

How "influential" is salt?

How valuable was salt in Jesus' day?

What might be considered of comparable value or use today?

#### Practice

How can you use your influence today to be "salty"?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
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## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

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## Day 12 - Matthew 5:14-16

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Identify the metaphor in this passage.

#### Ponder

Considering the few sources of light in Jesus' day, how many kinds of light do we have today?

What are some of the variety of uses of different kinds of light today?

How do our actions reveal our "source" of light?

How do our actions reveal our use of the "Light" we have?

## Practice

How can your use of the "Light" today influence someone to praise God?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

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- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

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#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 13 - Review Matthew 5:1-9

Day/Date/Time \_\_\_\_\_

My location \_\_\_\_\_

Prepare: My current state of mind

## **Process:**

Which beatitude stands out to you as the most challenging to live up to?

Identify the rewards listed in the Beatitudes.

#### Ponder

Who do you know who could really use a sampling of one of those rewards right now? Put their names next to the rewards.

Which of those rewards do you have need of today?

## Practice

What is a way you can help someone experience a taste of one of those rewards today? How could that experience influence that person?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, spend time today reflecting on your week and the passages you read. Review your notes from the previous week. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• Choose a place and time today where you can simply BE. Imagine yourself only *receiving* God's loving, merciful influence today.

#### Practice

• Remember the Sabbath and keep it holy. Make your remembering a holy and restful practice today.

## Day 14 - Review and Rest

## Day/Date/Time \_\_\_\_\_

My location \_\_\_\_\_

Prepare: My current state of mind

## **Process:**

Review your notes from the past 6 days.

Note any phrases or words which have different meanings to you now.

## Ponder

Consider the ways you fulfilled the suggested practices during the week. Which would you label "good" and "very good"?

List some ways you enjoyed God's influence this past week.

#### Practice

Find a way to experience a true Sabbath rest today. Can you be without technology for a period of time to enjoy the silence or the beauty of nature? Without silence there is no room for creative thoughts or for listening to the Spirit.

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
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#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

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# Day 15 - Review Matthew 5:10-16

Day/Date/Time \_\_\_\_\_

My location \_\_\_\_\_

Prepare: My current state of mind

## **Process:**

Review Days 10-12.

Which words or phrases have different meaning for you now?

Identify ways you exhibited your saltiness and your light these past few days.

#### Ponder

Who are the examples of salt and light you witnessed this week?

#### Practice

Who is someone you could acknowledge this week for being salt and light in your life? How will you thank them for their positive influence in your life?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 16 - Matthew 5:17-20

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

According to this passage, what is Jesus' relationship to the Laws given to Moses?

What questions does this passage bring to your mind?

#### Ponder

Based on this passage, how is a Christian to be influenced by the Law given to Moses?

#### Practice

What is one practical way you can follow Matthew 5:19 today to have a positive influence on someone?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 17 - Matthew 5:21-26

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Based on this passage, how would you describe the desirable characteristics of relationships?

What questions does this passage bring to your mind?

## Ponder

In which of these scenarios in this passage would you find it most difficult to exert a positive influence? Why?

## Practice

Have you ever seen Matthew 5:23-24 ever practiced? Would such a practice have more influence on the one asking forgiveness or on the one from whom forgiveness is sought? Why?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 18 - Matthew 5:27-30

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Based on this passage, what do you think is the point of the extreme examples (hyperbole) used?

What is the root cause of the behaviors listed in this passage?

## Ponder

How should leaders discipline themselves away from these practices?

#### Practice

What is a black-and-white moral line you would never cross?

Now, what is one discipline you must maintain to guarantee that statement will remain true for you?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 19 - Matthew 5:31-32

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

In today's Western world, where the majority of marriages, even among Christians, end in divorce, how do we read this passage as influencers?

What questions does this passage bring to your mind?

## Ponder

Since divorce is presented as a negative consequence of a relationship, what is this passage teaching that the positive consequence of a Christian marriage should be?

For singles, what is the faithfulness message here and how could you apply it to your relationship with God?

## Practice

What practice can I exhibit in my marriage that will be a positive influence on those who observe it?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

#### Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 20 - Review Matthew 5:17-26

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Review your notes from Days 16 and 17

List the characteristics of relationships that would have a positive influence on the culture.

#### Ponder

Why do you think Christians have as high a divorce rate as non-Christians?

#### Practice

What is one practice you can maintain that will ensure your commitment to the positive characteristics listed above?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, spend time today reflecting on your week and the passages you read. Review your notes from the previous week. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• Choose a place and time today where you can simply BE. Imagine yourself only *receiving* God's loving, merciful influence today.

## Practice

• Remember the Sabbath and keep it holy. Make your remembering a holy and restful practice today.

## Day 21 - Review and Rest

## Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Review your notes from the past 6 days.

Note any phrases or words which have different meanings to you now.

## Ponder

Consider the ways you fulfilled the suggested practices during the week. Which would you label "good" and "very good"?

List some ways you enjoyed God's influence this past week.

## Practice

Find a way to experience a true Sabbath rest today. Can you be without technology for a period of time to enjoy the silence or the beauty of nature? Without silence there is no room for creative thoughts or for listening to the Spirit.

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 22 - Review Matthew 5:27-32

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Review your notes from Days 18 and 19.

What thoughts come to your mind differently now than when you read this passage earlier in the week?

## Ponder

These verses are very harsh-sounding in our culture today. Why?

## Practice

What is one way you can compassionately approach someone going through the pain of divorce or caught in an affair while still maintaining your own beliefs in faithfulness and monogamy?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 23 - Matthew 5:33-37

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

In the 21st century, we may not use the language of "swearing" as in these verses, but we certainly live in a time where lawsuits are common and even expected. What is the message to leaders about the influence of our word as our bond?

## Ponder

Verse 33 refers to following through on pledges made to the Lord. How do our actions in this regard influence others?

How do our actions in this regard influence our relationship to God?

#### Practice

What is one way you can demonstrate your trustworthiness to someone today?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 24 - Matthew 5:38-42

Day/Date/Time \_\_\_\_\_

My location \_\_\_\_\_

Prepare: My current state of mind

## **Process:**

How does Jesus turn the culturally acceptable practice upside down?

## Ponder

As a leader, how do our reactions to mistreatment influence those around us?

How do our reactions influence us?

#### Practice

What is one way you could return mistreatment with kindness today?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 25 - Matthew 5:43-47

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

What does this passage do with the cultural understanding of their day?

How do verses 45b-47 paint a picture of how Christians should be treating people?

#### Ponder

Is there an enemy you have trouble loving? Does this verse apply to terrorists?

What would God have to do to cause you to find a way to love an enemy? (Oh, wait, Romans 5:8).

## Practice

How could you watch/read the news differently in regard to these verses?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

#### Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 26 - Matthew 5:48

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

The word "perfect" as it's translated in some versions, is translated "complete" in other versions. The CEB words it this way: "Therefore, just as your heavenly Father is complete in showing love to everyone, so also you must be complete." That helps in understanding it is not about meeting a "perfect" standard as we think of "being without a flaw."

What questions does that bring to your mind?

#### Ponder

So, what does "showing love to everyone" look like? How would you explain that to a non-Christian?

How does that kind of love influence others?

#### Practice

Is there a difficult person in your life? If so, how could you show them some "complete love" this week?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 27 - Review Matthew 5:33-42

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

**Process:** 

Read your notes from Days 23-24.

Do any words or phrases have a different meaning to you now?

## Ponder

How do these words about our trustworthiness and our kindness in the midst of mistreatment impact our role as leaders?

Which actions are more productive: being trustworthy and responsible or being untrustworthy and irresponsible?

How do these traits communicate our understanding of God?

#### Practice

How can you communicate your respect of the "image of God" within a difficult person this week?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, spend time today reflecting on your week and the passages you read. Review your notes from the previous week. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• Choose a place and time today where you can simply BE. Imagine yourself only *receiving* God's loving, merciful influence today.

## Practice

• Remember the Sabbath and keep it holy. Make your remembering a holy and restful practice today.

# Day 28 - Review and Rest

## Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Review your notes from the past 6 days.

Note any phrases or words which have different meanings to you now.

## Ponder

Consider the ways you fulfilled the suggested practices during the week. Which would you label "good" and "very good"?

List some ways you enjoyed God's influence this past week.

## Practice

Find a way to experience a true Sabbath rest today. Can you be without technology for a period of time to enjoy the silence or the beauty of nature? Without silence there is no room for creative thoughts or for listening to the Spirit.

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the passage silently and/or out loud to yourself a couple of times. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• In a place where you can refer to it throughout the day (in your phone, on a notecard or sticky note), write a phrase or thought you gleaned from the passage that you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying that idea.

#### Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

#### Day 29 - Review Matthew 5:43-48

Day/Date/Time \_\_\_\_\_\_ My location \_\_\_\_\_\_ Prepare: My current state of mind \_\_\_\_\_\_ Process: Review your notes from Days 25-26.

Any new thoughts on these passages since you first read them?

#### Ponder

In a world of "us" vs. "them," how can you practice inclusiveness as Jesus did?

## Practice

Choose to watch the news one day where you turn the station every time someone says a negative word about a particular group of people. See how long you can stay on any particular station. What does this indicate about how much negativity we allow into our minds without even thinking? Do that honor "the image of God" within us?

### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

- With an attitude of peacefulness and receptiveness, read the whole chapter 5 of Matthew silently and/or out loud to yourself. Mark phrases or words that stand out to you. Note any words to look up later.
- Answer the applicable questions on the journaling sheet in an order that seems important at the time.

## Ponder

• Consider which phrases or thoughts you gleaned from the chapter over the course of the month that you feel the Spirit is using to teach you about what kind of influencer/leader you can BE. Imagine yourself embodying those ideas.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

## Day 30 - Leading Like Jesus - Matthew 5

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Use today and tomorrow as a time to reflect on Matthew 5 and your insights into its teachings.

## Ponder

How well would you say your style of leadership mirrors this standard set by Jesus?

What is one practice you are going to choose to work on?

What are 3 things you will do to start measuring your progress in that practice?

#### Prepare

- Gather your Bible, a pen, and this book. Find a quiet place. Stop and take a few slow deep breaths. Pray and ask the Holy Spirit to open your mind and heart.
- Focus on your breathing for just a few moments to help you relax and clear your mind. This will help you concentrate on the message the Spirit has for you today. Imagine the Holy Spirit breathing the breath of God into your inner being to give you peace in this moment.

#### Process

• With an attitude of peacefulness and receptiveness, review your notes and note cards you made throughout the month.

#### Ponder

• Continue to ponder what you feel the Spirit is teaching you about what kind of influencer/leader you can BE. Imagine yourself embodying those ideas.

## Practice

• Pray and ask God to help you apply these biblical leadership truths to your life. Ask God to give you the desire to want to have a special time each day to center your thoughts on the God who wants to lead you into an abundant life of influence/leadership.

# Day 31 - Leading Like Jesus - Matthew 5 (cont'd)

Day/Date/Time \_\_\_\_\_

My location

Prepare: My current state of mind

## **Process:**

Continue using today as a time to reflect on Matthew 5 and your insights into its teachings.

If you wrote note cards or made notes in your phone each day of the thoughts or phrases you wanted to ponder throughout those days, take time to review those.

How would you summarize the important points of Matthew 5 in 10 words or less?

## Ponder

Were there any particular verses or experiences that will come to the forefront anytime in the future when you study Matthew 5?

#### Practice

Consider writing a letter to a young person about a particular lesson of leadership you have learned in your life and how you want to encourage them as they have similar life experiences. Choose to be a positive influence.