



PREPARE MODULE #2

LEADER :: KID SIDE | EASTSIDE CHRISTIAN CHURCH

COMPETENCY: Become an intentional, healthy leader and make an impact.

OBJECTIVE: To learn some of the principles of healthy leadership, intentionality, presence, and impact.

ASSIGNMENTS:

- Assignment 1 // Define “intentionality” and read Matthew 22:37-39 and answer the corresponding questions.
- Assignment 2 // Read the article *The Importance of Being Intentional* by Mark Pettit and answer the corresponding questions.
- Assignment 3 // Read the article *7 Qualities A Leader Can't Afford Not To Have*, by Carey Nieuwhof and answer the corresponding questions.
- Assignment 4 // Read the article *21 Things No Leader Ever Regrets Doing*, by Carey Nieuwhof and answer the corresponding questions.

ASSIGNMENT 1

Matthew 22:37-39 NIV

Jesus replied: “ ‘ Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’

Jesus made it very clear that we need to be intentional about how we Love God and Love others. He even declared it to be the first, second, and greatest commandment. That’s an important reason to pay attention and take loving God and others seriously, and with great intention in our daily lives.

Intentionality - it seems to be the leadership buzzword of the day and I have to say I agree. Can you even do anything really well without intentionality? Can you be an awesome parent without intentionality? Can you excel at your job or in your marriage without intentionality?

ASSIGNMENT 2

The Importance of Being Intentional by Mark Pettit

Discover 6 ways to be intentional with your time, relationships, your focus and your goals.

Being intentional is about bringing a focus and attention to something that is important to you. If you want to be intentional everyday you need to get clear upfront about what you want to achieve and then take action on achieving it. This simple guide will show you six ways to start being intentional with your behavior, your thoughts and your actions.

Being intentional is a capability that grows every day and will get noticed by the people that matter most to you. If you want to move your life forward and make progress every day, then your intention and attention will be two key guiding qualities.

What does it mean to start being intentional?

Being intentional means having the ability to see specific results in the future that, if you achieve them, will make things bigger and better for yourself, your business and your life. Being intentional means getting clear up front about what you want to achieve.

Your vision, your purpose and your goals.

This clarity about what you want is reinforced when there are specific measurements and deadlines behind the intention. You intentionally set an intention to achieve a specific outcome or result in the future. This could be a specific goal you want to achieve or something you want to have in your life. You then move forward with intention every day towards achieving that result or outcome you stated you want.

How can I be intentional?

You become intentional by getting clarity on what you want and understanding what is most important to you. When you learn to be intentional, you focus on your strengths and don't let fear hold you back. You become action oriented and create an unshakeable determination and mind-set to accomplish what you've set out to achieve. By having clarity about what's important, you become intentional about where you want to invest your time, focus and energy. This clarity ensures your attention is focused on the areas of your business and life that matter most. You appreciate more and show gratitude to the things that matter most in your life and say no and create better boundaries around the areas of your life that aren't as important.

The importance of being intentional every day.

Here are six simple ways to start being intentional every day:

1. Get clear on the result you want.

Unless you have clarity about the importance of the result you want to achieve you won't have the intention to take action. Get clear up front about the outcome you want and understand the importance of achieving the result you want. When you have this level of emotional investment towards a result, and know the ideal outcome you want, you will increase your emotional and intellectual engagement and your intentionality will soar.

2. Be deliberate with your day.

If you are clear up front where you want to spend your time, energy and focus each day, you are far more likely to achieve the result you want. You will know exactly what to do and where to put your attention, which increases productivity. This gives you direction and intention every day. When you don't have that clarity up front, you can waste time on non-important activities and get easily distracted. Identify the three important activities that will help you get the outcome you want and work on those without distraction. This intentional commitment to

what you want communicates to your brain and other people what's most important to you, and where your focus lies.

3. Be purposeful with your time.

When you are clear about the context of the outcome you want, your why, you then start thinking about the action steps needed, the what. If you are clear on the purpose and importance of the result you want, and the action steps you need to undertake to achieve the outcome, you then think about how to do it. We all want to achieve a result in the easiest and simplest way possible. When you have that mind-set you become more intentional about your time. There will only be specific activities, relationships, teamwork and collaboration that help you achieve the result you want. Focus on maximizing those and saying no to everything else. This creates better boundaries, helps you become more present and makes you more intentional about where to invest your time.

4. Be considerate with your focus.

Having high intentionality means aiming for a very specific result. The specific result you want should be a number or an event, with a clear deadline so you know when you've achieved it. This narrow focus takes the guesswork out of where you should invest your time and focus. There will only be a few areas that you should be focusing on to get that result. Identify those areas and eliminate other activities. Being intentional with your focus ensures that certain activities that you may be doing in the past are stopped, outsourced or delegated. Having this focus on your vision, your end goal and the action steps needed gives you the confidence to focus your attention on what matters most to you.

5. Be intentional with your goals.

One of the best ways to achieve a result that's important to you is to be intentional up front. The perfect framework for being intentional about what you want is to set powerful, measurable goals. Goal setting gives you a plan and path to work towards every day and helps you start your

day with intention. For goal setting to really work, you need to be emotionally and intellectually engaged in the result you want. This investment amplifies your intentionality. You know why you want to achieve the goals, what specifically you want to achieve and when you want to achieve it by. This clarity helps you set up each day with a clear knowledge of exactly what you want to do and where you want to invest your time and energy.

6. Be intentional with your most important relationships

Intentionality multiplies the power of each relationship that is important to us. Whether they are work relationships, client relationships or personal relationships, what we appreciate grows if we give out attention to it. Intentionality helps us understand the purpose and importance of every relationship we have. When we take a moment to understand why a relationship is important it grows. If we take a moment to express gratitude to someone their importance in our life grows. Identifying what we want from a relationship ensures we are clear up front about the best result we want from that relationship.

Being present in communication and in person with the people that matter most shows how much we value them.

Summing Up

Our intentionality grows when we focus on being more intentional. To start being intentional, get clear up front on what you want, understand its importance and take focused action every day towards achieving that goal.

About the Author

Mark Pettit is a small business coach to business owners who want to simplify their time, energy and focus so they can multiply their freedom, impact and results. Visit the [website](#) to find out more. This article originally appeared at [Lucemi Consulting](#)

QUESTIONS:

1. *What do you think "intentionality" means? What does being intentional mean in the area that you serve in Kidside? Write a brief list of things you want to start being intentional about. What results do you want?*
2. *How can your daily schedule become more intentional? On a separate piece of paper, write out a typical day schedule for you (or a typical week.) Now rewrite that schedule trying to be more focused and intentional about what you want to accomplish. How can you be more intentional about your time serving God and others?*
3. *Perhaps one of the more significant areas that we need to be intentional on is our relationship with others, both at work, home and at church. Make a list of some of the most important relationships that you have right now in each sphere of your life. Now make a list of how you are purposely going to be more intentional with each person or category of people. The more specific and measurable you can be, the more intentional it will be.*

4. *How can you be more intentional with the people that you are a part of in Kidside?*

ASSIGNMENT 3

7 Qualities A Leader Can't Afford Not To Have by Carey Nieuwhof

How do you know you're a leader worth following?

By definition, that's what a leader is: a person who others follow. (If no one is following you, you're probably not a leader, unless you're pre-launch, but even then, look back at your life. Has anyone followed you ... ever?)

Naturally, you can gain a following through a variety of means. Not all are great. Dictators gain following. So do cult leaders. So do criminals. Not all leadership is great leadership.

Which raises the question. How do you know you're a leader worth following? If you're a Christian, I think this adds another dimension to your leadership. You need to model leadership in a way that reflects the character and heart of Christ.

So what exactly does that look like?

I've met thousands of Christian leaders in my two decades of leadership, and when I think about the leaders I believe are worth following, seven qualities keep rising to the top:

- I. HUMILITY

Of all the qualities and characteristics I see in great leaders, humility is one of

the greatest. It's also rarer than it should be, even amongst Christian leaders. Christians don't always do humility well. Sometimes we equate humility with groveling or low self-esteem. It is neither.

C.S. Lewis said it so well when he wrote that true humility is not thinking less of yourself; it's thinking of yourself less. God gifted you for life and ministry. But the point is that God gifted and equipped you for ministry, you didn't. The gift always says more about the giver than it does about the recipient. Trying to take credit for your gifting makes you like a song that ignores its composer. It doesn't make the song less powerful; it just distorts what's going on. Any alternatives to humility lead straight to arrogance. And as even Jim Collins' research has discovered, humility is the primary differentiator between good leadership and great leadership. He argues that ego-centric, celebrity-style leadership is the antithesis of great leadership.

Struggle with ego? Be a little less impressed with yourself and more impressed with your team. Better yet, be deeply impressed with God.

2. INTEGRITY

Most of us think integrity is a good thing, but what does the term mean? On the one hand, it means that who you are on the inside matches what you appear to be on the outside. You are consistent to the core.

The concept of integrity springs from the original Latin root of the word, which means 'intact.' In other words, can you withstand the crisis intact? A house with integrity (a solid foundation that is what it says it is) will withstand a storm. A house with a flimsy foundation won't.

'Normal' doesn't test your integrity. A crisis does. If you want to see how deeply your integrity runs, just look at your last crisis. If you want to improve your integrity, take the steps you need to ensure your private walk matches your public talk.

3. A PASSIONATE FAITH

These points are in no particular order, but still, you might wonder why a passionate faith isn't #1.

First, people would expect it to be #1... so to sound fresh and make sure you don't skip it; it's #3.

A passionate faith is the ultimate hallmark of Christian leadership. But the part that lags in many leaders is the passion part. Leadership can make you weary. Like paint, passion fades over time. It's so important to make sure your passion stays fresh. (Here are 5 signs your passion is white-hot .)

Your team will only ever be as passionate about the mission as you are. So do whatever it takes to stay passionate.

4. EMOTIONAL HEALTH

There are a lot of emotionally unhealthy leaders in leadership, but if you want to be a leader worth following, get healthy.

Your health as a leader impacts your entire church regardless of the size. I am part of a church that's home to over 2,000 people. I don't know many of them by name. But I do know this: the health of a leader impacts everyone in the organization. Everyone.

If you're healthy at the top, you'll be healthy at the bottom. If you're unhealthy at the top, you'll be unhealthy at the bottom.

Emotionally healthy people recognize, understand and manage their own emotions and reactions. They also know, understand and can (appropriately) influence the emotions of others.

Think about it. Isn't that what the majority of church conflict is about?

Exactly. Your church or team will only be as healthy as you are. Why? Because eventually, healthy people won't serve under an unhealthy leader. And unhealthy people won't stay for long under a healthy leader unless they want to get well.

5. TRUSTWORTHINESS

Trust is confidence, and in leadership, it operates at two levels. First, there's personal trust. Personal trust is about: Telling the truth. Character. Integrity.

We've already talked about that.

But there's another element to trust and that relates to your performance. There are more than a few leaders who personally have solid character but are untrustworthy as leaders because they don't deliver.

The key to instilling confidence in your team as a trustworthy leader is simple: do what you said you were going to do when you said you were going to do it.

If you're sloppy, undisciplined and miss deadlines, your team will never fully trust you. And they're right not to.

6. TEACHABILITY

You may be the leader, but you also need to continue to be a learner.

Being an effective leader is not as much about being the teacher as it is about being teachable.

If you're not learning, you're not growing.

The truly exceptional leaders allow their teams and followers to teach them too. This isn't just about peer learning, or learning from mentors, conferences or books.

It's about a posture of openness.

The more teachable you are, the more people will love being led by you.

7. CLARITY

One of the most challenging aspects of leadership is establishing clarity.

Think about it. Leadership is complex with many variables. Your head spins from the uncertainty involved. I get that.

Leaders worth following, though, do the hard work of creating clarity.

You can't always be certain. But you always have to be clear. The alternative is ambiguity. No one can follow or get excited about ambiguity. And ambiguity doesn't change the world.

QUESTIONS:

1. *How would you rate your humility as a leader? What can you do to work on your humility in all areas of your life?*
2. *How would you rate your level of integrity at home? At work? At school In your area of service at Kidside? How can you work on your integrity?*
3. *How passionate is your faith on a scale of 1 (barely an ember) to 10 (super passionate for Christ)? How can you make your faith even more passionate?*

4. *How is your emotional health? What can you do to get yourself emotionally healthy as a leader?*

5. *On a scale of 1 to 10 (1 is not trustworthy at all, 10 is completely trustworthy), how trustworthy are you at home? At Work? In your area of service at church? How can you work on being more trustworthy?*

6. *How teachable are you? How can you grow in your teachability?*

7. *How is your level of clarity? How can you improve in this area?*

ASSIGNMENT 4

21 Things No Leader Ever Regrets Doing by Carey Nieuwhof

You probably already have some regrets as a leader.

I know I do.

Not only as a leader, but regrets as a husband, dad, and friend too. Leadership is so complicated that sometimes it's hard to know what to focus on. Add a global crisis into the mix and it's even more confusing.

So, why is it that so many of us keep making mistakes at work and at home?

It's easy to blame your crushing workload, the people around you, circumstances, or just about anything that moves.

But if you look for common threads, you'll often discover the problem was not in the situation, it was in how you responded to it.

Put another way, it was who you were when the hammer dropped.

But you can also look back on other situations and see you handled things well. That you really have no regrets.

Challenges come and challenges go in life and leadership. The difference between great leaders and poor leaders is often how their character responds to crisis.

Great leaders adopt practices, attitudes, and postures that lead to much fewer regrets. And they make strategic investments and decisions along the way that other leaders don't.

In the midst of it all, there are some things you can do as a leader that you'll just never regret.

While I haven't gotten every situation right in leadership (far from it), I took some

time to make a list of 21 things I've never regretted doing as a leader. My guess is when you've done them, you've never regretted them either.

And if you and I keep doing them, we'll have far fewer regrets moving forward.

1. Throwing your heart into whatever you do

I'm increasingly convinced that a white-hot sense of passion is one ingredient in churches and other organizations that are doing an outstanding job these days.

Far too many leaders are phoning it in. If that's you, hang up.

Fully engaging the task before you with all your heart is one of the best shots you've got at making an impact.

2. Taking the high road

It's easy to get pulled down into mud...arguing, jostling, and getting caught up in cheap accusations that lead nowhere good.

Don't.

Take the high road.

You know what that is.

Be kind. Don't fight back. Prepare to be misunderstood. Forgive. Show grace.

The high road isn't an easy road, but it's the best road.

You simply never regret taking it.

3. Saying you're sorry

It's easy to apologize when you're new or just starting out. Everyone expects you to make mistakes.

It's harder when you're the leader.

It's hardest when you're a successful leader who's been leading a long time.

Don't fall into the trap of thinking you're above reproach. You're not.

In fact, I think the leader should be the FIRST to apologize.

So apologize.

4. Praying for your team

You will never regret praying for your team.

Pray for them by name. Ask them what specifically you can pray for.

A leader who prays for their team is a leader worth following.

5. Pushing through your fears

It's not that great leaders have no fears. Pathological people may have no fears, but otherwise we pretty much all face them.

Great leaders push through their fears.

6. Smiling more

You'll never regret smiling more.

I know I look grumpy unless I remind myself to smile. I'm actually not grumpy most of the time...I just look that way.

So smile.

By the way, being on video and even Zoom calls every day will remind you of how the world experiences you. Smile. 😊

7. Saying an encouraging word

Very few people I know would say they are over-encouraged.

Okay, no one I know has ever told me they've exceeded their lifetime dose of encouragement.

Encouragement costs you nothing as a leader but it means everything to the person you're encouraging.

Think about that.

8. Saying thank you

Ditto with thank you.

When a leader starts acting entitled, followers lose heart.

Treat everyone—including staff—like they were volunteers. Thank them regularly and sincerely.

Even your staff have other options. They can quit. And if you fail to show gratitude, they will.

9. Helping someone who can't help you back

Leadership ushers in responsibilities, but it also brings some perks.

At some point, you might command a slightly higher salary than others, have access to an expense account others don't, or even have more control over your time.

Don't use the perks of leadership solely for your benefit. Help someone who can't help you back.

Buy them something. Be generous with your time. Open your home. Give them access to something or someone they couldn't gain access to without you.

Can they pay you back? No, they can't.

And that's the point.

Hint: The sooner you start this practice (even when you think you don't have much), the better.

10. Finding a few great mentors

Leadership can be a lonely journey, but it doesn't have to be.

Finding mentors is something no leader regrets.

I look for leaders who are a stage ahead in life and the kind of people I want to be in the future.

11. Developing some replenishing relationships

Ministry can be draining. So can leadership.

You give all day and often go home exhausted.

Often, people will seek you out in your off time asking for “just a little more.”

My wife and I realized years ago that we need to have some friends who truly replenish us...the kind of relationships where time passes quickly and you leave feeling better than when you came.

12. Deciding ahead of time what your priorities will be

I am amazed at how often I have to re-establish priorities in leadership.

Deciding ahead of time what you will do and not do, when you will be off and when you will work, and whom you will meet with and whom you won't will help you keep first things first.

If you don't do this, you will never have enough time and always be disappointed with the results you're getting.

13. Adopting a fixed schedule

One of the best leadership moves I made was moving to a fixed schedule.

What I mean by that is I follow the same rhythm to my work every week with very few exceptions. I pre-determine writing time, meeting days, and more.

An open schedule is a guarantee you'll spend your time on everyone else's priorities, not yours.

If you're looking for ways to save time and a little more on adopting a fixed schedule, this post can help.

14. Discovering what fuels and drains you

Ever wonder why some days you go home feeling excited and other days you go home exhausted—and yet you worked the same number of hours?

Some activities drain you and others fuel you.

Figuring out which does what can change the effectiveness of your leadership so much.

Great leaders will spend more and more time on the things that energize them and less on the things that drain them. It's that simple.

15. Investing in your personal leadership development

You can think of conferences, coaching, books, courses, and development programs as expenses, or as investments.

If you think of them as investments, you will become a far better leader.

The best leaders never hesitate to invest in their personal development.

Becoming better at life and leadership is never an expense, it's an investment.

16. Taking meaningful vacations

Even when my wife and I were starting out and we had no money, we found money to take even a simple annual vacation.

It's one of the best investments we've made over the years.

I say meaningful vacations because you'll be tempted to cheat.

You'll be tempted to say "3 days is enough." No, it's not.

You'll be tempted to say "We can just stay home and relax." And maybe you can. But I

just want to catch up on household projects when I do.

Taking a meaningful vacation doesn't mean you have to drop thousands of dollars on a European tour, but it does mean you need to rest and recharge. In this post, I wrote about why driven people (like me) generally suck at vacation.

17. Developing a hobby you love

I could almost be a 'work is my hobby' guy. Maybe you could be too.

I love what I do and even writing this blog and doing my leadership podcast were once "hobbies" that morphed into what I do full time. Work just doesn't feel like work to me most days.

But I also realize I need interests outside of ministry and leadership. At least if I'm going to stay healthy and balanced.

It took me a bunch of false starts, but I've eventually settled on cycling, boating, and BBQing as hobbies (I'm a Big Green Egg enthusiast).

Despite what you think, you need a hobby.

18. Becoming an early riser

While there's still a debate about whether early risers really do get the worm, I'm sold on getting up early.

I think you'll never regret becoming an early riser because you simply get 1-3 hours to accomplish things when no one is texting you, bothering you, or slamming your inbox.

Guess when I write this blog?

I think one of the keys to success is simply beating the patterns most other people follow. For me, getting up at 5 or 5:30 a.m. gives me (and you) a 2-3 hour advantage over almost everyone—and everything—else.

Try it.

19. Getting to bed on time

I am also a sleep evangelist. Having cheated sleep through my 20s and 30s, I repented.

I try to get as close to 8 hours of sleep every night. I really believe sleep is a secret leadership weapon.

[There's evidence](#) that people who are sleep-deprived operate with a similar impairment level to people who drink too much.

Leaders who are rested always bring more to the table than leaders who are tired.

[The sleep experiments I outline in Point 1 of this post](#) have become a permanent part of my life (and I highly recommend them).

20. Eating better

Diet can have a tremendous impact on mental clarity, alertness, and even your quality of sleep.

Sugar and carb crashes happen to far too many leaders.

Cutting down on sugar and carbs has helped me not only lose weight but feel much better throughout the day.

21. Working out

For years I resisted working out, but in the last fifteen years, I've taken exercise much more seriously.

It's still a discipline, but finding something I love (like cycling) has really helped.

And most of the productive leaders I know take their health and working out at least somewhat seriously.

Don't imagine that age leads to an automatic decline. At present in my mid-fifties I'm setting or tying personal bests for cycling I set in my forties and trying new things like running and waterskiing.

Most people stop doing things as they age. But getting older can just as easily be an excuse to start doing things.

Bonus: Carving out a daily time with God

Why is that the first thing to go in the lives of many Christians is our time with God?

Anchoring myself in scripture and prayer at the beginning of every day is a discipline I've never regretted.

You lead better when you hear from God.

QUESTIONS:

1. *Which two or three of the 21 areas are easiest for you to do consistently?*

2. *Which two or three things of the 21 points are the hardest for you to do*

right now? What would you need to change in your life so that you can improve in those areas?

3. *What on this list was the most surprising to you? Why?*

What are at least two LEADERSHIP TAKEAWAYS from this module? Be prepared to discuss with your group.

1.

2.