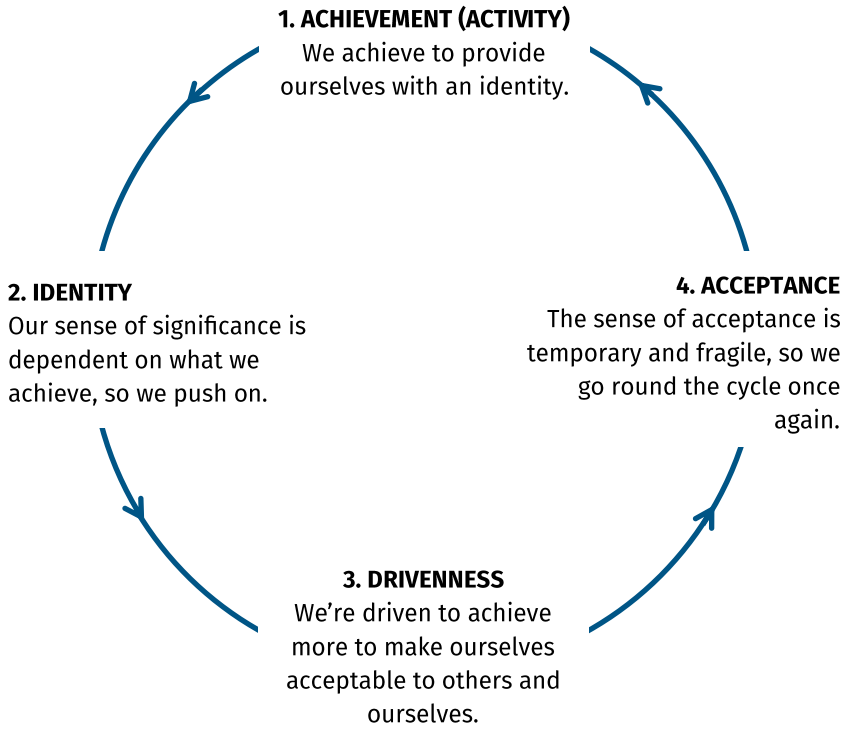
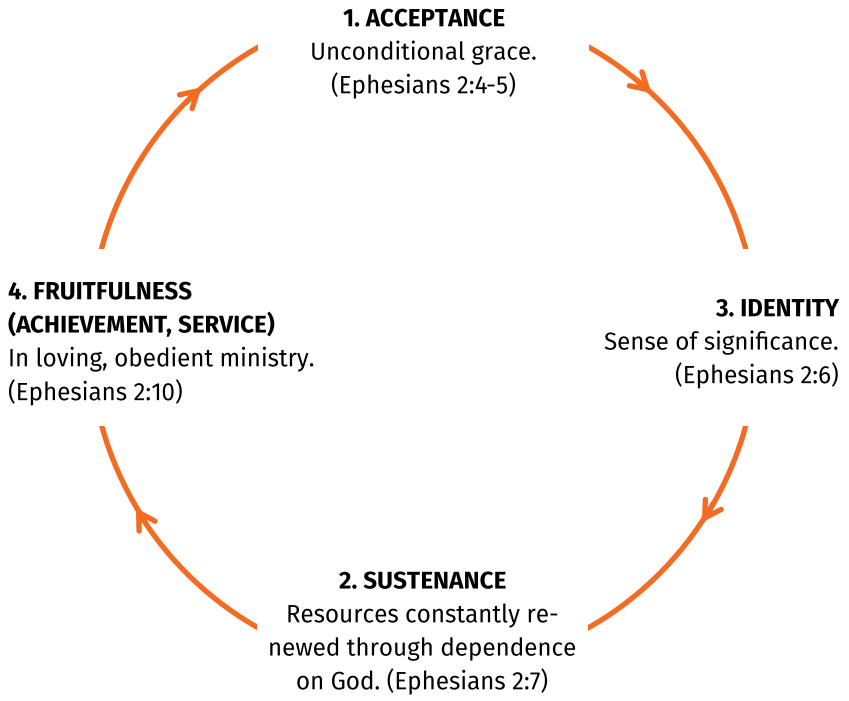
RECONNECTING WITH RESILIENCE
Living in Grace

CYCLE OF GRIEF



CYCLE OF GRACE



'I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH.'

2 TIMOTHY 4:7

What are the privileges and joys of Christian leadership?

RECONNECTING WITH RESILIENCE
Going the Distance – Stretch

RECONNECTING WITH RESILIENCE
Going the Distance

Positive Stretch

Overstretch

HOW MIGHT WE LOOK AFTER OURSELVES SO THAT WE DON'T TIP FROM POSITIVE STRETCH INTO OVERSTRETCH?

RECONNECTING WITH RESILIENCE
Building Resilience

1. Strengthen the Spring

2. Reduce the weights

3. Get Support

Who might be the different load bearing people for each area of stretch?

CHANGE...

ALIGNMENT

EXPECTATIONS

RELATIONSHIPS

KEY INSIGHTS

RECONNECTING WITH RESILIENCE
Fixing Our Eyes

What have we experienced?

RESIDENTIALS	INTEGRATION TASKS	MENTORS	PEER GROUPS	LEADERSHIP PARTNERS

Keep Watch

Failure of Nerve —> Failure of Heart

Secure Nerves —> Secure Heart

KEY INSIGHTS

'Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood'.

Acts 20:28

'The main thing is to keep the main thing the main thing.'

Stephen Covey

'So we fix our eyes not on what is seen but on what is unseen since what is seen is temporary but what is unseen is eternal'

2 Corinthians 4:18

'Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.'

Hebrews 12:2

RECONNECTING WITH RESILIENCE
Leadership is Stretching

LEADERSHIP IS DEMANDING

KEY INSIGHTS

STRETCH AREAS

FOR REFLECTION

- Which of these connects with you?

- How would you start a conversation with your mentor about this?

'I write with the conviction that learning to cope with disappointment is a key quality for all leaders to develop. Facing disappointment honestly helps us to build resilience, manage expectations and nurture faith and hope in ways which keep our focus on the author and perfecter of our faith. '

Facing Disappointment: The Challenge for Church Leaders, James Newcome (Grove L25)

RECONNECTING WITH RESILIENCE
Leadership is Stretching

SPIRITUAL GROWTH IN THE STRETCH

- Inner growth and formation.
- Empowerment of others.
- Faithfulness over outcomes.
- Authentic leadership.
- Ongoing development.

KEY INSIGHTS

'I write with the conviction that learning to cope with disappointment is a key quality for all leaders to develop. Facing disappointment honestly helps us to build resilience, manage expectations and nurture faith and hope in ways which keep our focus on the author and perfecter of our faith. '

Facing Disappointment: The Challenge for Church Leaders, James Newcome (Grove L25)

GOING THE DISTANCE
Retreat Afternoon

Making the most of this time

This isn't about ticking off tasks, finishing a to-do list, or prepping your next sermon. It's about simply being with God. Let Him lead.

- Start by intentionally slowing down—pause, be still, and give this time to God.
- To keep the space peaceful, please stay silent in public areas and move quietly.
- Refreshments (tea/coffee/juice) will be out from 3:15pm—help yourself.
- Prayer is available—check the sheet and tick your name if you'd like a slot.
- We'll finish the retreat afternoon at 5pm in the Garden Room with a short time of worship and prayer—with your sock partner.

Reflect and respond

- **Journal** Take a few minutes to read back through your Arrow journal.
  – What's God been doing?
  – What's still unfinished?
  – Any patterns or themes emerging?
- **Revisit Your Plans** Look over your Development Plan + Personal Vision Statement.
  – What can you celebrate?
  – Where might God be leading next?
  – Any changes you'd like to make between now and October?
- **Get Creative** Art supplies are in the Ballroom. Even if it's not your usual thing, give it a go—sometimes creativity opens up fresh insight or helps process things in a new way.
- **Reflect** Use the questions provided to dig deeper, or check out the two reflection pages:
  - The Arrow strapline: *Led more by Jesus, lead more like Jesus, lead more to Jesus.*
  - The five core competencies of Arrow.
- **2 Timothy** Flip through your notes from this week's Bible teaching, or check out the summary of Paul's advice to Timothy in the yellow pages.

SUGGESTED QUESTIONS FOR REFLECTION DURING THE QUIET TIME

- **Where have you seen God show up during your time on Arrow?** What moments, changes, or insights are you thankful for?
- **What values or leadership principles do you want to carry with you long-term?** What's worth holding onto as part of your lifestyle and calling?
- **Where is God asking for your attention right now?** What's stirring, surfacing, or needing a response?
- **What's one thing you *must* act on—today or before Arrow ends?** What's non-negotiable to follow through on?
- **What conversations would be good to have with your mentor before the programme finishes?** What clarity, encouragement, or challenge do you need?
- **Looking at the developmental roles and lifeline handouts—what big questions should you explore in the next year?** And who are the right people to explore them with?

KEY INSIGHTS

REFLECT

- What insights have you gained?

REVIEW

- Identify the areas where you can rejoice over Jesus' leadership in your life.

- What areas of your life would you like to further submit to Jesus' leadership?

REVISE

- What one thing would you like to do in this area to make the most of your remaining time on Arrow?

REFLECT

- What insights have you gained?

REVIEW

- In what ways would you like to lead more like Jesus?

REVISE

- What one thing would you like to do in this area to make the most of your remaining time on Arrow?

REFLECT

- What insights have you gained?

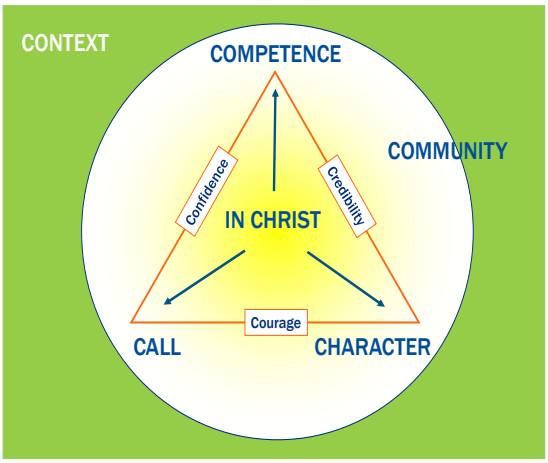
REVIEW

- What will leading more to Jesus mean for you?

REVISE

- What one thing would you like to do in this area to make the most of your remaining time on Arrow?

GOING THE DISTANCE



GROWING LEADERS KNOW THEY ARE CHOSEN
Where are you in your relationship with God right now?

GROWING LEADERS DISCERN GOD'S CALL
What is God calling you to? Where are you excited? Where are you resistant?

GROWING LEADERS DEVELOP CHRIST-LIKE CHARACTER
What is the character issue God most wants to work on in you? What character issue is likely to scupper you in leadership?

GROWING LEADERS CULTIVATE COMPETENCE
Where are your strengths in leadership competence? What are the key areas for growth over the next year?

GROWING LEADERS LEAD IN COMMUNITY
Who are you leading with? What would take your leadership with others to the next level?