#### Cycle of Grief

**1. ACHIEVEMENT (ACTIVITY)**

We achieve to provide

ourselves with an identity.

#### 4. acceptance

The sense of acceptance is temporary and fragile, so we go round the cycle once again.

#### 2. identity

Our sense of significance is dependent on what we achieve, so we push on.

#### 3. drivenness

We’re driven to achieve more to make ourselves acceptable to others and ourselves.

#### Cycle of Grace

#### 1. acceptance

Resources constantly renewed through dependence on God.   
(Ephesians 2:7)

#### 3. Identity

Sense of significance.

(Ephesians 2:6)

#### 4. fruitfulness

#### (achievement, service)

In loving, obedient ministry.

(Ephesians 2:10)

#### 2. sustenance

Resources constantly renewed through dependence on God (Ephesians 2:7)

What are the privileges and joys of Christian leadership?



### Overstretch

### Positive Stretch



#### How might we look after ourselves so that we don’t tip from positive stretch into overstretch?

1. **Strengthen the Spring**

1. **Reduce the weights**

1. **Get Support**

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



#### Change

#### Alignment

#### Relationships

#### Expectations

What have we experienced?

A logo of a person and person

AI-generated content may be incorrect.

**Keep Watch**

Failure of Nerve —> Failure of Heart

Secure Nerves —> Secure Heart

‘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

**Leadership is demanding**

**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)

**SPIRITUAL GROWTH IN THE STRETCH**

* Inner growth and formation.
* Empowerment of others.
* Faithfulness over outcomes.
* Authentic leadership.



* Ongoing development.

 ‘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)

**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.

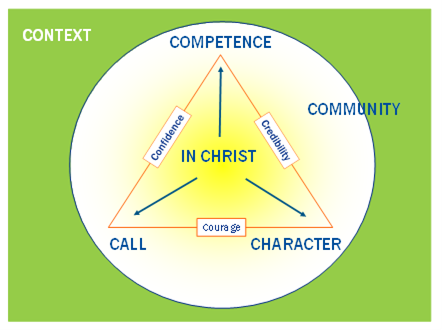
#### Suggested Questions for Reflection During the Quiet Time

* **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?

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| **TO BE LED MORE BY JESUS**  **Knowing Him and Understanding His Will** |
| **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? |

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| **TO BE LED MORE LIKE JESUS**  **Working Well with Others to Enable His People to be a Missional Community** |
| **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? |
| **TO LED MORE TO JESUS**  **Helping People of All Ages Come to Know Jesus in Our Generation** |
| **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? |

**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?

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#### Growing leaders cultivate competence

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

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#### Growing leaders lead in community

Who are you leading with? What would take your leadership with others to the next level?