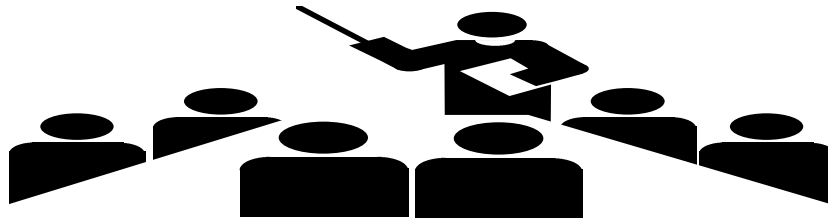


LEADERSHIP SEMINAR



Facilitator
The Rev. Dr. Darryl B. Starnes, Sr.
Director, Bureau of Evangelism
African Methodist Episcopal Zion Church
Charlotte, North Carolina



Topic:
“Coping with the Stresses of Leadership in the Christian Ministry”

LEADERSHIP SEMINAR

Dr. Darryl B. Starnes, Sr., Facilitator

“Coping with the Stresses of Leadership in Christian Ministry”

Proposition: Inspired by the Holy Spirit, the Apostle Peter revealed the secrets of coping with the stresses of leadership in Christian ministry.

- I. **Coping with the stresses that result from the ministry itself** [1 Peter 5:1-4]
 - A. The stresses of the ministry become manageable when we embrace the right mission. (1,2)
 1. Our mission is to shepherd the flock of God.
 2. Our mission is to provide supervisory oversight in the care of souls.
 3. Our mission is to love people and use things, not to love things and use people.
 - B. The stresses of the ministry become manageable when we have the right motives. (2,4)
 1. We are to serve willingly, not by compulsion.
 2. We are to serve eagerly, not for dishonest gain.
 3. We are to serve in order to please God not to impress people.
 4. We are to serve in order to receive eternal rewards, not temporary honors.
 - C. The stresses of the ministry become manageable when we use the right method. (2,3)
 1. We are to lead by precept, not by manipulation.
 2. We are to lead by example, not by coercion.
- II. **Coping with the stresses that result from interpersonal relationships.** [1 Peter 5:5-7]
 - A. The stresses of interpersonal relationships become manageable as we submit to delegated authority. (5)
 1. We are to give those in authority over us absolute respect. (Hebrews 13:17)
 2. We are to give those in authority over us relative obedience. (Hebrews 13:17)
 3. We are to give those in authority over us sincere appreciation. (1 Thessalonians 5:12,13)
 - B. The stresses of interpersonal relationships become manageable as we treat others with respect. (5)
 - C. The stresses of interpersonal relationships become manageable as we humble ourselves. (5,6)
 1. We must learn to clothe ourselves in humility.
 - a. God opposes us when we are proud.
 - b. God gives us grace when we are humble.
 2. We must learn to humble ourselves under the mighty hand of God.
 - a. God will fight our battles.
 - b. God will exalt us in due time.
 - D. The stresses of interpersonal relationships become manageable as we cast all our anxiety on God. (7)
 1. He is caring and will take these tensions, stresses, anxieties, and burdens off of us.
 2. He is omnipotent and will do what we are powerless to do.
 3. He is omniscient and will give us the wisdom to solve problems and handle problem people.
 4. He is omnipresent and will comfort us with His presence.

III. Coping with the stresses that result from satanic attacks. [1Peter 5:8-11]

- A. The stresses of satanic attacks become manageable as we develop self-control. (8)
1. Living in sobriety (temperance) is an important aspect of developing self-control.
 - a. Satan often attacks us by tempting us abuse alcohol and drugs abuse. (Prov. 20:1; 23:29-35)
 - b. We who are in leadership are not to use alcohol and drugs. (Prov. 31:4,5)
 - c. Satan often tempts us to use alcohol and drugs as painkillers [to relieve stress]. (Prov. 31:6,7)
 - d. The Lord delivers us from these addictions through sobriety and temperance.
 2. Handling anger properly is another important aspect of developing self-control. (Eph. 4:25-32)
 - a. Satan often attacks us by tempting us to mishandle our anger. (26)
 - b. Our anger will cause us to sin [hurt people] if it is not handled properly. (26-27)
 - 1) We may sin by retaliating [immediately hurting the person who hurt us].
 - 2) We may sin by getting revenge [hurting the person who hurt us at a later time].
 - 3) We may sin by re-directing our anger [hurting someone else].
 - 4) We may sin by repressing our anger [hurting ourselves-- depression].
 - c. Our anger will express itself in destructive ways if it is not handled properly. (25,28,29,30)
 - 1) We may lie to others. (25)
 - 2) We may steal from others. (28)
 - 3) We may become verbally abusive to others. (29)
 - 4) We may become physically abusive to others.
 - 5) We may grieve the Holy Spirit. (30)
 - d. Our anger will progress to dangerous and deadly levels if it is not handled properly. (31)
 - 1) Our anger can become bitterness and indignation.
 - 2) Our anger can become resentment and animosity.
 - 3) Our anger can become wrath and rage.
 - 4) Our anger can become quarreling and clamor.
 - 5) Our anger can become slander and evil speaking.
 - 6) Our anger can become hate and malice.
 - e. Our anger will be harmless if it is handled properly. (26,27,31,32)
 - 1) We must *recognize* that we are angry. (26)
 - 2) We must *handle* our anger *quickly*, so as not to give place to the devil. (26,27)
 - 3) We must *confess* to God who it is that we are angry at and what they did to us.
 - 4) We must *forgive* all of those persons for the things that they have done to us. (32)
 - 5) We must *release* all of our anger, hurt, bitterness, resentment, rage, malice, etc. {31}
 - 6) We must *receive* God's *healing* and let Him make our hearts tender. (32)
 - 7) We must *trust* God to make things right and enable us to be kind to others. (32)
 3. Fleeing sexual immorality is still another aspect of developing self-control. (1 Cor. 6:12-20)
 - a. Satan often attacks us by tempting us to engage in sexual immorality. (12-14)
 - 1) He often devises deceptive sayings to get us to excuse our sinful actions.
 - a) *All things are lawful for me, so, I am free to do whatever I want.*
 - b) *As food & the stomach are made for each other, so are the body & sexual activity.*
 - c) *God will destroy food and the body, so sexual restrictions have no spiritual value.*
 - 2) We must combat these deceptive sayings with the truth about sexual immorality.
 - a) Sexual immorality is not beneficial; it puts us into spiritual bondage.
 - b) Our bodies were not made for sexual immorality, but for union with the Lord.
 - c) Our bodies have an eternal destiny, for God will raise them by His power.
 - b. We must flee sexual immorality because our bodies are the members of Christ. (15-17)
 - 1) Sexual union with a prostitute binds us in intimate relationship with her.
 - 2) Spiritual union with the Lord binds us in intimate relationship with Him.
 - c. We must flee sexual immorality because our bodies are the temples of the Holy Spirit. (18-20)
 - 1) To commit sexual immorality is to sin against our own bodies.
 - 2) To commit sexual immorality is to defile the inner sanctuary where God dwells.
 - 3) To commit sexual immorality is to abuse our bodies and spirits, which are God's.

- B. The stresses of satanic attacks become manageable as we practice vigilance. (8)
1. We must be on our guard against these attacks because our enemy is prowling like a roaring lion.
 2. We must be on our guard against these attacks because our enemy is seeking someone to devour.
- C. The stresses of satanic attacks become manageable as we stand firm in our faith. (9)
1. It is through our faith that we crucify the old nature with its passions and desires. (Gal. 5:24)
 2. It is through our faith that we overcome the world and live in victory. (1 John 5:4)
 3. It is through our faith that we resist the devil and quench all his fiery darts. (Eph. 6:16)
- D. The stresses of satanic attacks become manageable as we learn the truth about suffering. (9-10)
1. Our fellow Christians have remained faithful under the stresses of these same attacks. (9)
 2. Our sufferings may last a while, but our rewards and eternal glory will last forever. (10)
 3. Our God, who can meet every need, will use our sufferings to make us all that He wants us to be. (10)
 - a. He will use our sufferings to make us spiritually mature.
 - b. He will use our sufferings to make us steady and dependable.
 - c. He will use our sufferings to make us strong and stalwart.
 - d. He will use our sufferings to make us firm in the face of difficulties.
- E. The stresses of satanic attacks become manageable as we give God the glory. (11)
- F. The stresses of satanic attacks become manageable as we remember that God is sovereign. (11)