

▲ Foundations of Leadership, Part 2 ▲

Objectives: LEAD participants will develop a game plan and motivation for building their own character as their foundation for leadership.

Plan ahead:

- Time required: 60 min
- Determine the details of the "Hook" exercise

Before this lesson, LEADs must:

- Review *What Does It Take To Be A Great Leader?* Article

Supplies:

- One Worksheet for each LEAD if they are not already in their notebooks
- Newspaper print or white board & markers

Accompanying documents:

- Worksheet (chart)

Instructor notes: During this lesson, the LEADs will fill in the chart on the Worksheet, which is a separate file and the page layout is Landscape. The last page of this document is a chart with the verses that support each area of life. The LEADs will fill this in during their Morning Watch times in the second week. Feel free to reference it and let them know where it is in their notebooks.

❖ **Get Started (hook, 10 min)**

(Collect the Observations from Foundations of Leadership, Part 1.)

(Give them a task like reorganizing the room, which involves some planning and individual steps to accomplish. Ideally it would be a meaningful task, but doesn't need to be. It should take them less than 10 min to understand, plan and complete. The goal is to see what needs done, form a plan, carry out the plan and be able to see the result.)

❖ **Learn / observe (book / look, (35 min total) 5 min + Learning Tasks: 10 min + 20 min)**

What steps did you take to accomplish the task I just gave you?

Why didn't you just immediately make the result happen? (It doesn't work that way!) Hold that thought.

Let's switch gears and review the 5 qualities of great leaders. What are they? (Authenticity, Proactiveness, Purpose, Integrity and Humility)

So can we just "become" people who are characterized by these? Clearly not, but we can break them down.

Let's look at the first one: I want to become more authentic? How do I get to know myself so I can be more authentic? Can I break this down? What about looking at different areas of my life? For example, how do I get to know myself emotionally? Spiritually? Socially? Are there other parts of ME that I need to know?

So even this one quality, authenticity, will take some doing. Let's break it down a little more carefully, like we broke down the task you were given just now.

What are some parts of our lives that we can focus on, one at a time? (Gather some answers. If they get some of the

"five areas", write them up on the board, leaving room for a title above and an explanation to the right. As you discuss, create the first 2 columns of the chart on the board as a reference.)

What is our biggest focus here at camp, with Morning Watch, Bible Ex, Messages, etc? (Spiritual)

What do you focus on at school? (Mental / intellectual)

What do you focus on during PE class or sports? (Physical)

What about with your friends? (Social, Emotional)

Let's look at these areas and see how we can invest in each area to make progress toward our goal of becoming better leaders by strengthening our character.

First, let's explore each area. How do we relate to other people in each of these areas? How can you relate to someone *spiritually*? (Get suggestions from the LEADs and put a solid one in the appropriate place on your board. See below for examples. You are building the first two columns of the chart up on the board for their reference.)

(Once you have all five and examples on the board,) In your notebooks there is a chart. Take it out and copy what we have so far in the first column, "Area".

Look at the second column, "Explanation" and the phrase below it, "To connect with others ____ I can..." For example, one way to *connect with others SPIRITUALLY* is to "pray with them" (or whatever example the group came up with). Don't write in the second column yet.

LEARNING TASK: We'll break into five groups (or less if there are too few people). Each group will start with a different Area of Life, and brainstorm some ways to connect with others in those areas. You can use the examples we just came up with to get you going. Write your answers in your chart. Discuss and fill in only the "Explanation" column. When you finish the Area you've been given, continue on to the next Area until I bring us back together. (5 minutes, then regroup and discuss) What questions do you have before we start?

Area	Explanation	Health	Benefits	Warning Flags
	To connect with others ____ly I can:	To increase / maintain ____ health I can:	Benefits of maintaining ____ health:	I'll know I am in ____ danger if:
Spiritual	Pray with them			
Mental / intellectual	Talk about an interesting subject or idea with them			
Emotional	Share my heart or feelings with them			
Physical	Put an arm around them			
Social	Hang out with them in a setting we both enjoy			

Now that we've explored each of these five areas and understand them a little better, are there any parts of our lives that are left out if we consider only these? (Write that in the last row and fill in the first box, if there are any.)

Now that we have a way of breaking out our lives into manageable, though closely related, parts, we can consider practical ways to make progress toward becoming 24/7 people of better character, right? Let's do that.

For example, look at the third column. "To increase or maintain physical health, I can..." Don't write anything right now. Let's just talk about physical health. How can you invest in your physical well-being? (Discuss and write up on the board, either on a new page or erase the examples but leave the Areas.) And what are some benefits (the 4th column)? (Discuss and write up) And what are some warning flags that we are not giving sufficient time, attention

or energy to that area (the 5th column)? (Discuss and write up. Point out that warning flags are not something to be ashamed of, but rather to cue us to fix what is wrong and /or ask for help from more mature, wiser person in order to get back on track.)

LEARNING TASK: Break into your 5 groups again and start with the same Area as before. Brainstorm and fill in each of these three columns: health, benefits and warning flags. When you finish your assigned Area, move on to the one below it. We'll come together again in 10 minutes. (Come together and share your answers. See Instructor Notes at the back of this lesson.)

A quick note on the verses on the right side of your handout. The Bible does address us in all aspects of our lives. We are not going to delve into these right now. And these are not the only verses on these subjects. They are just a quick reference to *some* of what the Bible says on these areas. You will explore this further during your Morning Watch and Bible Ex times next week.

❖ **Get Practical (took, 10 min)**

So to be a better leader, we need to strengthen our character. In order to do that, we've broken life down into more manageable parts. Now let's look at them and consider our own lives.

In what area or areas are you already strong? Put a + next to them. Celebrate that you are strong in them. And circle the Warning Flag box for your Area or Areas of strength. These may be signs that you see at some point in time that might warn you that you have become complacent.

In what area or areas are you the weakest? Asterisk them. Look through the ideas of how to build health in that area and the benefits of building health in that area. Underline one that might work well for you outside of camp.

On the bottom of the page, there is the sentence, "When I go home, I commit to:" Fill this in with one or two things you can do to strengthen your character when you leave camp.

❖ **Homework**

No forms to fill out, but consider as you go to each activity or event today... "If I were leading this, how would I want the people in this activity to be?" And choose to act in that way. Take the lead in setting the example of a good "follower".

Foundations of Leadership, Part 2 - Instructor notes

These are not the "right" answers nor "all" the answers. These are some key points to cover. Very likely, your LEADs will come up with some other great points, observations and ideas. There is some space for you to add your own notes. "Verses" is blank because these will be discussed elsewhere. If you have verses to add, you can note them here, as you want.

Spiritual:

To maintain health -

- daily time in the Word
- daily prayer
- weekly worship
- fellowship with other believers (that is, deep connection and encouragement)
- time to reflect in silence and/or solitude
- putting into practice what you learn in the Word
- journaling of some variety
-

Benefits -

- a healthy, constant awareness of the eternal nature of life

- decisions that stem from keeping eternal values and perspective in mind
- ability to see eternal value of things and people
-

Warning flags -

- skipping daily or weekly times listed above
- making decisions based on temporal or popular reasoning
- negative thinking
- your relationship with Jesus not being part of everyday decisions or thoughts
-

Mental / intellectual:

To maintain health -

- read books outside of school to increase your knowledge of something you are interested in
- regularly discuss something of interest with a club or group you are part of
- take non-required classes in an area of interest
- read a book "with" someone and talk about it
- research an area of interest

Benefits -

- keeps your mind sharp and inquisitive and able to process information
- helps you develop your ability to think critically
- develops your ability to discuss coherently and convincingly
- increases your ability to analyze information (including biblical information!)

Warning flags -

- lack of interest in anything beyond daily necessities
- not reading or researching anything for a time
- trouble having an intelligent conversation about non-trivial subjects

Emotional:

To maintain health -

- openly talk about your feelings with a trusted friend
- measure your feelings against the truth of Scripture
- journal
- spend some time alone in a place that allows you to feel
- consider why you are feeling as you are and what may need to be done about it within the context of what the Bible says

Benefits -

- prevents feelings from your decisions but also not ignoring your feelings
- enables you to deal with feelings in a healthy and balanced manner

Warning flags -

- run-away emotions taking all your time or energy
- deep emotions surfacing at inappropriate or unexpected times
- decisions based on how you feel at the moment with no consideration for consequences or impact on others or on the future
- not seeking what the Bible says
- not seeking wise counsel from a trusted advisor, mentor, church leader, etc
- depression or anxiety

Physical:

To maintain health -

- regular exercise
- eating well
-

Benefits -

- ability to serve long-term
- stress management
- weight management
- ability to perform well in emotionally or mentally intense environments
- (depending on the activity) time for solitude and/or reflection, or time for deepening relationships
-

Warning flags -

- missed workouts
- lack of interest in (or dreading!) exercise
- gaining weight
- overeating or eating a poor diet
-

Social:

To maintain health -

- evaluate your group of friends for wise choices, morality, how well they follow biblical guidelines
- find people and establish friendships with people who make wise choices and follow biblical guidelines*
- strive for a good balance between solitude and social interaction
- spend some time alone in reflection
- spend time with friends and/or family - with a variety of small groups or 1-on-1 and big groups.
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*What about befriending non-believers so I can tell them about Jesus? A good guideline is that we *fellowship* with (have as our real, deep friends, rely on, trust) only believers or "insiders". We *minister* to (love on, spend time developing relationships with, but expect nothing from and do not "entrust" ourselves to) non-believers or "outsiders." It is a change in mindset, trust and expectations between the two groups: Fellowship with believers, minister to the lost.

Benefits -

- good friends will help you grow in the other areas of life
- you will gain enough self-knowledge to be able to love people more effectively
- you will be recharged emotionally - either by being alone or by being with people (but more likely by a good balance of each) - and able to effectively deal with your feelings and all that life throws at you
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Warning flags -

- too much solitude or no solitude
- friends who make poor choices and/or drag you away from biblical guidelines and decisions
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Morning Watch Worksheet

Area	Verses - <i>What the Bible says about it</i>	My summary of what the Bible says about it and why it matters
Spiritual	Ephesians 6:10-12 Romans 8:1-17 1 Corinthians 2:12-16	
Physical	1 Corinthians 6:12-13 1 Corinthians 6:18-20 1 Corinthians 9:24-27 1 Timothy 4:8	
Emotional	Psalm 42:11 Psalm 55:22 Proverbs 4:23 Matthew 6:25-34 Philippians 4:5-7 1 Peter 5:6-7	
Mental / intellectual	Psalm 4:4 Acts 17:11 Romans 12:2 2 Corinthians 10:5 Philippians 4:8 1 Thessalonians 5:21 1 Peter 5:8-9	
Social	Proverbs 13:20 1 Corinthians 15:33 2 Timothy 2:14-17	