



LEADERSHIP:
Spiritual Practices for Vigor & Vitality

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Spiritual Formation Society of Arizona in partnership with Venture 1:9

 SPIRITUAL
FORMATION
SOCIETY
of Arizona

venture 1:9

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VITALITY IN LEADERSHIP

Are you free and light?

2

DISCUSSION QUESTION

As you consider your role as a leader, what burdens you?



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LUKE 10:38-42

Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." (ESV)



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REFLECTION QUESTION

In what ways do you find it difficult to trust that one thing is necessary?



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MISCONCEPTIONS



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MISCONCEPTIONS

1. If I slow down, I'll lose my grip on what is going on around me.



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MISCONCEPTIONS

1. If I slow down, I'll lose my grip on what is going on around me.
2. If I say "no," I'll lose out on the opportunity forever.



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MISCONCEPTIONS

1. If I slow down, I'll lose my grip on what is going on around me.
2. If I say "no," I'll lose out on the opportunity forever.
3. More is better. Bigger is better.



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MISCONCEPTIONS

4. Taking care of myself is selfish.



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MISCONCEPTIONS

4. Taking care of myself is selfish.
5. If I don't do it, no one will or things will fall apart.



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MISCONCEPTIONS

4. Taking care of myself is selfish.
5. If I don't do it, no one will or things will fall apart.
6. My relationship with God and my ministry are the same thing.



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DISCUSSION

What would you add to this list of misconceptions?



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GALATIANS 3:1-3

O foolish Galatians! Who has bewitched you? It was before your eyes that Jesus Christ was publicly portrayed as crucified. Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith? Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh? (ESV)



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2 TIMOTHY 2:14

Guard the treasure that has been entrusted to you.



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SPIRITUAL PRACTICES



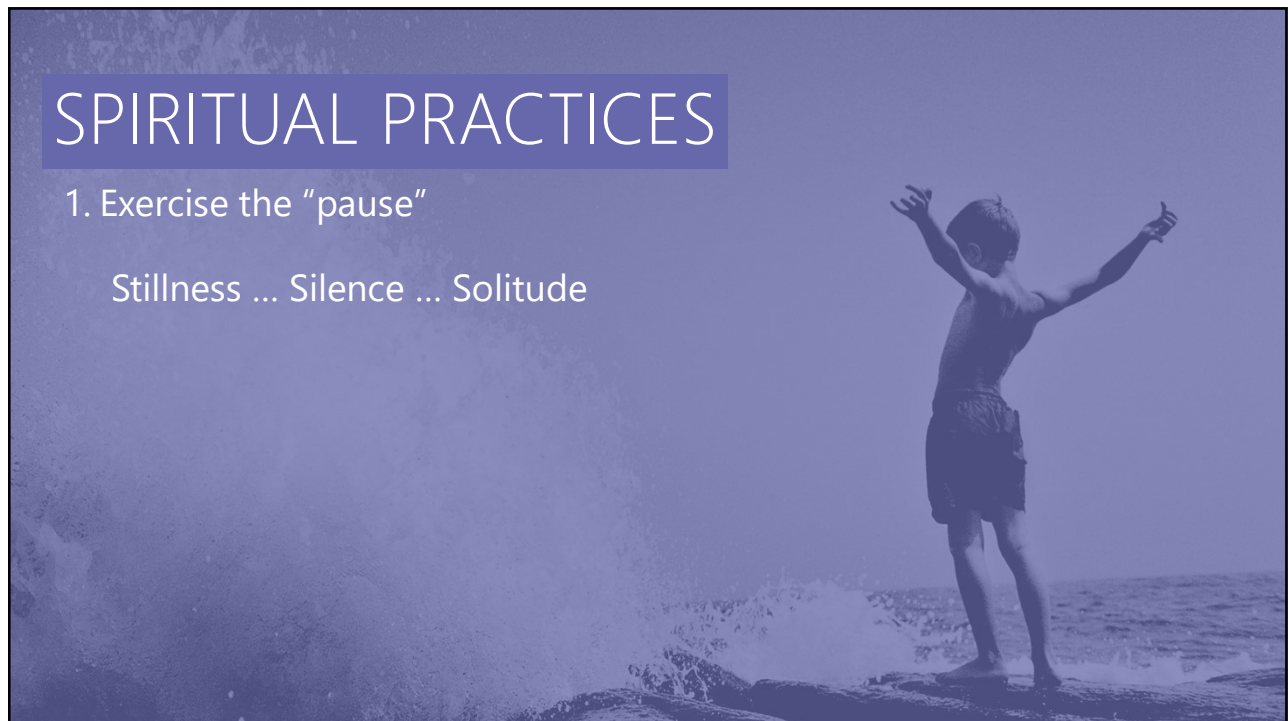
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SPIRITUAL PRACTICES

1. Exercise the "pause"

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SPIRITUAL PRACTICES

1. Exercise the "pause"

Stillness ... Silence ... Solitude

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SPIRITUAL PRACTICES

1. Exercise the "pause"
2. Prioritize your own soul care

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SPIRITUAL PRACTICES

1. Exercise the "pause"
2. Prioritize your own soul care

body ... mind ... emotions ...
spirit ... relationships

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SPIRITUAL PRACTICES

1. Exercise the "pause"
2. Prioritize your own soul care
3. Embrace discernment over decision making



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SPIRITUAL PRACTICES

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4. Go slow



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SPIRITUAL PRACTICES

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5. Engage in regular "examen"



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SPIRITUAL PRACTICES

1. Exercise the "pause"
2. Prioritize your own soul care
3. Embrace discernment over decision making
4. Go slow
5. Engage in regular "examen"
6. Regularly return to a place of resting in your primary calling.



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JOHN 5:19

So Jesus said to them, "Truly, truly, I say to you, the Son can do nothing of his own accord, but only what he sees the Father doing. For whatever the Father does, that the Son does likewise. (ESV)



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"Jesus faced an endless supply of need and an overwhelming schedule. Jesus got weary. Not simply by the work but also the human inner challenges. He knew that at dawn or before, people would gather with requests. The "to do" list would sprout. Jesus knew the pain and questions of his own heart would be present. So Jesus stopped and went away to pray."

Luke Ditewig, SSJE



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Please reach out if we can serve you!

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Growing in our spiritual practices ...

SPIRITUAL FORMATION SOCIETY of Arizona
formation | direction | connection

2022 CONFERENCE
February 4 & 5

the contemplative way

*What does it mean to live a contemplative life?
What is the contemplative way of Jesus?
What does that look like lived out every day?*

Explore the invitation and elements of living contemplatively, as well as looking at how the contemplative way is lived out in various roles, situations and everyday life.

conference speakers

Dennae Pierre - Surge Network David Wu - Mosaic Center for Spiritual Formation
Doug Kelley - ASU Professor Ted Wueste - Spiritual Formation Society of AZ

workshops

True-Self/False-Self Leading a Contemplative Community
The Freedom of Indifference Cultivating a Listening Life
Contemplative Leadership Inner Healing
The Welcome Prayer Contemplative Bible Study

Message me for a discount code for attenders of this workshop!

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