



Charles Welch, 5.28.26

## The High Road Leader: *Christ in You - Your Source of Strength!*

### 2 Minute Drill

What is one piece of advice you'd give someone struggling to "keep themselves together" under pressure?

### Emotional Capacity

Our Ability to Respond to *Criticism, Pressure, Adversity and Failure* in Positive Ways that Glorify God.

*In this world you will have trouble, but take heart....* John 16:33

#### I. Emotions are \_\_\_\_\_

Joy Connects Fear Paralyzes Sadness Drains Anger Energizes Surprise Shocks Disgust Separates

*For God has not given us a spirit of fear, but a Spirit of Power and Love and Self Control.* 2 Timothy 1:7

#### II. Some Truths to grow our Emotional Capacity to Respond to the Challenges Of Leadership

**Rock Solid Truth #1** Our God is All Powerful, All Knowing, Completely Good and Loving

*This is The God Who is with us and in us! Believe It - Know It - Live It!*

**Rock Solid Truth #2** In Christ, you are a new creation, a beloved son, a good man and a \_\_\_\_\_ maker!

*For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago.* Ephesians 2:10 NLT

**Rock Solid Truth #3** Other people are like you and me - \_\_\_\_\_ of God's Glory - In Process!

*...for all have sinned and fall short of the glory of God, and all are justified freely by His grace through the redemption that came by Christ Jesus.* Romans 3:23-24

**Rock Solid Truth #4** This World is \_\_\_\_\_ but not beyond God's Salvation!

*For God did not send His Son into the world to condemn the world, but to save the world through Him.* John 3:17

### 7 Strategies to Grow Emotional Capacity

1. Put Emotions in their \_\_\_\_\_ Place. Pay attention to your heart but don't let it rule.

*Do not let your hearts be troubled. You believe in God; believe also in Me.* John 14:1



**2.** Take Charge of \_\_\_\_\_! Today's Input Becomes Tomorrow's State of Mind!

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.* Philippians 4:8

**3.** Offload \_\_\_\_\_ and Forgive!

*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* Ephesians 4:31-32

**4.** Focus on what's in \_\_\_\_\_ of you! This Moment - These People - This Place

*Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.* Jesus from Matthew 6:34

**5.** Practice stepping into the \_\_\_\_\_. Remember Peter stepping out of the boat!

*"Lord, if it's You," Peter replied, "Tell me to come to You on the water." "Come," Jesus said. So, Peter got out of the boat, walked on the water and came toward Jesus.* Matthew 14:28

**6.** Take Care of Your \_\_\_\_\_! Rest – Diet – Play – Exercise

*Do you not know that your bodies are temples of the Holy Spirit...?* 1 Corinthians 6:19-20

**7.** Practice \_\_\_\_\_ Intentionality. Make your Plans and Write them Down... But always be ready to Adjust to God!

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.* Proverbs 3:5-6

## **Finally, in the heat of the battle to Govern Emotions**

**Pause and** \_\_\_\_\_ Watch and Listen for Holy Spirit- *What do you want me to know?*

**Rejoice** Align Posture and Action with Desired Emotion

\_\_\_\_\_ **Thanks** Practice Gratitude and Appreciation 1 Thessalonians 5:16-18

## **Table Conversation Questions**

1. What are some ways we can express our emotions without "bottling things up or blowing things up"?
2. How do you process a bad day? Who do you have you can offload burdens with? Do you know how to forgive?
3. How do you "keep your cool"?
4. Which of the strategies or truths we looked at today might

