



ABIDEROOTED

7 Days to Lead Without Losing Your Soul

**A One-Week Return to Presence, Identity, Character,
Wisdom, and Service**



LEADERS · 7-DAY JOURNEY · FREE RESOURCE

Using this guide

Read the full Scripture passage before the reflection. Choose one practical response, then pray in your own words. Work at a sustainable pace; days and sessions may be repeated. People may pass on a group question.

Find your next section

Begin Here

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Day 2: Remember Who You Are

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Scripture quotations use the King James Version (KJV). Short quotations may be excerpts; read the cited passage in context. Prayer starters and reflections are devotional writing, not additional Scripture.

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Begin Here

A 7-day journey for Christian leaders to reset their inner lives, addressing the pressure that can outgrow the soul. Each day focuses on a key aspect: presence, identity, character, wisdom, service, control, and sustainable practice. Includes Scripture, teaching, practical activities, reflection questions, and prayer.

You carry weight that others do not see. Decisions, expectations, the silent needs of those who look to you - each one adds a layer. Over time, the pressure of leadership can quietly outgrow the life of your soul. You may still be effective on the outside while feeling depleted within. This is not a failure of competence; it is a signal that your inner life needs attention. Jesus knows this weight. He invites you to step back for seven days - not to escape your calling, but to return to the One who called you. This is not a productivity hack or a leadership seminar. It is a reset for your soul, a deliberate reordering of your heart so that your leadership flows from Christ rather than from your own striving. Each day will address one part of the pressure you feel, guiding you back to presence, identity, character, wisdom, and service. Use this week to choose and begin one protected practice that keeps your leadership rooted in Christ - a practice you can carry forward long after these seven days are complete.

TEACHING

Day 1: Stop and Be Present

Psalm 46:10

“Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.”

The first casualty of leadership pressure is often your presence. Your body may be in the meeting, but your mind is already in the next decision. You are constantly projecting forward, solving problems that have not yet arrived. This constant forward motion disconnects you from the present moment - and from the God who is present in it. Psalm 46:10 is not a suggestion to relax; it declares God's sovereignty amid conflict. We can respond by bringing our striving under His authority. For a leader, this is counterintuitive. You are paid to be productive, to move things forward. But without stillness, your leadership becomes reactive, driven by anxiety rather than by the Spirit. Today, you will practice the discipline of stopping. Not to do more, but to be with the One who holds all things. This is not a waste of time; it is the foundation of sustainable leadership.

Put It Into Practice

Set aside 15 minutes today for intentional stillness. Find a quiet place, silence your phone, and sit before God. Read Psalm 46:1-11 and remember God's sovereignty. Bring your concerns to Him in honest prayer, then pause to reflect on the passage. If your mind wanders, gently return to the words of Psalm 46:10. Let the truth that God is God settle over you. At the end of the 15 minutes, write down one thing you noticed about your inner state when you allowed yourself to stop.

Reflect & Talk Together

1. What feelings arose when you tried to be still?
2. How does your leadership style reflect a tendency to strive rather than to rest in God?

Prayer

Lord, I confess that I have allowed the urgency of my tasks to drown out the quietness of Your presence. Teach me to be still. Help me to know that You are God, even in the midst of my responsibilities. Amen.

TEACHING

Day 2: Remember Who You Are

John 15:5

“I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.”

Leadership pressure often distorts your identity. You begin to define yourself by your role, your achievements, or the approval of others. When the ministry grows, you feel successful; when it struggles, you feel like a failure. But Jesus offers a different foundation for your identity. In John 15, He calls you a branch - not the vine. Your worth is not in what you produce but in your connection to Him. A branch does not strive to bear fruit; it simply abides. The fruit is a natural result of remaining connected to the vine. Today, you are invited to remember that your identity is not in your leadership but in your relationship with Christ. You are a child of God before you are a leader. Your value is secure because He chose you, not because you performed well. This truth frees you from the exhausting cycle of proving yourself.

Put It Into Practice

Take a piece of paper and write down the roles you hold (e.g., pastor, director, manager, parent). Then write down the labels you fear most (e.g., failure, inadequate, impostor). Bring these to Jesus in prayer. Ask Him to show you who you are apart from these roles. Spend time meditating on John 15:5. Consider memorizing it as a reminder of your true identity.

Reflect & Talk Together

1. Which roles or labels have you allowed to define your worth?
2. How would your leadership change if you truly believed you are a branch, not the vine?

Prayer

Father, forgive me for finding my identity in my work and in the opinions of others. Help me to abide in Christ, to know that I am secure in Him. Let my fruit come from connection, not from striving. Amen.

TEACHING

Day 3: Guard Your Character

Proverbs 4:23

“Keep thy heart with all diligence; for out of it are the issues of life.”

Leadership pressure can erode your character in subtle ways. You may cut corners, justify small compromises, or allow bitterness to take root. The demands of leadership can make you feel entitled to certain indulgences or shortcuts. But

Proverbs 4:23 warns that your heart is the wellspring of your

life. What you allow into your heart will eventually flow out in your words, decisions, and actions. Guarding your heart is not about being overly cautious or rigid; it is about recognizing that your inner life determines the quality of your leadership. When your heart is pure, your leadership will be marked by integrity. When it is neglected, even your best efforts will be tainted. Today, you will examine the state of your heart. Are there areas where you have allowed compromise? Are there unforgiven offenses or hidden sins? Bring them into the light of Christ, who is faithful to cleanse and restore.

Put It Into Practice

Spend time in self-examination before God. Ask the Holy Spirit to reveal any areas of your heart that need attention - bitterness, pride, lust, dishonesty, or neglect of your family. Write down what He shows you. Then confess these to God, receiving His forgiveness. If possible, share one area with a trusted friend or mentor for accountability.

Reflect & Talk Together

1. What compromises have you made in your leadership that you have rationalized?
2. How can you intentionally guard your heart in the coming week?

Prayer

Search me, O God, and know my heart. Try me and know my thoughts. See if there be any wicked way in me, and lead me in the way everlasting. Cleanse me and create in me a clean heart, O God. Amen.

TEACHING

Day 4: Seek Wisdom from Above

James 1:5

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

Leadership is a series of decisions, many of them complex and consequential. The pressure to make the right choice can be overwhelming. You may rely on your own experience, the advice of others, or the latest leadership trends. But James 1:5 offers a simpler path: ask God for wisdom. He promises to give generously, without finding fault. This is not a formula for getting answers to every problem; it is an invitation to depend on God in the midst of uncertainty. When you ask for wisdom, you acknowledge that you do not have all the answers and that you need divine guidance. This posture of humility opens the door for God to lead you. Today, you will bring your most pressing decisions before God, asking for His wisdom rather than relying solely on your own understanding.

Put It Into Practice

Identify one decision you are currently facing - whether large or small. Write it down. Then spend time in prayer, specifically asking God for wisdom. Listen for His guidance through Scripture, the Holy Spirit, and wise counsel. If possible, discuss the decision with a godly advisor, but do so after you have sought God first.

Reflect & Talk Together

1. What decisions are you currently carrying that you have not fully surrendered to God?
2. How does the promise of James 1:5 change the way you approach decision-making?

Prayer

Lord, I confess that I often rely on my own wisdom and the wisdom of others before seeking Yours. Grant me the wisdom I need for the decisions I face. I trust that You give generously and without reproach. Amen.

TEACHING

Day 5: Serve, Don't Strive

Mark 10:42-45

"But Jesus called them to him, and saith unto them, Ye know that they which are accounted to rule over the Gentiles exercise lordship over them; and their great ones exercise authority upon them. But so shall it not be among you: but whosoever will be great among you, shall be your minister: And whosoever of you will be the chiefest, shall be servant of all. For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many."

The world defines leadership as power, position, and influence. But Jesus redefines greatness as service. In Mark 10, He contrasts the rulers of the Gentiles, who exercise authority, with His followers, who are called to be servants. He Himself came not to be served but to serve, giving His life as a ransom. This is the model for Christian leadership. Yet the pressure of leadership can subtly shift your focus from serving to striving. You may begin to measure success by numbers, influence, or recognition. You may find yourself protecting your position rather than pouring out your life for others. Today, you are invited to return to the heart of servant leadership. Consider the people you lead - not as means to an end, but as those you are called to serve. How can you lay down your life for them in practical ways? This is not about

being a doormat; it is about following Jesus, who served with strength and love.

Put It Into Practice

Think of one person you lead - a team member, a congregant, a colleague. Identify a specific way you can serve them this week without expecting anything in return. It could be a word of encouragement, a practical help, or simply listening to them. Commit to doing it as an act of service to Christ.

Reflect & Talk Together

1. In what ways has your leadership become more about striving than serving?
2. How does Jesus' example of servanthood challenge your current leadership style?

Prayer

Jesus, You came not to be served but to serve. Forgive me for the times I have sought my own glory rather than the good of others. Give me a servant's heart, that I may lead as You led. Amen.

TEACHING

Day 6: Release Control

Proverbs 3:5-6

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Leadership often feels like a constant need to control outcomes. You plan, strategize, and work to ensure success. But the reality is that you cannot control everything. There are factors beyond your influence - people's choices, circumstances, and God's sovereign will. The pressure to control can lead to anxiety, micromanagement, and burnout.

Proverbs 3:5-6 offers a different way: trust in the Lord with all

your heart, and do not rely on your own understanding. Acknowledge Him in all your ways, and He will direct your paths. This does not mean you stop planning or working; it means you hold your plans loosely, recognizing that God is ultimately in control. Today, you will practice releasing control to God. Identify the areas where you are gripping tightly - outcomes, people, timelines - and surrender them to Him.

Put It Into Practice

Write down a list of things you are currently trying to control in your leadership. For each item, pray a prayer of surrender, saying, 'Lord, I release this to You.' Then physically tear up the paper or burn it as a symbol of your release. Throughout the day, when you feel anxiety about these things, remind yourself that you have given them to God.

Reflect & Talk Together

1. What are you most afraid will happen if you release control?
2. How does trusting God with the outcome change the way you lead?

Prayer

Father, I confess that I have tried to control things that belong to You. I release my grip on outcomes, people, and plans. Teach me to trust You with all my heart and to acknowledge You in all my ways. Amen.

TEACHING

Day 7: Establish Your Practice

Luke 6:12

“And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God.”

Jesus Himself regularly withdrew from the demands of ministry to pray. Luke 6:12 shows Him spending the entire night in prayer before choosing His disciples. If the Son of God needed this time with the Father, how much more do you? The pressures of leadership will not disappear after this week. But you can establish a practice that will sustain you. This is not about adding another item to your to-do list; it is about creating a rhythm of abiding that becomes the foundation of your leadership. Today, you will design a simple, sustainable practice that you can continue. It might be a daily time of silence, a weekly sabbath, or a monthly retreat. The key is to make it realistic and protected. This practice will be your lifeline, keeping you rooted in Christ no matter what pressures come.

Put It Into Practice

Design your 'protected practice.' Choose a specific time, place, and duration. It could be 15 minutes each morning for Scripture reading and prayer, or a longer block once a week. Write it down as a commitment. Then, to begin, spend at least 30 minutes today in prayer and reflection, using the insights from the past six days. Ask God to seal this practice in your life.

Reflect & Talk Together

1. What practice is most needed for your soul right now?
2. What obstacles might prevent you from keeping this practice, and how can you overcome them?

Prayer

Lord, thank You for the gift of these days. I commit to this practice of abiding in You. Help me to be faithful, not out of duty, but out of love. May my leadership flow from a life hidden in You. Amen.

Continue Abiding

You have walked through seven days of reset. You have stopped to be present, remembered your identity, guarded your character, sought wisdom, embraced servanthood, released control, and established a practice. This is not the end but the beginning of a new rhythm. The pressures of leadership will return, but you do not have to face them alone. You have a lifeline - a practice that keeps you connected to the Vine. As you go forward, remember that your leadership is not about your own strength but about Christ in you. He who called you is faithful, and He will sustain you. May you lead not from your own resources but from the abundance of a soul rooted in Him.

Go Deeper

This seven-day reset has given you a taste of what it means to lead from a rooted soul. But the journey is just beginning. In 'Before You Lead Them,' you will explore the deeper foundations of leadership - the inner life that sustains you when the pressures intensify. Through biblical insights and practical guidance, this book will help you build a leadership life that is not only effective but enduring. If you are ready to go deeper, consider continuing your journey with this resource.