

LEADER

- 1) Print pdf from angiegmeadows.com website.
- 2) Open in prayer.
- 3) Review Group Rules.
- 4) Review last lesson. Ask how they were able to apply it to their life and any success or failures they experienced.
- 5) Teach your own presentation using the material. Or preview the Rock of Recovery podcast/Angie G Meadows YouTube to see if this discussion is appropriate for your group. Watch for new podcast/YouTube general anxiety recovery.
- 6) Go through the lesson one point at a time for open discussion.
- 7) If group is over 8-12 members, split it up into smaller groups for discussion, if you want to do so. Train your stronger believers for co-leader support positions.
- 8) Give examples of how God helped you solve the problem.
- 9) End the group in prayer (Take prayer requests or have a basket for them to write out a written request and ask them to mark the request "private" or "public").
- 10) If time allows, add an opportunity for those with heavy burdens to stay longer for encouragement and prayer.

SMALL GROUP RULES

- 1) Give everyone an opportunity to speak.
- 2) Keep the discussion to the topic.
- 3) We are not here to “fix” each other. We are here to support and encourage one another.
- 4) If you do not want to share, simply say “pass” when it comes to your turn.
- 5) It is vital that this is a safe place for everyone. No negative, judgmental, or condemning comments. The Rule is LOVE!
- 6) Confidentiality is mandatory and is taken very seriously.
- 7) Whatever is spoken in this room, stays in this room.
- 8) If during the week, you discuss another member’s comments among one another, it is to be in the spirit of prayer and encouragement and not in mockery or ridicule. No gossiping or slandering will be tolerated.
- 9) There will be a release of anyone who wants to leave after the lesson and discussion time.
- 10) There will often be added extra time of sharing at the end of the group for those with heavy burdens who want to share their struggles and receive individual prayer or for those who want to stay and encourage those struggling.

LEADERSHIP GUIDELINES

Dishonorable Leadership	Honorable Leadership
Anger	Happy Countenance
Use of fear tactics	Approachable
Threats/Bullying	Patient and Kind
Retaliation for being confronted	Gracious; holds others accountable
Hasty/Rash	Treats everyone the same
Impatient	Good self-identity
Arrogant	Good boundaries
Values self, money, or project goals more than others	Good mentors Good relationships
Holds a grudge	Unemotional decision maker
Plays favorites	Leads through serving
Casts confusion on situations to blame shift	Humble-Leads with power and under submission to their authority
Makes emotional decisions not principally based decisions	Will do what is right, no matter the consequences
Denies problems	Good listener

Deals only with superficial problems	Forgives easily; coaches weaker ones; encourages others.
Ignores the main problem	Identifies root problems
Does not seek counsel	Seek many counselors
Ask impossible things	Able to plan and develop goals
Unrealistic/Demanding	Able to follow through with a plan
*Adapted from observation of the behaviors of Nebuchadnezzar the pagan king in the book of Daniel.	Always same level of emotional availability

No bullying or verbal abuse ever!

Kind, but firm!

GOOD FOLLOWER

1. Respects Authority
 2. Protects Good Name
 3. Learns to Stand Alone (not follow a crowd)
 4. Guards the truth
 5. Takes responsibility for actions
 6. Honorable and fair in decisions
 7. Makes good sound financial decisions
 8. Lives with Self-Control
 9. Moderation in all things
 10. Gives good days work without complaint
 11. Always on time; dependable
 12. Never gossips, slanders, or accuses
 13. Takes any issues up the ladder through the chain of command
 14. Guards all that is entrusted into their hands; trustworthy
 15. Refuses to do anything illegal, unethical, or immoral
- *You must learn to be a good follower to be a good leader.