

SCRIPTURE: Isaiah 49:8

“This is what the Lord says: ‘In the time of my favor I will answer you, and in the day of salvation I will help you; I will keep you and will make you to be a covenant for the people, to restore the land and to reassign its desolate inheritances.’”

Uncertainty shakes our foundation

- We need to take good care of ourselves
- “Put your mask on before you try and help others”
- Rest (How’s your sleep? Internal rest?)
- Protect your peace (off social media?, news?, etc)
- Protect your love (time with God!)
- Guard your thoughts (What is He Saying???)
- Communicate Constantly
- “And while you may not be able guarantee much of anything at the moment, what you can do is communicate what you do know and how you are truly feeling with those around you. The more openly you communicate, the less likely people on your team are to make up stuff that is unproductive and unhealthy.”
- Communication provides peace
- Communication gives clarity
- Communication helps others make healthy choices that are based in truth and not fear
- Check in with People on a Personal Level
- Ask questions “How are you doing during this time?” “How is your peace ?”
- Be available
- Ask for tangible ways that you can support them
- Be Flexible with Grace
- “The more open you are to doing and trying new things with a growth mindset, the better it will be for you, your team, and everyone around you.”
- Understand that others may not want to work the way you are, but be open to hearing where they are coming from and how you can support them.
- Be real
- Practice authenticity and share where you are at...

“Your team doesn’t need or expect you to be perfect or super human, they want you to be real. It’s not only okay, but really important that you let your team know how you’re really feeling and what’s truly going on for you. Showing up authentically and vulnerably not only liberates you, it allows your team to do the same. It creates the psychological safety that is necessary for your team to adapt, adjust, and perform in the face of all of this. And, it reminds everyone around you that you’re all doing the best you can and, most importantly, that you’re all in this together.”

What is the Holy Spirit asking you to do as a leader?
Ask him what people need from you in this time and season?