Leading by Faith

Session #6: Managing Yourself & Your Household

Review

- 1. The Problem Sinful Nature
 - Doubt
 - Cover Up
 - Hide
 - Blame
- 2. The Solution Jesus Christ
 - Being filled with God's Spirit
 - Following God's Will
 - Praying for God's Strength
 - Relying on God's Word
- 3. Your Battle Plan
 - Know it
 - Stalk it
 - Share it
 - Kill it

Discussion – What was your most impactful take away from the fifth session? Why?

- Don't forget to sign in.
- Other

Managing Yourself & Your Household

2

6:15 PM – In this course, we are learning how to lead by faith. Faith leaders walk with God, understand human purpose, know themselves, grow in virtue, and battle temptation & sin. Faith leaders also manage themselves and their household.

I'm going to provide the top 10 categories for you to manage in your life based on the 3 sections of Scripture that describe the qualifications for Elders and Deacons in the Bible.

- Not everyone is going to be an Elder or Deacon, but these provide Biblical categories for any aspiring leader who wants to manage themselves well.
- Let's start by reading these 3: Acts 6:3-4, 1 Timothy 3:1-13, and Titus 1:5-9.

³Therefore, brothers, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we will appoint to this duty. ⁴But we will devote ourselves to prayer and to the ministry of the word."

Acts 6:3-4 (ESV)

¹The saying is trustworthy: If anyone aspires to the office of overseer, he desires a noble task. ²Therefore an overseer must be above reproach, the husband of one wife, sober-minded, self-controlled, respectable, hospitable, able to teach, ³not a drunkard, not violent but gentle, not quarrelsome, not a lover of money. ⁴He must manage his own household well, with all dignity keeping his children submissive, ⁵for if someone does

3

not know how to manage his own household, how will he care for God's church? ⁶He must not be a recent convert, or he may become puffed up with conceit and fall into the condemnation of the devil. ⁷Moreover, he must be well thought of by outsiders, so that he may not fall into disgrace, into a snare of the devil. 8Deacons likewise must be dignified, not double-tongued, not addicted to much wine, not greedy for dishonest gain. ⁹They must hold the mystery of the faith with a clear conscience. ¹⁰And let them also be tested first: then let them serve as deacons if they prove themselves blameless. ¹¹Their wives likewise must be dignified, not slanderers, but sober-minded, faithful in all things. ¹²Let deacons each be the husband of one wife, managing their children and their own households well. 13 For those who serve well as deacons gain a good standing for themselves and also great confidence in the faith that is in Christ Jesus.

1 Timothy 3:1-13 (ESV)

⁵This is why I left you in Crete, so that you might put what remained into order, and appoint elders in every town as I directed you— ⁶if anyone is above reproach, the husband of one wife, and his children are believers and not open to the charge of debauchery or insubordination. ⁷For an overseer, as God's steward, must be above reproach. He must not be arrogant or quick-tempered or a drunkard or violent or greedy for gain, ⁸but hospitable, a lover of good, self-controlled, upright, holy, and disciplined. ⁹He must hold firm to the trustworthy word as taught, so that he may be able to give

instruction in sound doctrine and also to rebuke those who contradict it.

Titus 1:5-9 (ESV)

In these 3 passages, I see 10 categories of self and household management that leaders need to be competent in, even excel at, in order to lead in the church well. First one, #1, is we have to manage our:

1. Heart – I get that from the phrase "full of the Spirit" in Acts 6:3.

The Bible defines the heart as the governing center of the human being.

- When a person puts their faith in Jesus, a Christian gets a new heart.
- Our old heart was ruled by sin. Our new heart is ruled by Christ through the presence of his Holy Spirit.

The new heart isn't perfect, as sin still remains, but there's a new person on the throne of it, God. Sin has been dethroned.

- You used to be governed by sin.
- You are now governed by him.

And you play a role in managing your new heart.

- There are several commands about your heart like guard, don't harden, set it on things above, let peace rule in it, etc.
- And there are commands about the Spirit too.

These commands are related to your heart.

- The heart is what is in charge of your being, the governing center.
- There's a new governor—the Spirit.

There are commands about your response to his governance:

- In the negative, do not grieve, do not quench, do not resist, do not blaspheme, do not lie.
- And in the positive, walk by, be led by, obey and the most important be filled.

Last session I told you that Ephesians 5:18-6:9 has instructions for how to be filled with the Spirit. Look at the beginning of that passage:

¹⁸And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, ¹⁹addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹submitting to one another out of reverence for Christ.

Ephesians 5:18-6:9 (ESV)

There are 5 participles, verbs, that modify the command to be filled with the Spirit:

- Addressing, singing, making melody,
- Giving thanks
- Submitting

If you want to be filled with the Spirit, do these:

- Sing, not just alone, but with other people, because when you do, they are impacting your heart & you are impacting theirs, and sing with all your heart, a melody to the Lord.
- I don't know why we would ever miss church, for the singing alone! It's a major way we are filled with the Spirit.
- Add to that giving thanks in every situation and submitting to the authorities God has placed in our lives.

That's how you are filled; the more you do those, the more your filled.

- It's one of the ways that Jesus battled temptation and sin, being filled with the Spirit.
- It's also the best way to manage your heart. Second, #2, we must be competent at managing our:
- **2. Mind** I get that from the phrases "sober-minded, not arrogant, not puffed up with conceit, full of wisdom."

The Bible defines the mind as the information processor of the human being.

- Arrogance and conceit are thinking of yourself more highly than you ought to think.
- No doubt pride dwells in the heart, but it starts in the mind, thinking you're all that.

You have to manage those thoughts because they will come to your mind. Resist them by being sober minded and filling your mind with wisdom.

A sober mind is a clear mind, free from anything that clouds good judgment.

- A sober mind is a rational mind, one that focuses on truth, reason & logic.
- A sober mind is an orderly mind, not a chaotic one.
- You have to manage your mind to have that kind of mind develop in you over time.

And filling it with wisdom is a vital way to do that.

- The Scriptures also speak of a worldly wisdom, but I am referring to the wisdom of God,
- Which so far surpasses the wisdom of the world in excellence that the "foolishness of God" is wiser than the wisest wisdom of the world.

Godly wisdom is decision-oriented insight;

- a combination of the ability to understand reality, the ability to discern truth, and the desire to live righteously
- which produces decisions, activities, and relationships that are pleasing to God and results that are successful in God's eyes.

Wisdom involves acquiring knowledge.

- It is the gathering of information about reality through all five senses.
- It involves listening to counsel, reproof, instruction, etc., especially from God, but also from other wise people.

It involves observing the created world, noticing how life works – how people interact, how creatures behave, how plants grow, how stuff fits together, etc.

Knowledge, however, is not wisdom.

- Wisdom is not acquired just by downloading information into one's brain but involves evaluating and interpreting data.
- Wise people understand. They comprehend.
- Wisdom involves coming to conclusions about the current state of affairs and even what is coming in the future. Wise people are perceptive. They have discernment.

Furthermore, wisdom inherently involves decisions.

- Wise people make decisions about how to do it, when to do it, with whom to do it, and why to do it.
- Though everyone ought to desire wisdom, the Scriptures emphasize the leader's *need* for it.

While worldly wisdom seems to be amoral, almost strictly pragmatic in nature, the virtuous wisdom of God is not.

- God's wisdom is integrally connected with righteous behavior.
- It is wise to act justly. It is wise to do the right thing. It is wise to turn from temptation. It is wise to rid oneself of all evil.

Although God can give wisdom to people any way he wants to give it, the normative manner detailed in the Scriptures is through his Word by his Spirit.

- Wisdom involves reading, especially the Bible, and being filled with the Spirit regularly while doing it.
- This is one reason we sing the Word and then preach the Word in church. They are connected.

Manage your heart. Manage your mind. Third...we must be competent at managing our:

3. Emotions – I get that from the phrases "not quick tempered, not violent, but gentle, and dignified."

It seems like the basic emotions are happiness, sadness, anger, fear, disgust, and surprise.

- There are many more than that as we are complex creatures.
- But those six are basic, and the one that is particularly emphasized by the Bible is anger. We all need anger management.

A quick temper and violence tend to come from people who aren't managing their anger.

- Hurt, fear, frustration produce anger. We all experience it.
- Gentle actions & a dignified spirit tend to come from people who managed their anger.

Being dignified means expressing emotions calmly, with balance, and proportion.

- It isn't suppressing emotions.
- It means expressing emotions in a way helpful way.

That word gentle is helpful too.

- The angrier you are, the harder it is to be gentle.
- You have to manage your emotions.

Gentleness is a calm and tender disposition that glorifies God by

- considering the fragility of others, particularly living things that are in distress as a result of oppression or calamity,
- and intentionally overseeing power to minimize harm and maximize edification.

In his book *Treasury of the New Testament*, Charles Spurgeon, insightfully stated, "Now it is very remarkable that the only passage in the whole New Testament in which the heart of Jesus is distinctly mentioned is Matthew 11:25-30."

- That is very remarkable. The only place in the Bible with explicit reference to the heart of Jesus is Matt 11:25-30.
- And the one word he used prominently in that description is the word gentle. That's his heart.

And the contrast there is between his gentle heart in teaching as compared to the harsh and demanding hearts in the teaching of the Pharisees.

His teaching is gentle because Jesus reveals God to sinners, lightens the burden on sinners, and refreshes soul of sinners.

- The Pharisees taught that God only revealed himself to a select group of people through them.
- And thus, they put greater burdens on sinners and drained the life of sinners.

The gentleness of Jesus can be seen in his teaching. That's one way. Another way is that he is a gentle priest.

- He completely satisfied the sacrifice required for sin.
- He fully sympathizes with our weaknesses.
- And he compassionately helps us right when we need it.

And maybe the most profound way is in his incarnation.

- The King became one of us.
- The King lived humbly among us.
- The Kind died to save us.

Jesus managed all of his human emotions.

- He was dignified and gentle, the very definition of both.
- And we want to be more like him.

And so, we have to manage, not just our anger, but our happiness, sadness, fear, disgust, surprise, and the rest.

- There are so many examples of people doing that in the Psalms,
- talking to their own souls, managing their emotions. Like Psalm 42:5-6:

⁵Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶and my God.

Psalm 42:5-6 (ESV)

Talk to your soul. You have to do it.

- And if you are a deep feeling person, this is especially important for you.
- Manage your heart. Manage your mind. Manage your emotions. 4th...we have to manage our...
- **4. Tongue** I get that from the phrases "not quarrelsome, not double-tongued, not slanderers." This one is probably the most difficult of the ten, at least that's what James, the brother of Jesus taught:

¹Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness. ²For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body. ³If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. ⁴Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. ⁵So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! ⁶And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire

course of life, and set on fire by hell. ⁷For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, ⁸but no human being can tame the tongue. It is a restless evil, full of deadly poison.

James 3:1-8 (ESV)

You cannot tame your tongue. While you are here on Earth, it will always be wild in some way.

- For your entire life, you will say words and in tones that you regret.
- You will wish you could take it back, but like trying to put toothpaste back in the tube, you can't.

All we can do is manage the tongue the best we can. And as leaders, it's vital that we do because the tongue is like a bridle and a rudder. Our tongue can lead us astray!

The three "do nots" in those three passages are helpful re: management of your tongue:

- Don't be double-tongued. Speak words of truth.
- Don't quarrel. Speak words of peace.
- Don't slander. Speak words of encouragement.

Get in the habit of asking yourself some questions before you respond.

- Doesn't have to be in every conversation you ever have but begin to do it in some conversations.
- Is it necessary? Sometimes, we need keep our mouths shut, our tongues silent.

Is it true?

- Don't want to be double-tongued.
- Don't say one thing to this person and another thing to that person. Say the same message.

Is it helpful?

- Or is it pouring gas on the fire of conflict? We don't want to be quarrelsome.
- Tough words are necessary but are they tough words that lead to peaceful outcomes, with that intention and goal.

Is it necessary, is it true, is it helpful, is it kind?

- We don't want to tear down.
- We want to build up.

Manage your heart, your mind, your emotions, your tongue & 5th...we have to manage our...

5. Body – I get that from the phrases "self-controlled, not a drunkard, not addicted to much wine."

The tongue is part of the body, but deserves special attention given what the Scriptures teach about it.

- It can lead us, so we need to manage it.
- The body needs management too.

The two references to alcohol are probably because it was the most common way in the ancient world to lose control of yourself.

Notice the prohibition isn't against drinking but rather being addicted to drinking.

- It is not a command to avoid alcohol. It's...don't be an alcoholic.
- A very practical example of the broader point to be selfcontrolled, which means to control your body.

Control your basic physical appetites & be a good steward of your physical health:

- How much sleep are you getting?
- What are you doing for weekly recreation? How about vacations?
- What's your diet like?
- Are you exercising?
- Are you managing your need for sex?
- Do you go to the doctor annually?

It is really important to identify what your basic human needs are.

- Satisfy those needs in a God-directed and guided way.
- Don't elevate your needs to what you want. Manage your physical appetites.

Leading by faith in Jesus means managing yourself: heart, mind, emotions, tongue, and body.

Discussion – Which of the five are you doing well managing? And which of the five could you use some help?

6:50 PM — We have covered the first half of the top ten, which are mainly focused on managing yourself. The next five begin to extend into managing your household.

- In ancient times, the household was more than your house, and more than your family.
- It included your business or your work life. #6 on this topic is, to be Godly leaders, we must manage our...
- **6. Money & Possessions** I get that from the phrases "not a lover of money, not greedy for dishonest gain, not greedy for gain."

Re: your money, I think of 5 areas requiring management: giving, savings, investments, spending, and debt. Let's go through those a bit one at a time.

Giving is your first priority as a leader.

- It is the most basic level of faithfulness in the Christian life.
- Think about what money is.

For most people, money is a representation of some of your very life.

- You work. You give your time to employment.
- Your employer pays you for that time that you gave them.

That money, then, is a representation of your time.

- What it was worth to somebody. And what is your time?
- Well, your time is how you are using your life.

So, when Jesus calls us to follow him with our life,

- the most basic faithfulness to that call is what we do with our money,
- because our money represents our time,
- and our time represents our life.

Further, 'give' has been God's direction for our lives, what he is pleased with in us, that we can trace back to the beginning of human history. For example,

- Abel offered the firstborn of his flock and Genesis 4:4 tells us that the Lord "had regard" for that act of worship. He accepted it as such. He liked it.
- After the flood, Noah built an altar and took some of the offspring of every clean animal and bird; and sacrificed them as burnt offerings. Genesis 8:21 indicates that act of worship pleased the Lord.
- After his return from the defeat of the King of Elam, Abram gave a tenth of the spoils of that war to Melchizedek, King of Salem, who was called a priest of the Lord, and that led God to bless Abram with the Abrahamic Covenant.

See, people who follow the Lord have been giving to the Lord as an act of worship since the beginning.

- That practice of giving was then codified into law for the nation of Israel, God's OT people.
- It clearly became a "should," an "ought to," an obligation.

We don't have time to look at all the commands on giving in the OT Law, but generally speaking, here's what is important to know about giving to the Lord back then:

- The <u>type</u> of gift was the first of their income –
 Unspoiled first fruits of the harvest, unblemished first born of the flocks, the most valuable spoils of war, that sort of thing.
- The <u>direction</u> of the gift was to the operation of the sanctuary/temple and the provision for those who ministered there. It was to pay for the building and compensate the priests.
- The <u>motivation</u> of the gift was worship. It was heartfelt love for God. That's why God's people tithed.

Now, while the early accounts of giving in Genesis are descriptive, describing what people did, the accounts from Exodus on are prescriptive.

- In Exodus, God told people to give, and then sometimes described how people responded rightly or wrongly, either in type, direction, or motivation.
- So, the practice of giving began in the beginning, was codified into law for God's OT people, and that practice was carried over into the NT, not in the specifics of the Old Covenant way, but in principle for type, direction, and motivation for offering to God.

That is, the Temple, the priests, and their duties, did not remain in the New Covenant. But, the ministry of God through his local church continues. And so does the command to give.

- God wants his people to give to him and his work. First to the church. As worship.
- Jesus affirmed that command in Matthew 23:23, Mark 12:41-44, Luke 8:1-3 and 10:7.

As leaders, we must manage our giving first.

- If you aren't in this habit, you aren't a leader.
- And if you want to follow Jesus, start with some sort of giving. 1st...

Then, we also must manage savings and investments.

- By savings, I mean a cash on hand that you can use in the case of an unexpected expense or an emergency.
- By investment, I mean planning for your retirement in the future.

Both require management.

- How much do you have in cash on hand? The standard advice is 3-6 months of your basic needs (housing, food, utilities, insurance, transportation).
- If you don't have any, start with giving something and then start with saving something.

For investing, I'd suggest a CFP or someone who can provide direction.

- At some point, an employer isn't going to want to pay you anymore.
- You want to be ready for that.

Spending should be fourth as it puts it in the right perspective and priority.

- If you don't have a budget, you will spend without a plan.
- Leaders have to be organized on that. We use a system, since our first year of marriage.

Last is debt. I realize many of us, if not everyone has some debt.

- Proverbs 22:7 Borrowers are slaves to lenders.
- So, what kind of indentured servitude do you want in that regard?

We decided early on that a home was important to us, and we would like that debt for what it did for us and always had a plan that it would be paid off by retirement, as it is difficult to retire with a mortgage.

- Beyond that, we have avoided debt, if at all possible.
- It's not sinful to go into debt, and not terrible to do so, just preference and to some degree wisdom.
- Is debt okay for you for education & a car? You decide.

The one main question to ask yourself about possessions in order to be a good manager is –

- Do I have the time to manage this new possession?
- Can I fit the care for this thing into my schedule? Because every possession is life luggage in some way, and I find it's more enjoyable to travel light. We like to declutter!

That's 6th category. 7th...

7. Relationships – I get that from the phrases "Above reproach, husband of one wife, respectable, hospitable, well thought of by outsiders, of good repute."

If you are married, or want to be, your spouse is by far the most important relationship to manage.

- Your spouse must be the center of your human relational world.
- Are you a one-woman man? Are you a one-man woman?

You better be! Highest priority!

- You cannot lead in a Godly anywhere if you aren't leading in a Godly way alongside your spouse.
- In the world of ministry, I have seen pastors drop out because they didn't lead well at home.

Beyond that, the direction in the Scripture is that people in your family, in the church, at work, and in your neighborhood, generally think well of you.

- You respect others and are respected.
- You meet people where they are at in life to make them feel at home in your presence.
- You are free from valid moral criticism. Every leader gets criticized but faith leaders must be free from legitimate ethical accusations.
- You don't have a reputation in the bad sense of that word.
 Ugh, that guy/girl!

Manage your relational world.

- Identify your energy, capacity, and preference.
 Understand yourself.
- And manage your interactions with people in your life. That's 7th. 8th category, leading by faith requires that we manage our...
- **8. Work** I get that from the phrase "manage his own household."

As I said, the household was more than the home in the way we think of it, as we like to separate work life from home life, but in the 1st century work was part of household life.

It is important to manage your work. Again, the Knowing Yourself session is helpful.

- What is your work passion? If you can align your passion and the industry you work in, it will be easier to manage your work.
- What is your work energy & depletion? If you can align your role with more of what energizes you and less of what depletes you, it will be easier to manage your work.

Managing work involves the time at the job, and also the effect of the job on you and the rest of your life.

- If you aren't in a good place, go to the Lord.
- Maybe he will lead you elsewhere and as a faith leader, invite you to follow him by faith. That's 8. 9th...

9. Children – I get that from the phrases "keeping his children submissive, managing their children, children are believers & not open to the charge of debauchery or insubordination."

Not many of us are in this stage, but it's part of being a faith leader.

- Parents have to keep their children submissive, meaning they aren't naturally submissive.
- They require something to keep them in line, in order, subordinate to you, namely appropriate discipline. That's part of managing them.

They should also be taught the Gospel and be invited to believe in Jesus.

- If you want to be an Elder or a Deacon, it's important that you establish a home that manages children in such a way that faith is normative.
- There are always rebels and black sheep, exceptions to the rule, but God doesn't seem to be interested in having men lead his church to live by faith if he isn't leading his family to live by faith.
- That's 9th. The last category is a summary one of them all in a way, we must manage our...
- 10. Time I get that from the phrase "disciplined." Disciplined means having self-control and consistently following rules or a code of behavior to achieve specific goals or maintain order. It means self-managed.

Managing your time is a huge part of self-management and household management and it starts with scheduling your priorities.

- Take control of your life.
- What do you think is most important?

Most people think they CAN do more than our days, weeks and months allow.

- Some people think they SHOULD do more and when they don't do it all, they feel a sense of false guilt or shame.
- It is good to take time to reflect on how much is on our plate and order our life by well thought out priorities rather than be ruled by the relentlessness of other people's priorities or own feelings which vary from day to day.

Remember: you can't do it all! Awhile back in life, Cindy and I put together a list for ourselves and use with others to set our priorities to what we valued, and to manage our lives to our capacities.

1. God – What do you want on your calendar to nourish your relationship with God? A worship service every week is foundational. What else? When do you pray and read the Bible? How often? How long? Are there other activities that are helpful to you?

- 2. Spouse What are you doing to cultivate a strong relationship with your spouse? You likely see them most every day, but is it simply living life in the same house with similar responsibilities? In terms of time on a calendar, what is important to you or your spouse in order to have the relationship you both want?
- **3. Children** How many children do you have? What are your regular responsibilities in running the home? What is required of you during this season of their life? What do you want to do now that you will look back on with great satisfaction?
- **4. Other Family** Are you caring for a parent? Do you have a regular commitment to see the in-laws? Do you have sibling relationships that you are committed to with time and effort?
- **5. Work** Do you have a job? How often do you work? Is it what you want to do, have to do, or some combination of both? Is there a change regarding work you want to make for the good of higher priorities?
- 6. Ministry How much time do you have for ministry based on all the priorities above? Remember that your spouse & children are ministry. You may have other ministry opportunities with family and through work. After all that, is there something else you have time for and feel a sense of calling to that doesn't overload your life.

- **7. Social** How much time do you have for social activities based on all the priorities above? Do you get social fulfillment out of family, church and ministry? In other words, can you fulfill multiple priorities with few activities?
- 8. Seasons What time of year is it? What are the current events that take time and energy? What season of life is it? Are their current commitments that will last several months and then end? Does anything require your attention for a while?

Schedule your priorities. Make sure you have: rest, recreation, vacation, and margin.

- Rest Are you getting enough sleep and do you have enough down time?
- Recreation What do you do that recharges you for another week?
- Vacation When do you get out of town, and for how long?
- Margin Don't schedule every hour of every day. Some things will take longer than you think, and there will always be surprises and interruptions, some of which will be God-appointments that he has arranged, engineered circumstances for his purposes.

I schedule my life with Outlook. How are you doing it?

In all this time management, you must learn to say, "No," and get comfortable with it.

Discussion – Which of the five are you doing well managing? And which of the five could you use some help?

Assignment: The Craig Groeschel Leadership Podcast

- Learning to Lead Yourself Part 1 Aug 2021
- Learning to Lead Yourself Part 2 Sept 2021

Leaders walk with God, understand human purpose, know themselves, grow in virtue, battle temptation & sin and manage themselves and their household.

Next session on January 11th, we will focus on believing in the church.

- Leading by faith is about faith in Jesus, with a capital F, but there's also a sense in which we are supposed to have faith that he is at work in the world, primarily through his local churches his people, his gathering, his organization.
- Enjoy Thanksgiving & Christmas. We will see you back here in 2026. Let's pray.