

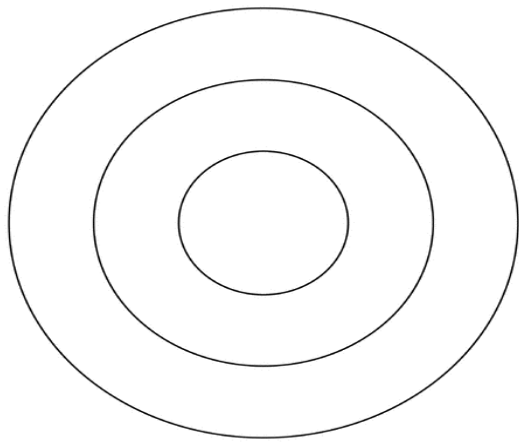
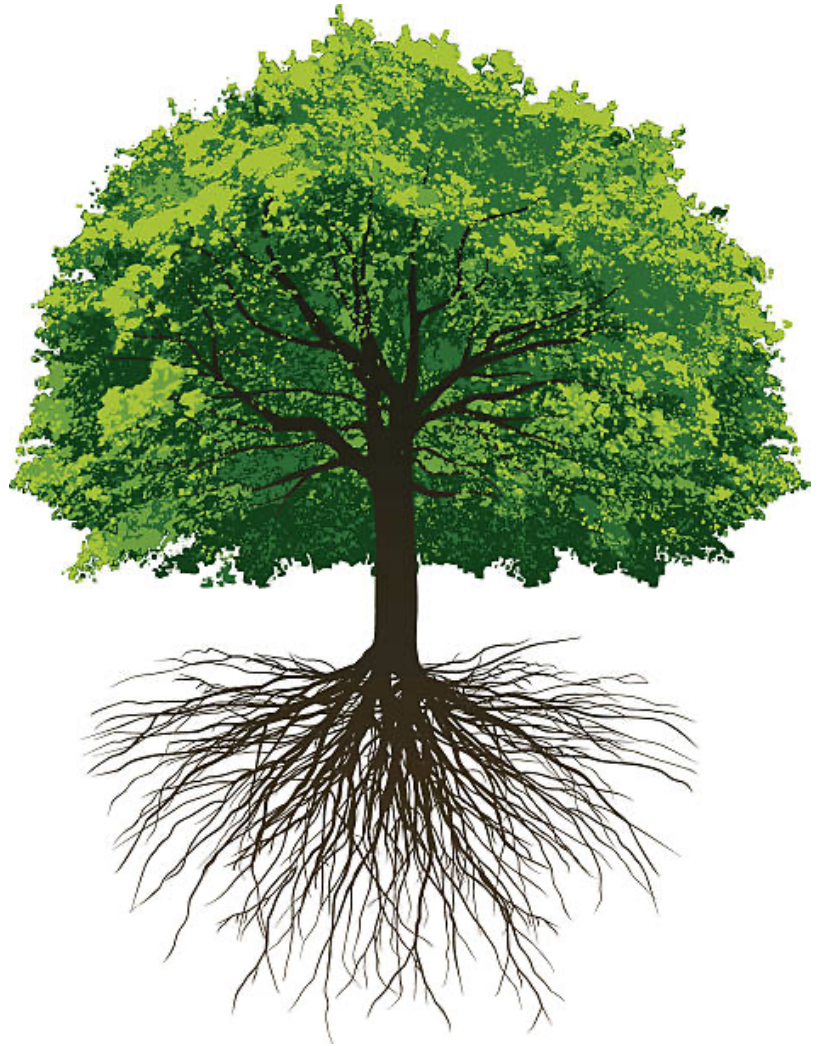
Tending your TREE OF LIFE

FRUIT is evidence of life and health. Spiritual fruit is **evidence of the presence and power of God in our lives** through godly character, good deeds and healthy relationships. Fruit is seen on the outside but reveals the reality of the inside. (Matthew 7:16-20; Gal 5)

What fruit encourages you?

What fruit concerns you?

The TRUNK is the conduit of nutrients and the strength for the tree. The spiritual trunk is comprised of the **core relationships** that shape us, hold us, give us strength to bear fruit. These relationships are the channels of life nutrients from roots to fruit. (Matthew 22:37-40)



Name your core relationships (God at center, spouse, children, church family, parents/extended family...)

Grade your core relationships. Evaluate how you can improve...

The ROOTS absorb nutrients from the soil and provide the tree's strength and stability as they spread deep and wide. Spiritual roots are **foundational heart attitudes and daily practices of soaking in God's grace**. Proverbs 4: ²³ Above all else, guard your heart, for everything you do flows from it.

What are your strongest habits of soaking in God's grace?

What are attitudes and practices you would like to grow in?

Top 3 Encouragements!

Daily ABIDING PRAYER – nurturing the root

Luke 15: 15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.

John 15: ⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵ “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Evaluation: How are you “Slowing Down for Loving Union” with God? (Rate yourself 1-5, never – always)

- My highest priority as a leader is to take time each day to remain in loving union with Jesus.
- I offer God full access into my interior life as I make decisions and initiate new plans.
- I routinely step away from leadership demands and make time to delight in God’s gifts (quality time with core relationships, being creative, enjoying nature, enjoying art...)
- I have a regular practice of meditating on Scripture so I can be transformed by Jesus.
- I regularly set aside time for solitude and silence that enable me to be still in God’s presence.
- I am comfortable with and prayerful about my limits (my available time, energy, knowledge, gifts)
- When aware that I am anxious/emotionally triggered in my leadership, I slow down to be with God.
- I maintain intentional spiritual rhythms (Sabbath, prayer, community, Word...) that enable me to delight in God regardless of the expectations, needs, or opportunities around me.

Adapted from the Emotionally Healthy Leader by Peter Scazzero(121-122)

Weekly SABBATH – nurturing the root

Intentional, 24 period of rest from paid work to renew your mind, body, spirit in being a child of God.

Sabbath Foundations: Stop all work, Rest, Delight, Contemplate (*Emotionally Healthy Leader*, 147-148)

Exodus 20: ⁸ “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work... ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Weekly DATE YOUR WIFE – strengthen the trunk

Intentional, consecrated time to delight in God’s gift of lifelong friendship, partnership, and love.

Proverbs 18: ²² He who finds a wife finds what is good and receives favor from the LORD.

--- Remember the ONE thing. Abide in Jesus. Work in His yoke. ---

Luke 10: ⁴¹ “Martha, Martha,” the Lord answered, “you are worried and upset about many things,⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

Matthew 11: ²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”