



## A Leader's Best Self – The Participant's Handout

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*"Everything worthwhile is uphill." John Maxwell*

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### I. Develop \_\_\_\_\_

- a. *"Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers." 1 Timothy 4:15-16*
- b. *"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."  
II Timothy 1:7*
- c. *"Join with me in suffering, like a good soldier of Christ Jesus. No one serving as a soldier gets entangled in civilian affairs, but tries to please his commanding officer. Similarly, anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules. The hardworking farmer should be the first to receive a share of the crops. Reflect on what I am saying, for the Lord will give you insight into all this."  
II Timothy 2:3-7*
- d. Self-Discipline Questions:
  - Do I need other people to order and organize my life for me?
  - Do I procrastinate?
  - Am I lazy?
  - Would the people closest to me describe me as having the self-discipline of a soldier, athlete and hardworking farmer?
  - Do I still need other people to hold me accountable in regard to my spiritual disciplines of Bible Study, prayer and fellowship?
  - How does my lack of self-discipline negatively affect other people?

### 2. Develop \_\_\_\_\_

- a. *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23*
- b. *"It is God's will that you should be sanctified; that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God." I Thessalonians 4:3-5*
- c. *"We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check." James 3:2*
- d. *"But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people." Ephesians 5:3*

e. Self-Control Questions:

- What excuses do I use for my lack of self-control?
- Do I depend on other people or the Holy Spirit to produce the spiritual fruit of self-control in my life?
- Is my life best described as having spiritual integrity or do I live a disintegrated, divided life?
- How well do I control my tongue?
- Do I gossip?
- Do I maintain confidentiality?
- Would God describe me as a holy person?
- How does my lack of self-control negatively affect other people?

3. Develop \_\_\_\_\_

a. *“I do not understand what I do. For what I want to do I do not do, but what I hate to do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in my, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do – this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.”*  
*Romans 7:15-20*

b. Self-Awareness Questions:

- Am I aware of my strengths...of my weaknesses?
- How do I react when other people tell me about a strength in my life...a weakness in my life?
- Am I aware of personal tendencies to be moody, negative, critical or judgmental?
- How does my lack of self-awareness negatively affect other people?

As a leader, developing your **Best Self** will be a life-long endeavor. It will be one of the greatest challenges you will ever face. However, the rewards of developing your **Best Self** are eternal! It is well worth the effort.