45-MINUTE TEACHING

The Habits of Healthy Leaders

Help leaders identify one habit Jesus is calling them to practice this week and choose a concrete way to follow through.

> *“Take heed unto thyself, and unto the doctrine”*
>
> **1 TIMOTHY 4:16 · KJV EXCERPT**

SESSION AT A GLANCE

05 min	Opening and Scripture
25 min	Five leadership habits
10 min	Personal reflection and paired discussion
05 min	Seven-day commitment, prayer, and companion invitation

OPEN THE TEACHING

Ask the group to think of a leader they trust. What did that leader do repeatedly to earn that trust? Invite two brief responses, then read 1 Timothy 4:12–16 aloud.

Paul tells Timothy to pay attention to his life and his teaching. The people we lead hear our words and watch how we carry responsibility. Today we will consider five habits that let the people we serve see the fruit of our walk with Christ.

Prepare Bring a Bible and give participants a place to write. Have the Payhip purchase link on page 4 ready to share at the close.

TEACH · 5 MINUTES PER HABIT

The five habits

1. Lead with integrity

DAYS 01–06 • PROVERBS 11:3

Proverbs describes integrity as something that guides the upright. When a decision gets complicated, settled convictions can guide us before convenience or pressure makes the choice for us.

Example A ministry leader notices a reimbursement error in their favor and corrects it before anyone else sees it.

Ask What private choice this week needs to agree with what you teach publicly?

2. Stay connected to God

DAYS 07–12 • JOHN 15:1–8

Jesus calls Himself the vine and His disciples the branches. The branch bears fruit by abiding in Him. In leadership, that means bringing real decisions and pressures to Christ in prayer and letting His words shape what we do.

Example Before answering an urgent request, a leader prays, considers whom the decision will affect, and revisits the plan in light of Scripture.

Ask Which decision have you been carrying that you need to bring to God in prayer?

3. Develop other leaders

DAYS 13–18 • 2 TIMOTHY 2:1–2

Paul tells Timothy to entrust what he heard to faithful people who can teach others. The instruction begins with grace in Christ and extends through several generations of teachers. Development gives people truth to carry and real opportunities to practice.

Example Invite an emerging leader to lead part of the next meeting. Agree on the outcome, observe, and debrief together afterward.

Ask Who could grow if you entrusted them with one responsibility and stayed available to coach them?

CONTINUE THE TEACHING

Guard your heart. Keep growing.

4. Guard your heart

DAYS 19–24 • PROVERBS 4:20–27

The writer connects the heart to what comes out of the mouth, what the eyes focus on, and where the feet go. Pay attention to the inner reactions that keep showing up in your words and decisions.

Example After receiving criticism, a leader notices resentment rising, prays honestly about it, and asks what part of the feedback deserves attention.

Ask What reaction has been shaping your tone or decisions lately?

5. Commit to growth

DAYS 25–30 • PHILIPPIANS 1:3–11

Paul thanks God for the Philippians' fellowship in the gospel and trusts God to continue His good work in them. He prays that their love will grow with knowledge and judgment. That confidence gives leaders room to receive correction and keep learning.

Example Ask a trusted colleague to name one way your communication could improve. Choose a specific change and ask them what they observe after a week.

Ask Where might God be inviting you to grow through feedback you have already received?

TRANSITION INTO REFLECTION

Give the room a quiet moment. Ask participants to write down the habit that touched a specific decision, relationship, or responsibility they carry right now.

RESPONSE · 15 MINUTES

Choose one practice

REFLECT AND DISCUSS · 10 MINUTES

Give participants three minutes to write, five minutes to discuss in pairs, and two minutes to name a next step. Let each person decide how much of their situation to share.

- Which habit needs attention in my leadership right now?
- Where will I practice it within the next 48 hours?
- Who can check in with me seven days from now?

COMMIT, PRAY, AND INVITE · 5 MINUTES

Commit Ask participants to put their first action and seven-day check-in on the calendar.

Pray Father, teach us to walk honestly before You, stay close to Jesus, and use what You have entrusted to us to build others. Show us what needs attention in our hearts and give us grace to follow through this week. In Jesus' name, Amen.



INVITE PARTICIPANTS TO CONTINUE

"If you'd like a daily practice to carry this teaching forward, *30 Days of Healthy Leadership* is available as a paid digital companion. Each day gives you a short teaching, a KJV Scripture excerpt, and one practical step. Start with Day 1, or turn to the six-day section on the habit you chose today."

Get the paid companion on Payhip
https://payhip.com/b/Z8Rdy