

# VIDEO 7: LEADING FROM A FULL CUP

Rod Whitlock

As a small group leader, you should be leading from a full spiritual cup. What does that mean? As a leader, you must be spiritually prepared to overflow into the lives of others. Leaders cannot lead effectively if they themselves are dry spiritually.

Rod Whitlock walks us through some practical tools to help leaders stay spiritually full and overflowing. By practicing spiritual disciplines and establishing accountability, we can all be better leaders and examples to those we are discipling.

## LEADING FROM A FULL CUP

1. What is leading from a full cup?
  - You must be spiritually prepared to overflow into the lives of others. You cannot come to your small group as a leader empty.
  - To be a leader, we must know how to follow. We must learn how to follow Jesus.
  - It is not a matter of how much time we spend with Jesus, but rather that we consistently spend quality time.
  - When you walk into your small group, you want to be prepared to minister to as a small group leader. This comes out of the overflow of our time with Jesus
  - Things are better caught than taught. People will want to emulate what you do as a leader. If you want your small group attendees to spend time with Jesus, then you must spend time with Him yourself.
2. What is your plan?
  - How are you going to make sure you are spending time with Jesus? Develop a plan to spend time with him just as you would a spouse, family member, or friend.
3. Who is your accountability?
  - Plans can be hard to follow. Find someone to share your plan with and give them the freedom to keep you accountable.
  - Give your accountability partner the permission to ask any question to help you grow as a leader (James 5:16, NIV).

## GROUP DISCUSSION

1. Take a few moments and do an internal spiritual inventory. Are you spending consistent quality time with Jesus? Share with someone sitting close to you.
2. Take 10-15 minutes, put on some worship music, and spread across the room. Seek Jesus and ask Him what He would have you do as you seek to spend more time with Him.
3. What strategies have you used to spend more time with Jesus throughout your day?
4. How can you encourage people in your small group to spend more time with Jesus?