



Are Your Women's Leaders Emotionally Healthy?

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If you've read this blog often, you are familiar with this drill. Go to the end of this article and read this post by Dr. Chuck Lawless on Dr. Thom Rainer's blog: [Eight Ways to Spot Emotionally Healthy Pastors and Staff](#). Then come back and let's relate those 8 points to women's leaders. (It might not hurt to also evaluate yourself as you evaluate your leaders!)

1. Does she constantly compare herself to others?

I find myself doing this same thing. If I speak on the same platform as someone God is using in a big way, I often wonder if God is using me the same way. That is not the question we should ask. We only need to ask God what He desires. And are we trusting He will provide all we need to do what HE has asked?

2. Does she have a victim mentality?

Do we waste valuable time having major pity parties? Do we always feel as though someone is out to get us? Does everyone else around you have it better than you do? Leaders' time is better spent focusing on relationship with Christ and allowing Him to guide through each assignment He gives us.

3. Do you hear about forgiveness when talking to her?

How forgiving are you leaders? How forgiving are you? Resentment can be like a blight in ministry. Be sure leaders' hearts are loving and forgiving of others.

4. Does she need to be the center of attention?

Sometimes ministry is focused on a personality of the messenger rather than the message from God. If you or your leaders are always looking for praise and admiration, something is not healthy. Focus should be on the other person and on God's glory not our own.

5. Can she say "no"?

Years ago, I learned that it's ok to say no even to something that is worthy of my time, IF God has not called me to that assignment. Often I was overcommitted and my family suffered. I also realized that I might be taking someone else's place by saying yes...someone God has called and equipped to handle the responsibility. If you or your leaders tend to do this, ask why! Again, if it's not out of obedience and for God's glory, we need to say no.

6. Is she high on the "drama meter"?

How much drama do you experience on your team? Who is the drama queen? (I'm SURE it's not you!). So much time and energy are spent on drama that could be spent in more productive ways. Perhaps a one on one with the drama queen(s) is in order. Drama occasionally is one thing, but if it's recurrent, the peace of Christ is missing.

7. Does she have a record of giving back and giving his or her all?

Have you led your team to be a "servant team"? Is that the heart of your ministry? When our new women's minister began leading our team, her first focus was washing our feet and teaching us to wash the feet of our women. She has led our team to be not a leadership team but a servant team to the women in our church and community.

8. Does she know that joy is a choice?

We never have full control over our lives...that's God's job! But we have control over our actions and reactions. If we always see the glass half empty, we will not experience the joy that comes from all God is doing and not focusing mainly on what He is NOT doing we think He should be doing. Joy truly is a choice and if we lead with joy, our teams will serve with joy as well. Be the example that Christ was, "who for the joy set before Him, endure the cross and despised the shame and has sat down at the right hand of God's throne." (Hebrews 12:2)

EIGHT WAYS TO SPOT EMOTIONALLY HEALTHY PASTORS AND STAFF

William Vanderbloemen/ <http://thomrainer.com>

1. Does the person constantly compare himself or herself to others?

Theodore Roosevelt is attributed to saying, “Comparison is the thief of joy.” Emotionally unhealthy people compare themselves to others, think the grass is always greener, and even resent others’ success. In contrast, emotionally healthy people are content with what God has given them, confident that God has perfectly equipped them for what He has called them to do, and can celebrate the success of others.

2. Does the person have a victim mentality?

Emotionally unhealthy people keep company with people who bring them down and then blame everyone else when their life isn’t how they want it to be. Conversely, emotionally healthy people don’t act as though the world owes them anything. They don’t waste their time having pity parties or feeling sorry for themselves.

3. Do you hear about forgiveness when talking to this person?

Closely related to number 2, emotionally healthy people don’t hold grudges. They know that harbored anger and resentment will imprison them and affect every aspect of their lives. Emotionally healthy people don’t dwell on the past or obsess about a time someone hurt them.

4. Does this person need to be the center of attention?

Ever been around that person who is needy for attention or constant affirmation? It’s just a guess, but that person probably has some deep insecurity with which they need to deal.

Emotionally healthy persons don’t need or demand recognition. In fact, the most successful people I’ve ever been around almost refuse to let the conversation become about them. They ask about others in the room. They give credit to others. They believe in themselves and “do their own thing,” not needing to fit in or craving affirmation.

5. Can this person say “no”?

Over committing yourself may be a sign that you think you’re superman or that you want others to think you are. If someone can’t say no, they are probably too worried about what everyone else thinks of them. And if someone is too fixated on pleasing others, they may not be emotionally healthy. Likewise, over committing yourself might mean that you’re placing a higher priority on work than on your family/home life.

6. Is this person high on the “drama meter”?

“And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus” (Phil 4:7). A firm trust in the goodness of God gives a deep peace that makes one relatively unfazed by change, daily stressors, worries, and tough situations.

Emotionally healthy people don’t have knee-jerk emotional reactions to change or get worked up about things that they can’t control.

7. Does the person have a record of giving back and giving his or her all?

Emotionally unhealthy people hoard their time, talents, and even love. Emotionally healthy people have a spirit of servanthood and give of themselves. Emotionally unhealthy people are afraid to try hard because they might fail. Emotionally healthy people give their all regardless of what they might get in return or what the outcome might be. And if they do fail, are hurt, or are rejected, they don't give up or begin to withhold their gifts. They continue to give back and give everything they've got.

8. Does this person know that joy is a choice?

When Walt Disney said, "Happiness is a state of mind," he was on to something. Emotionally healthy people know that they have control of their attitude and their responses to situations.

Listen for persons choosing to live out all of the fruit of the spirit, which are clear determiners of emotional and spiritual health: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Here's a news flash about churches and Christian organizations: They are led by a bunch of people who need a Savior. No team member is perfect, and waiting to find the perfect one means you will always be a team of one. Everyone you bring into your organization will have flaws. But you can mitigate the effect of those flaws if you seek people who are balanced and healthy. When emotionally healthy people are in leadership in the church or other Christian organizations, it creates an entire culture of emotional health and healing. It will make a bigger difference than you can imagine.