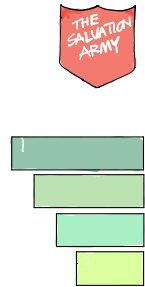




Episode 17  
Dr. Kate Middleton

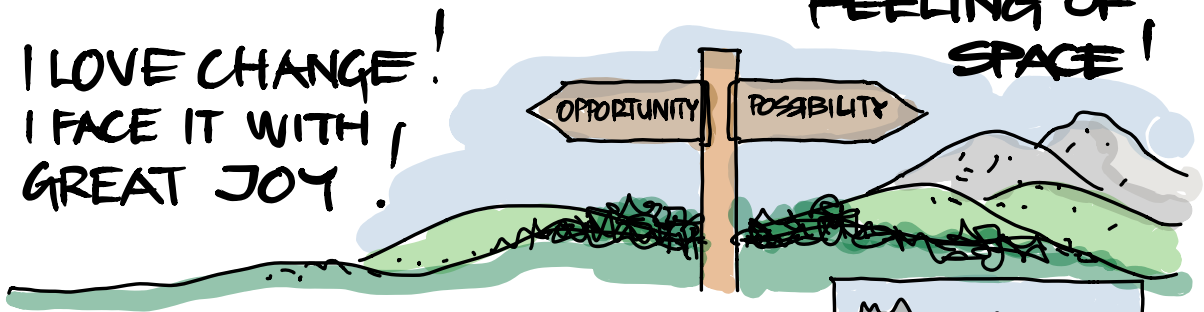
THE  
ALL  
TERRAIN  
-Podcast-



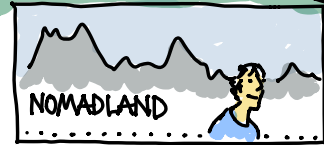
# HOW DO YOU FACE CHANGE?

I LOVE CHANGE!  
I FACE IT WITH  
GREAT JOY!

FEELING OF  
SPACE!



I AM OPEN TO NEW THINGS



I AM NOT  
SOMEONE →  
WITH A  
LIFEPLAN!

I AM OPEN TO GOD  
WHEREVER HE LEADS &  
WHATEVER NEXT PART  
OF JOURNEY IS —

THIS YEAR WE HAVE HIT LIMITS IN OUR  
— STRENGTH, CAPACITY & CONTROL —



MY CHALLENGE AS A  
LEADER IS TO  
HOLD MY NERVE!

DELIBERATELY & PROACTIVELY  
CHALLENGE WHAT THE WORLD  
TEACHES US ABOUT IDENTITY



v



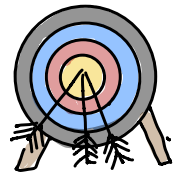
WE'RE ALL DESIGNED TO CONTROL  
THE THINGS THAT MATTER  
TO US IN THE WORLD.

CO T N R O L  
Freaks!?

WHAT ARE THE IMPORTANT THINGS I NEED TO DO  
SO THAT THOSE I LOVE ARE SAFE & SECURE?



OUR CULTURE SCHOOLS US IN PERFECTIONISM BUT THAT ONLY INDUCES ANXIETY



FOR THOSE OF US IN LEADERSHIP, THIS YEAR HAS ASKED SOME REALLY INTERESTING QUESTIONS OF US!

CHURCH LEADERS HAVE HAD ROUTINES / IDENTITY CHALLENGED . WHAT YOU DO WHO YOU ARE

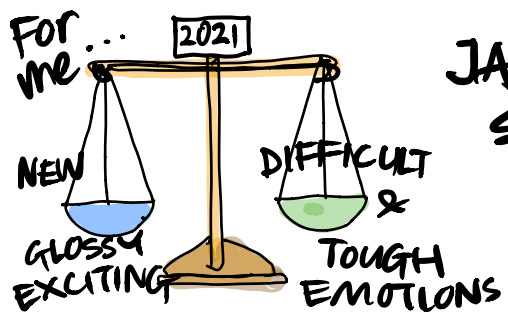


IF GOD CALLS YOU TO LET GO OF SOMETHING, WE ALL WANT

- Flexibility ✓
- Adaptability ✓
- Security ✓
- Maturity ✓

Maturity Sucks!

TO STEP INTO NEW THINGS



JANUARY 2020 BEGAN TO SPEAK ABOUT PETER & DISCIPLES IN THE STORM!

Can you hold your nerve in the chaos — ?

WHERE DO YOU FIND  
◦ SOLACE ?  
◦ SUSTENANCE ?  
◦ SUSTAINABILITY ?

Blessed Riddance

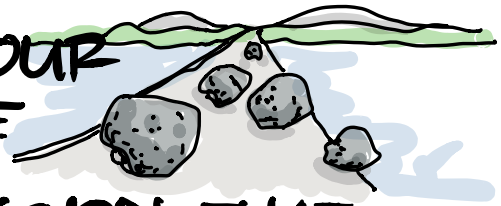
TOZER ON WORSHIP

FIX EYES ON JESUS!  
WHEN WHOLE WORLD IS SHAKING — HE DOESN'T

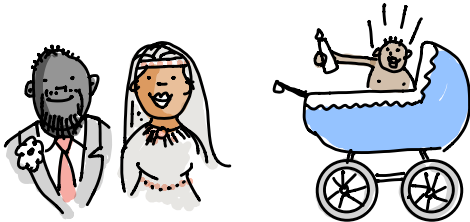


# HOW DO YOU MOVE THROUGH SUFFERING?

SUFFERING IS PART OF OUR LIFE & EXPERIENCE



IT'S EASY TO GET IMPRESSION THAT IF YOU DO EVERYTHING RIGHT IN LIFE, YOU CAN SOMEHOW AVOID DIFFICULTY!



SOME OF THE BEST MOMENTS IN YOUR LIFE ARE THE MOST CHALLENGING!

WHEN YOU ARE PUSHED TO EMOTIONAL SPACES YOU DIDN'T KNOW EXISTED YOU DO NEED OTHERS! RELATIONSHIPS ARE KEY!

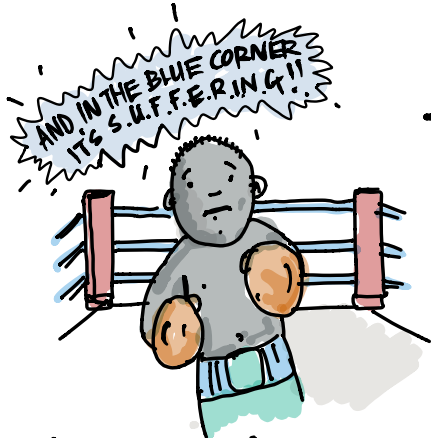
IF YOU'RE ROOTED IN SOMETHING SOLID IN YOUR LIFE THEN YOU DON'T NEED TO BE PERFECT NOR DO YOU DEMAND IT OF ANYONE ELSE!



MANY FRIENDSHIPS PUT UNDER EXTREME PRESSURE DURING LOCKDOWN —

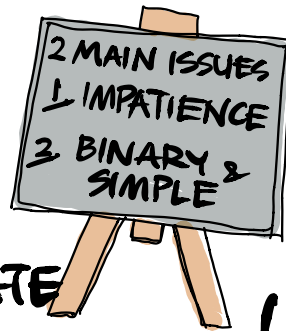
→ What were/are expectations of my friends ??





THE CHALLENGE IN SUFFERING IS  
TO MOVE FROM FIGHTING TO  
INTEGRATION —  
TO MAKE IT PART OF YOUR STORY!

WE DON'T LIKE NASTY  
EMOTIONS BUT IT'S THEIR  
JOB TO BE UNPLEASANT!



THEY ARE MEANT TO MOTIVATE  
US TO DEAL WITH SOMETHING!

— IMPATIENCE —  
We want to move  
on as soon as possible

— BINARY/SIMPLE —  
We want Good or Bad!  
We don't want hold problem.



LIGHT IS  
SHOWN IN  
THE DARKNESS,  
BUT THE DARKNESS  
CANNOT SUFFOCATE  
IT. John's Gospel.



IT ONLY TAKES THE TINIEST  
LIGHT TO CAUSE DARKNESS  
TO LOSE.

DEFINE DARKNESS :

WE NEED  
DEFIANCE

Make the 1st step!

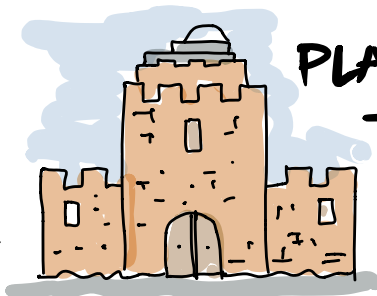
# HOW DO YOU RECEIVE JOY?

THE PURSUIT OF JOY IS SOMETHING WE CAN UNDERESTIMATE

SPOKEN FOR YEARS ABOUT THIS BUT IN REALLY TOUGH TIMES... DOES IT WORK?



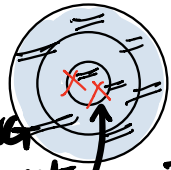
The Joy of the LORD is your STRENGTH



PLACE OF PROTECTION THAT YOU RETREAT TO IN STORMY & BAFFLING TIMES!

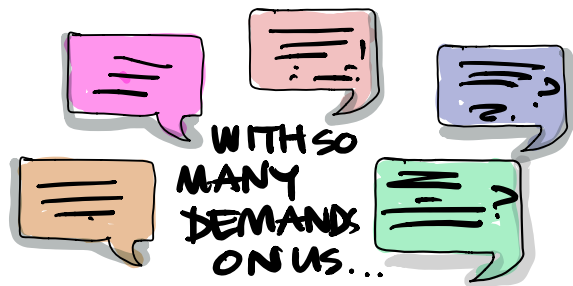
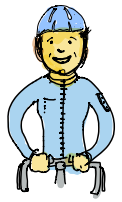
CAN YOU CULTIVATE & MAKE SPACE IN YOUR LIFE FOR THINGS THAT BRING YOU JOY?

I DO THESE RELATIONSHIP DIAGRAMMES WITH LEADERS ... THEY ARE GIVING & GIVING BUT... what about these 2 relationships?



REALITY FOR LEADERS IS THAT PEOPLE DEPEND ON US! OUR RESPONSIBILITY IS TO CULTIVATE THESE HABITS.

DOING THESE THINGS BRING MOOD CHANGE & STABILITY



WITH SO MANY DEMANDS ON US...

I AM NO GOOD IF I SINK!

YOU HAVE TO ALSO LOOK AFTER YOURSELF



WE NEED TO LEARN TO RELAX - OUR CULTURE TENDS TO FOCUS ON STRIVING & ACHIEVING !

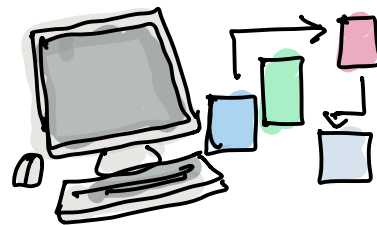
PANDEMIC  
Double-Whammy → More stressful  
→ Less opportunity to do normal activities to relax.

What tips do you have to help people pursue joy?

CULTIVATE DEFIANT & CREATIVE THINKING WHEN NORMAL OPTIONS CAN'T BE PURSUED



But EVERYTHING!  
DO SOMETHING - THAT LITTLE THING MAY JUST CHANGE YOUR MOOD



-v-  
OUTCOMES WITH PEOPLE ARE NEVER CLEARCUT!

# HOW DO YOU MATURE in SERVICE?

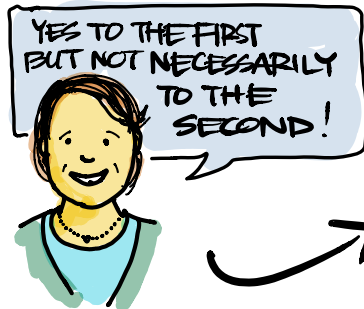
WE CULTIVATE & RETURN TO AS A PRACTICE THE PASSION THAT BROUGHT US TO IT IN THE FIRST PLACE!

MATURITY JUST HAPPENS!



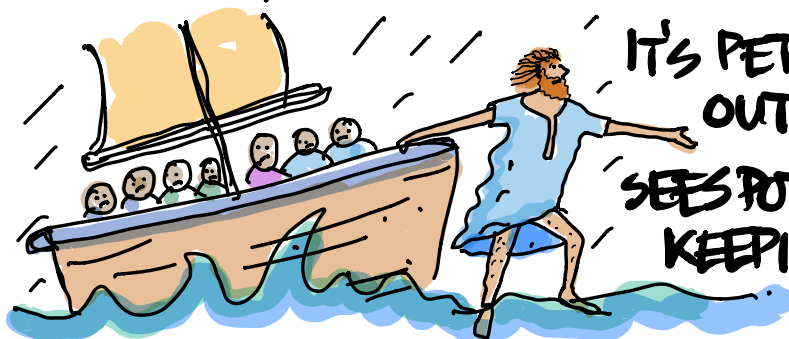
LIFE SHAPES US

or go through tough times!



SOME OF THESE MOMENTS WE LEARN THE MOST FROM!

MATURING IN SERVICE COMES FROM KNOWING WHY WE'RE DOING IT!

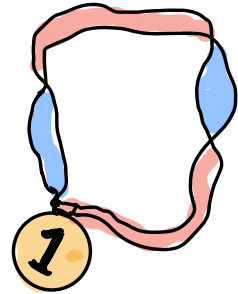


IT'S PETER IDEA TO STEP OUT OF THE BOAT!  
SEES POTENTIAL BY KEEPING EYES ON JESUS!

REMEMBER...  
IT'S NOT ALL ABOUT YOU,  
THIS TENSION BETWEEN  
SELF-CARE  
MINDFULNESS

-v-

SERVE OTHERS  
SURRENDER



WORTHLESS

-v-



AS LEADERS YOU HAVE  
TO SUSTAIN YOURSELF,  
LIVE HEALTHY

AND

YOU HAVE TO MODEL  
THINGS WELL FOR PEOPLE

NARCISSISTIC

JESUS IS THE PLACE TO GO FOR  
AN EXAMPLE, HE IS CONSTANTLY  
OPERATING WITHIN LIMITS  
OF BEING HUMAN. - LOOKING  
AFTER HIMSELF WHILE CARING FOR OTHERS!



THE MIX BETWEEN  
OURSELVES &  
OTHERS IS  
A MESSY ONE!