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When You're Trying To Lead Others, But You're Barely Holding On

<http://www.christianitytoday.com/karl-vaters/2020/march/trying-to-lead-barely-holding-on.html>

A lot of people in positions of leadership are working hard to fight off feelings of helplessness right now. This is harder than I expected. No, I'm not sick. And none of my loved ones are. So, for those of you who are sick or who are dealing with the illness or (God forbid) the death of a loved one, I cannot imagine your burden. But even for those of us who are simply being asked to stay home, this is proving hard in some unexpected ways. If you're in a position of leadership, your feelings may be very confusing right now. Even erratic. Not What We Expected! I'm used to knowing what to do. And helping others know what to do. If you had told me a month ago that I'd be sitting at home for weeks without feeling sick or having anywhere to be, I'd have thought "Wow! I'm going to get so much done! I'll have a rough draft of that new book knocked down! I'll start a new podcast, and who knows what else!" But I'm not. Not to the degree I expected, that's for sure. Barely Hanging On. Some days it feels like I'm barely hanging on, myself. But I feel a responsibility to lead. To help. To bless others. In fact, I don't just feel that responsibility, I have that responsibility. And yet, how do I do that when each day feels like it runs past me in bits and pieces? Barely able to concentrate on anything for more than a few minutes at a time? Give Yourself A Break. I know I'm not alone in feeling this. Right now there are a lot of people in positions of leadership with similar feelings of helplessness. So, in the few minutes I can concentrate long enough to write this, let me offer a short word of hope. Give yourself a break. I plan to. Slow down. Don't push. Relax. Stay healthy first. It's okay if you don't have the answers right now. None of us have clear answers ... Continue reading...

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