

# LEADERSHIP LAB #1

## MONTH FIVE | STAYING CONNECTED TO THE SOURCE

Passion doesn't come from trying harder. Passion comes from staying closer. Jesus tells us exactly how to rebuild passion in our lives and gives us the blueprint for reconnection.

"Repent and do the things you did at first." Revelation 2:5

These are handles and reminders that will help you do the things you did at first. There may be some that apply right now, or there may be some that apply a year from now. Review the list below and circle ONE handle to focus on this week.

### THE HEART CHECK (INTERNAL SHIFTS)

- Remember: Tell your heart the truth again.
  - » Recall what God has done for you and the moments He felt closest. Gratitude warms the heart.
- Repent: Be honest and return.
  - » It's not punishment; it's turning back. Simply say, "I drifted, and I want to come home."
- Return: Do the things you did at first.
  - » Go back to the rhythms that fed your soul when your faith was most alive.

### THE DAILY RHYTHMS (ACTION STEPS)

- Give God your first 5 minutes.
  - » Your heart moves toward what you give your attention to first. Aim your heart before you start your day.
- Open your Bible before you open your phone.
  - » Your phone tries to form you; Scripture transforms you. Your mind needs truth before it gets noise.
- Choose worship over worry.
  - » Worry shrinks your focus onto problems. Worship expands your focus onto God's promises.
- Protect the environments that feed your heart.
  - » Church, circles, and serving are "spiritual oxygen." Stay planted in life-giving environments.
- Stay consistent, even when it feels simple.
  - » Daily connection stacks like bricks. Passion isn't built on big moments, but on consistency.

## MY COMMITMENT

"Plants don't die because water is bad... They die because water is inconsistent."

My Chosen Handle: \_\_\_\_\_

My Plan (When/Where will I do this?):

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Once you've written down your chosen handle and your plan, discuss as a POD.