

Soothing Soul Fuel & Reflection

As a fellow introverted leader in ministry, here are some verses that encourage and soothe me. I pray they bless you, too!

- **"Be still, and know that I am God" (Psalm 46:10 NIV):**

This verse reminds us to slow down and find peace in the presence of God. Introverts often value solitude and introspection, and this verse highlights the importance of quietness and reflection in our spiritual lives.

- **"The Lord is my shepherd; I shall not want" (Psalm 23:1 NIV):**

As introverts, we may struggle with feelings of inadequacy or not fitting in. This verse reminds us that we have everything we need in God and that we are valued and loved just as we are.

- **"Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever" (Psalm 125:1 NIV):**

Trusting in God can provide a firm foundation and peace that endures through life's ups and downs.

- **"Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28 NIV):**

Introverts may experience sensory overload or exhaustion from social interaction. This verse offers comfort and rest in God's care.

- **"For the Lord gives wisdom; from his mouth come knowledge and understanding" (Proverbs 2:6 NIV):**

This verse encourages us to seek wisdom and understanding from God rather than relying solely on our own intellect or external sources.

- **"Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you" (Deuteronomy 31:8 NIV):**

As introverts, we may feel anxious or overwhelmed by unfamiliar situations or social interactions. This verse reminds us that we are never alone and that God goes before us to prepare the way.

- **"Cast all your anxiety on him because he cares for you" (1 Peter 5:7 NIV):**

This verse encourages us to give our worries and fears to God, trusting that He cares for us and will provide.

- **"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control" (Galatians 5:22-23 NIV):**

As introverts, we may have unique strengths such as introspection, empathy, and self-control. This verse reminds us that these qualities are valued by God and are part of His plan for us.

- **"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus" (1 Thessalonians 5:16-18 NIV):**

Joy, prayer, and gratitude can be powerful sources of strength and encouragement for introverts.

To recap the chapters and reflections, I felt it might bless you to have it all in one place.

Chapter 1: Forgetting Your Biggest Power Word

Chapter Summary

- Recognize when you are getting overwhelmed and make a plan for saying no
- Set a specific time for yourself each day for relaxation and unwinding
- Set boundaries for yourself when interacting with people
- Prioritize your own needs and wants over those of the people you serve
- Make sure to take time to take care of yourself so you can be your best for others

Reflection

- How do you know when you're overwhelmed? How do you feel?
- What gets you feeling overwhelmed?
- Is it hard for you to say no? If so, why do you think that is?
- What's relaxing and unwinding look like for you? Are there any activities YOU like to do?
- Is there anything to work through between you and God if you're not taking time to relax and do things you like to do?
- Are there social boundaries you set with people? If not, why?
- Your needs and wants, are you prioritizing them over the needs of the people you serve? If not, why?
- In what ways do you take care of yourself?
- List some things you're going to start saying no to. How will it feel to say no in those situations?

- Are there any unrealistic expectations extroverts have placed on you that need to be addressed?
- What did you feel like before starting this chapter?
- What are you feeling after reading this chapter?

Chapter 2: Failing Your Interaction Math Test

Chapter Summary

- Establish boundaries and create a workable schedule
- Prioritize rest, reflection and rejuvenation
- Include activities that bring joy and peace
- Take necessary steps to stay healthy and balanced
- Don't be afraid to take a break or ask for help if you're overwhelmed

Reflection

- Are you aware of how much socialization you can handle each day including with family and friends? If not, how can you start to be aware of this?
- Write down how many conversations you can honestly have in a day without feeling depleted—including with family and friends.
- How many of those conversations are priority each day?

- What breaks can you build in between the socialization (the list from above) so you can get what YOU need?
- What activities bring you joy, peace, rejuvenation and relaxation? Are you doing them? If not, why?
- Is there anything going on inside of you that's preventing you from knowing how much interaction each day you can handle? If so, what's popping you for you and where's it coming from?
- What were you feel before reading this chapter?
- What are you feeling now?

Chapter 3: Snapping Your Elastic Time Band

Chapter Summary

- Create balance between rest and activity to prioritize self-care
- Schedule breaks and take time for yourself to relax and restore energy
- Prioritize activities that are most fulfilling and delegate activities that deplete energy
- Reach out to community for help and support
- Be mindful of boundaries and don't be too hard on yourself for needing to do so

Reflection

- Have you found yourself trying to do ministry the way extroverts do? If so, how? What do you feel when it happens?

- If you could do ministry in a way that doesn't leave you feeling depleted, what would it look like? How would you do things? How would that make you feel?
- What's preventing you, if anything, from doing ministry the way God designed you—as an introvert?
- Is there something you can do differently as soon as today to be more true to yourself and not do things the way extroverts do?

Chapter 4: Disrespecting Your Biggest VIP

Chapter Summary

- Make time for yourself
- Set boundaries
- Prioritize responsibilities
- Ask for [help](http://christianleaderintroverts.com) (christianleaderintroverts.com)
- Make time for rest

Reflection

- What does self-care look like for you?
- Have you thought that putting yourself first is selfish? If so, why?
- When we fly on an airplane, what does the stewardess say about who to put the oxygen mask on first? Why do they say that?
- How do you feel when you've gotten what you need mentally, emotionally, physically and spiritually?

- How do you feel when you've put others' needs before your own?
- What are you able to give of yourself to those you serve when you don't take care of yourself first? How do you show up for them?
- What are you able to give of yourself to those you serve when you DO take care of yourself first? How do you show up for them?
- Is there anything you need to do differently in order to serve Him, yourself and others (in that exact order) better?
- Are there any thoughts you need to let go of that hold you back from living this out—putting your needs first SO THAT you can serve Him and others better?
- If you could get what you needed daily on all levels, what would ministry look like? How would you feel? How would you show up? What would serving others look and feel like?
- What's preventing you from doing that right now?
- Do you really believe that you're your biggest VIP? If not, how come?

Chapter 5: Thing Again!

Chapter Summary

- Give yourself permission to take time for yourself and engage in leisure activities
- Doing so will help prevent burnout and make you a better leader
- Make sure to do the things you love, such as reading, painting, or taking a walk with your dog

- Leisure activities are not lazy, selfish, unproductive, or wrong
- Taking time for yourself does not make you a bad leader

Reflection

- Have you been giving yourself permission regularly to take time for leisure activities? Pssst...it can even be sleeping! If not, how come?
- If you were being honest with yourself, are there any thoughts and feelings going on inside of you that it's laziness to do fun things?
- What replenishes you?
- What depletes you?
- Is there anything you need to eliminate from your life/schedule that's sucking the life out of you?
- Is there anything you need to do more of that's NOT sucking the life out of you SO THAT you can serve Him, yourself and others from an overflow of all things good?
- What did you feel before reading this chapter?
- What do you feel like after reading this chapter?

Chapter 6: "Suffocating" At Its Finest

Chapter Summary

- Set a timer to remind yourself to take a break every few hours
- Spend breaks doing something that recharges you
- Go for a walk, meditate, or read a book, play fetch with your dog

- Plan downtime with friends who understand your need for space
- Respect your need to take time for yourself

Reflection

- What is coming to your mind right now as you think about taking breaks throughout each day to get what YOU need? Why do you think those things are coming to your mind?
- How does it feel when you create space for you where there's zero socialization required, zero expectations?
- Have you told your extroverted friends and family about needing space/time for just you regularly?
- Have you informed your supervisor about the different ways introverts operate? If not, how come?
- Is there anything He might be leading you to add or subtract from your life in order to get all that you need in different ways than extroverts? If so, what are they? List them.

Chapter 7: It's Not About Being Shy

Chapter Summary

- Set a timer to remind yourself to take a break every few hours
- Spend breaks doing something that recharges you
- Go for a walk, meditate, or read a book, play fetch with your dog
- Plan downtime with friends who understand your need for space
- Respect your need to take time for yourself

Reflection

- What is coming to your mind right now as you think about taking breaks throughout each day to get what YOU need? Why do you think those things are coming to your mind?
- How does it feel when you create space for you where there's zero socialization required, zero expectations?
- Have you told your extroverted friends and family about needing space/time for just you regularly?
- Have you informed your supervisor about the different ways introverts operate? If not, how come?
- Is there anything He might be leading you to add or subtract from your life in order to get all that you need in different ways than extroverts? If so, what are they? List them.

Chapter 8: Please

Chapter Summary

- Remain true to your communication style and take the time to think about what you want to say
- Give yourself permission to take up space and confidently speak up
- Focus on your strengths and practice them until they become second nature
- Have confidence that your opinion matters and your presence should be felt
- Take the time to ensure your voice is heard and you are being true to yourself

Reflection

- Have you people-pleased extroverts? If so, how? What feelings came up when you did?
- What are your strengths as an introvert leader?
- What are your strengths as an introvert in general?
- Are there ways where you need to communicate more effectively about you communicate and do things?
- How do you communicate when you're not around extroverts?
- How do you think and implement things when extroverts aren't around?
- Is there anything preventing you from communicating and thinking like that even when extroverts are around? If so, write more about it and see what He might reveal to you to set you free!
- What's people-pleasing mean to you?
- If you've not been true to yourself, what feelings have come up when you've given in to doing things the way extroverts do?
- Is there anything God may be showing you about doing things differently so you can be true to how He made you?
- What did you feel before reading this chapter?
- What do you feel after reading this chapter?

Chapter Summary

- Recognize your own strengths and unique contributions
- Make a list of your talents and what you can bring to the table
- Seek out a [mentor](http://christianleaderintroverts.com) (christianleaderintroverts.com) to help maximize potential
- Practice self-care to stay energized and empowered

Reflection

- What strengths and contributions do you bring to the table?
- Have you made a list of your talents? If not, take the time to now.
- What are your spiritual gifts from God? List them.
- Do you know what personality type you are other than being an introvert? If not, you can google a variety of different free ones to take that might help you show up more confident in who God's made you to be. Take the time now to do so if you haven't already.
- Who is your "safe place" to bounce your situations off of that can help you implement the things covered in this book? If you don't have anyone, I'd be honored to come [alongside you](http://christianleaderintroverts.com) (christianleaderintroverts.com), it's how God's gifted me.
- What feelings were present before reading this chapter?
- What are you feeling after reading this chapter?

Reflecting on the whole book:

- What resonates with you? Why?

- What doesn't resonate with you? Why?
- Is there anything God has shown you about yourself? If so, what?
- Is there anything God has shown you about Himself? If so, what?
- Are there any things you should do differently as a result of reading this book? If so, what?
- Are there any things you should keep doing the same way as a result of this book? If so, what are they?
- Overall, what are you feeling after reading the entire book?

If there's anything you'd like me to pray for you for on your journey toward soaring as an introvert leader in ministry, please feel free to reach out to me in the contact section of: christianleaderintroverts.com