



## Leadership Qualities

Balance, poise, rhythm, and playfulness are traits that strengthen our ability to live through times of change, times which feel chaotic. Helping people find balance, poise, rhythm, and playfulness **takes time!** Here are some notes and extra questions for your discussion:

- How does our church provide opportunities for people to have discussions about important issues outside of meetings with an agenda?
- Do these kinds of discussions happen only in the parking lot?
- What is the role of leaders in helping people find balance, poise, rhythm, and playfulness?

### Balance

Balance is something we take for granted until it is no longer present. Watch closely as a baby is learning to walk. Young children are called “toddlers” for a reason! Have you had to learn to walk with a heavy cast? Or have you tried to walk after being in bed for several days? Our spiritual lives also need balance. Some days we are so “out of balance” that we forget what balance feels like! Regular prayer and practice of the means of grace are the ways we keep spiritual balance. (“The Means of Grace” is the title of Session 15.)

### Poise

To be alert to the present moment without a need to control the moment or to worry about the moment is called **poise**. The *FaithQuest Bible Study* story of a young woman leading children through a museum is a great illustration! A leader with “poise” is sometimes called a guide. The leader provides some boundaries for safety, yet allows others to explore, to experiment with options, and to make their own decisions. Sometimes this leadership quality is called “non-anxious presence.”

### Rhythm

Rhythm underlies balance. In our daily lives, we function optimally if we follow a rhythm of sleeping, eating, working, and playing. Some churches follow the rhythm of observing the liturgical seasons of Advent, Christmas, Epiphany, Lent, Easter, Pentecost, and Ordinary Time. Many families with young children follow the rhythm of the school year. Some individuals are strongly affected by seasonal changes. The popularity of self-help books is evidence of our search for balance in our lives.

### Playfulness

Balance, poise, and rhythm free us to be playful! One greeting card reads: “Angels fly because they take themselves lightly.” Taking ourselves lightly is a quality of playfulness. Playfulness involves moments of pure joy in the delight of life and moments of total awe at the beauty and majesty of creation. Playfulness involves moments of spontaneous thanksgiving to God for the goodness of life.