



## **Cultivating Second Chair Leaders**

*Conversations about living out servant leadership in the second chair*

### **Episode #030: Manage Anxiety & Conflict**

Date: November 2, 2023

On this episode of “Cultivating Second Chair Leaders,” we look at the practice of Manage Anxiety and Conflict, which is defined as applying Biblical means to both maintain healthy relationships and restore broken ones. Our guest, Brian Amey shares how knowing the sources of conflict can help reduce anxiety and evaluate our priorities when it comes to supporting the bigger picture as a 2nd chair leader.

### **Scripture for Reflection**

- Colossians 1
- Philippians 2
- Matthew 7:3-5

### **Quotes for Reflection**

- “If the Christian community is a place where truth is spoken and heard, then we have to be able to acknowledge our priorities and expose them. And expose sinful attributes: frustrations, impatiences, words poorly chosen, those types of things, and be able to call them out, so we can continue to have the conversation.”
- “God can be glorified through conflict.”

### **Engagement Questions/Next Steps**

- What would it look like for you to pause and consider the root cause of the conflict (poor communication, differing values, competition over limited resources, sinful words/actions) before reacting to it? How could this improve the way you interact with others in the midst of conflict?
- What does your accountability among staff/fellow leaders look like in managing anxiety and conflict? If you don’t have a good set up, what are next steps to pursue this support in your ministry area?

**We would love to hear insight from your discussion.** You can send an email to [emily@kindleservantleaders.org](mailto:emily@kindleservantleaders.org) and we may share your story in the future!