

# Feeling Stuck?

--Mark Maestas

Leading, whether in the church, the boardroom, or the pastorate, can feel like a spiritual rollercoaster. One moment you're experiencing the exhilaration of inspired vision and effortless momentum, the next you're grinding to a halt, stuck in a valley of frustration and inertia.

Why is it that sometimes leadership flows so freely, while other times it feels like pushing a boulder uphill? The answer, more often than not, lies within our own minds.

When we lead from a place of confidence and clarity, we tap into a different level of effectiveness. We communicate with authenticity, pursue bold visions, and inspire those around us to reach their full potential. But when doubt and discouragement creep in, they can sabotage our efforts and leave us feeling stuck.

## The Four Roadblocks to Effective Leadership

In my work with Church Leaders across Illinois, I've observed four common mental roadblocks that can derail even the most well-intentioned Christian Leaders:

- **The "No Alternatives" Trap:** We become so accustomed to doing things a certain way that we fail to consider other possibilities. We get stuck in the rut of "this is how we've always done it," limiting our potential for innovation and growth.
- **The "No Hope" Despair:** We encounter obstacles and immediately succumb to defeatism. We lose sight of the bigger picture and allow discouragement to extinguish our passion and drive.
- **The "No Time" Frenzy:** We get caught up in the whirlwind of urgent tasks, constantly reacting to crises instead of proactively leading. We become slaves to our schedules, sacrificing long-term vision for short-term survival.
- **The "No Need" Delusion:** We convince ourselves that leadership isn't necessary in certain situations, particularly when we're not directly interacting with people. We underestimate the impact of our individual contributions and fail to see the opportunities for leadership in every aspect of our work.



# Breaking Through the Barriers

The good news is that these roadblocks are not insurmountable. By cultivating awareness and adopting practical strategies, we can overcome these mental obstacles and lead with renewed purpose and effectiveness.

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- 01 **Embrace a Mindset of Possibility:** Challenge the status quo. Ask “what if?” Seek out diverse perspectives and explore creative solutions. Don't be afraid to step outside your comfort zone and consider unconventional approaches.
  - 02 **Cultivate a Spirit of Resilience:** Don't allow setbacks to define you. Draw strength from past victories, break down daunting challenges into smaller steps, and lean on your support network for encouragement and guidance.
  - 03 **Prioritize and Delegate with Purpose:** Take control of your time by identifying your most important priorities and delegating tasks effectively. Streamline processes and eliminate unnecessary activities to free up your time and mental energy for strategic leadership.
  - 04 **Lead from Within:** Recognize that leadership is not confined to specific roles or situations. It's an internal compass that guides our actions and inspires those around us. Bring your best self to every task, no matter how small, and strive for excellence in all that you do.
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# Leading with Renewed Vision

Leadership is not about having all the answers. It's about having the courage to ask the right questions, challenge your own assumptions, and embrace new possibilities. It's about recognizing that even when you feel stuck, God is not a rookie in church work. He has given you the tools and hope to move forward. Today take a moment to see what God has put in your hands and what is out of your hands. And always remember I'm here to help. Just give me a call--Mark

