

NBP: Progress Not Perfection
April 24, 2020

But those who wait on the LORD shall renew *their* strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint (Isaiah 40:31).

Hello leaders, co-leaders, table leaders, hosts, apprentices and leaders in training:

SMERFs!

We had a great time learning about SMERFs! Here is a bit more information than we shared with you on Zoom. Enjoy!

Spiritual: Time dedicated between you and God. Try not to do this when you are doing something else. Focus to get the nutrients God will provide.

Mental: Check to make sure your brain is working well. Engage in rational thinking. Write down “I am going to be rational today”. Because there is a little information, it is often challenging to engage in rational thinking. Write down a list of what you can control. Write what decisions you need to make today. Don’t go to the worst-case scenario. Avoid self-judgement – during these times, the harsh inner judge is often very active – give yourself grace.

Emotional: You need feelings to connect with others. Feelings also have a signal function to help others. Ask yourself what emotions you are feeling and why you are feeling them. Feelings are normal, and it is important to feel them and not to brush them away.

Relational: Be vulnerable with others. Share where you are right now. Identify that you are vulnerable. Share a struggle you are having. Go to someone and ask them to be with you. Be selfish – it is ok to ask for what you need and to take in what others are offering to help. Avoid unnecessary conflict. Give back what you get. You cannot give unless you are filling your tank with the necessary relational nutrients.
(www.relationalnutrients.com)

Functional: Sleep, nutrition, working out. Develop a structure for daily and weekly pattern of life. Write out a structure with daily and weekly pattern during this time. Plan your relational nutrients and connections. Avoid unhealthy behavior.

Remember...You Can Do This!

Zoom Next Steps

Here is a simple video from Zoom on how to share content on your screen: <https://youtu.be/YA6SGQIVmCA>

If you find a really helpful video, article or tip on how to use Zoom, feel free to send it to us and we’ll work on sharing it here!

**Sign Up for Weekly Small Group Texts?
Text “SGLEADERS” to 555888**

Zoom Learning

Would you like to watch Rod Gray in action, as he leads a virtual small group on Zoom? Click here to join one of his three small groups and learn how to lead a Zoom Small Group!

Shadow Mountain Online Small Groups Link: <https://www.shadowmountain.org/default.aspx?page=5483>

[Zoom Leader Community, this coming week!](#)

This week, we will have our THIRD Zoom Leader Community for any and every leader, co-leader, host, apprentice, table leader and leader in training who is available to attend. Our ongoing commitment is to stay connected with one another and continue resourcing you for our New Normal of small group leadership. Bring your questions, concerns, and stories of connection. Below are the details for both meetings:

Monday, April 20, 6:30-7:30pm.

Join URL: <https://zoom.us/j/97032893856>

Password: 782913

Thursday, April 23, 1:00-2:00pm

Join URL: <https://zoom.us/j/91310083771>

Password: 398290

Sign up for digital/online giving: [click here](#).

GOD IS WORKING MIRACLES THROUGH EACH OF YOU!

And let us consider one another in order to stir up love and good works, ²⁵ not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching (Hebrews 10:25, 26).

Lead well,

Pastor Dale, Bethany and Melissa