

NBP: Progress Not Perfection
May 15, 2020

Run in such a way as to get the prize (1 Corinthians 9:24b, NKJV).

Hello leaders all across San Diego County (and beyond!),

It feels like we are in the middle of a kind of crisis-marathon. I hope you and your families—as well as those you lead—are doing everything you can to stay as healthy, focused and connected as possible. While some of you may be settling into this new rhythm, others of you are (understandably) getting tired with what many are calling quarantine fatigue.

Perhaps the following three reminders will help you keep “doing it anyway” (see the article by the same name in this Leader Packet):

1. **Practice Effectiveness, Not Efficiency**

The truth is that none of us can focus on efficiency in any aspect of our lives. Why? Because we can't get as much done as quickly or as capably as before; it is a new REALITY. When this is all over, people will remember your care and concern—your humanity—for a very long time...so practice effectiveness: love people well.

2. **Creativity**

Change is tiring; too much change all at once is *exhausting*. Imaginatively refueling has become more important than ever before. You, and those you lead, need to get across that quarantine-finish line without being too tired to actually *cross* the finish line.

3. **Self-care**

Are you sleeping enough? Eating healthy? Drinking enough water (not just liquids)? Exercising enough? Taking some time to step away from the computer and all things electronic? Are you taking a break from the news and listening to the birds outside? Are you purposefully reaching out to friends and family to stay relationally connected?

When they give out jackets at the end of a marathon, the jacket doesn't say “Winner” on the back, it says “**FINISHER.**” Having finished this grueling race is its own statement. If you are having your best quarantine-race ever, congrats! Keep going! If you are tired, that's normal and it's ok! Don't beat yourself up. Keep going.

Here's to progress...not perfection, doing it anyway and—most of all—FINISHING this race.

[YES! We Are Having Zoom Leader Community](#)

Don't forget, we are doing the Zoom LC this week. Come and join us!

The title of our training is *[How to Create—and Maintain—a PMA \(Positive Mental Attitude\)](#)*.

Also, for the duration of this season, we are going to meet **every-other-week** for these Zoom trainings. More details to come.

Monday, **May 18**, 6:30-7:30pm.

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

Password: 782913

Thursday, **May 21**, 1:00-2:00pm

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

Password: 398290

Sign Up for Weekly Small Group Texts?
Text "SGLEADERS" to 555888

Jesus came and stood in the midst, and said to them, "Peace *be* with you." (John 20:19, NKJV).

Lead well,

Pastor Dale, Bethany, and Melissa