**Kingdom Principles In Leadership**

**Servanthood**

**Theme: “Lord make me a better you.”**

**Philippians 2:5**

**“Let this mind be in you, which was also in Christ Jesus.”**

**Leadership** – to operate in one’s sphere of influence through guidance, authority, direction or ability.

**Tools for Changing the Mind**

## **Research Shows**

CBT is a well-studied mental health treatment. Therapists who employ this method help people change the unhelpful thinking and behavior patterns that are keeping them stuck.

CBT isn't just a quick, feel-good treatment that temporarily masks underlying issues. Studies consistently show CBT creates measurable physical changes in the brain.

Neuroimaging shows CBT modifies neural circuits involved in the regulation of negative emotions. Studies consistently show CBT can change dysfunctions of the nervous system.

A [study](http://www.nature.com/tp/journal/v7/n1/full/tp2016263a.html?foxtrotcallback=true) published in Translational Psychiatryused MRIs to examine brain changes in people with schizophrenia. After six months of treatment, there was more neural connectivity between the amygdala (which manages emotion in the brain) and the prefrontal cortex (which governs high order thinking). The changes were long-lasting.

Another [study](https://www.nature.com/tp/journal/v6/n2/full/tp2015218a.html) found that after just nine weeks of online CBT treatment, people with social anxiety disorder experienced decreased brain volume and activity in their amygdalae, which helped them keep their anxiety at bay.

[Researchers](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5331144/) have also found CBT rewires the brain in people with depression and post-traumatic stress disorder as well.

<https://www.inc.com/amy-morin/how-to-train-yourself-to-think-differently-permanently-rewire-your-brain-according-to-science.html>

**CBT (Cognitive Behavior Therapy) Skills**

1. **Exercise**
2. **Sleep**
3. **Meditation**
4. **Drinking Coffee.**
5. **Reading**

**6. Listening to Music.**

**7. Wandering Nature**

**8. Multitasking**

**9. Eating Sugar**

**10. Believing You can Change Your Brain**

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**Jesus’ Leadership Theology**

**Matthew 20:24-28**

And when the [other] ten heard this, they were resentful *and* angry with the two brothers. But Jesus called them to Himself and said, “You know that the rulers of the Gentiles have absolute power *and* lord it over them, and their great men exercise authority over them [tyrannizing them]. It is not this way among you, but whoever wishes to become great among you shall be your servant, and whoever wishes to be first among you shall be your [willing and humble] slave; just as the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many [paying the price to set them free from the penalty of sin].”

1. Whoever wishing to become great shall be your servant.
2. Whoever desiring first must be a willing and humble (meek, unassuming, courteous, gentle, polite) slave (person who serves voluntarily).
3. You cannot be a great servant only looking to be served.

**Servanthood (Leadership) -** one that [serves](https://www.merriam-webster.com/dictionary/serves) others

**Mental Note:**

You will never be an effect leader adverting these 3 principles (servanthood, great attitude & desiring to serve.)

**Growing In Leadership**

**Daniel 6 Amplified Bible (AMP) Daniel Serves Darius**

**Daniel 6:1-5**

It seemed good to Darius [who became king after Belshazzar] to appoint over the kingdom 120 [[a](https://www.biblegateway.com/passage/?search=Daniel+6&version=AMP#fen-AMP-21907a)]satraps who would be in charge throughout the kingdom, and over them three chief commissioners **(**of whom Daniel was one**)**, that these satraps might be accountable to them, so that the king would have no loss [from disloyalty or mismanagement]. Then this Daniel, because of the extraordinary spirit within him, began distinguishing himself among the commissioners and the satraps, and the king planned to appoint him over the entire realm. Then the [other two] commissioners and the satraps began trying to find a reason to bring a complaint against Daniel concerning the [administration of the] kingdom; but they could find no reason for an accusation or *evidence of* corruption, because he was faithful [a man of high moral character and personal integrity], and no negligence or corruption [of any kind] was found in him. Then these men said, “We will not find any basis for an accusation against this Daniel unless we find something against him in connection with the law of his God.”

1. Top tier leadership will prefer (make you chief; make you glitter or shine).
2. **Excellent Spirit** - to operate in good thinking, emotions, to be consistently exceeding (extra) in service work
3. Great personal ethics will get you noticed by top tier leaders. Great leaders recognize great workers. (Dan. 6:3)
4. Leadership excellence begins with discipline. (Good leadership will point to who you followed.)

**Mental Note:**

Every leader (person of influence) mirrors the person who taught them. You are the reflection of who & what you have seen in action.

**Conclusion**

**You can change your mind:**

Q & A: CBT (Cognitive Behavioral Therapy) & Servanthood