

THE SPIRITUAL LIFE OF THE ACADEMIC LEADER

(Gregory Linton)

I. Introduction

- A. Lead from within
- B. Lead yourself first
- C. The foundation for the dimensions of life

II. The Spiritual Maladies of the Academic Leader

- A. Sloth
 - 1. Definition of Sloth
 - 2. Components of Sloth
 - a. Melancholy
 - b. Apathy
 - c. Inactivity
- B. Neurasthenia
- C. Burnout
 - 1. Definition of Burnout
 - 2. The History of the Term
 - 3. Components of Burnout
 - a. Exhaustion
 - b. Cynicism (depersonalization)
 - c. Ineffectiveness
 - 4. Ten Causes of Burnout
 - 5. Biblical Examples of Burnout/Sloth

III. Spiritual Self-Care for the Academic Leader

- A. Spiritual Renewal

- B. The Spiritual Danger of Busyness
- C. Jesus' Example of Spiritual Self-Care
- D. Abiding in Christ (John 15:1-6)

IV. Spiritual Practices of the Academic Leader

- A. Contemplative Prayer (Centering Prayer, Prayer of the Heart)
 - 1. The Need for Contemplative Prayer
 - 2. The Practice of Contemplative Prayer
- B. Examen of Consciousness
 - 1. Definition of Examen
 - 2. Means of Self-Examination
- C. Sabbath Keeping
 - 1. God has called us to be free from a performance orientation (Galatians 5:1).
 - 2. Keep work in its proper place (Luke 9:25).
 - 3. Follow God's example (Genesis 2:1-3).

V. The Example of Martha and Mary (Luke 10:38-42)

- 1. Martha's busyness and Mary's contemplation
- 2. Martha's frustration with Mary and Jesus
- 3. The spiritual danger of anxiety
- 4. Choosing the better part

VI. Conclusion

- A. Isaiah 58:13-14
- B. John Wesley's prayer
- C. Work Well-Being Checkup