

The Ark Community

127: **The Marks of a Leader (part 7)**

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Confessor/Soul friend etc – James 5:16

"Confess to one another therefore your faults (your slips, your false steps, your offences, your sins) and pray for one another, that you may be healed and restored [to a spiritual tone of mind and heart]."

Beware of repression – Keeping everything in will eventually poison you. Repression is the refuge of the Fool. Thomas Aquinas said, "He who makes himself his own teacher becomes the pupil of a fool".

We must find a safe, mature and trustworthy person that we can open ourselves to, someone that will allow us to "blow off the steam", without it hurting the relationship. This kind of person is known as a Confessor or Soul Friend (Anam = Soul + Cara = Dear). Our confessors or Soul Friend cannot be a family member, nor someone we are discipling. It is best to find such a person among those we trust, and consider a friend, someone who we know "knows our Soul".

We need, and I mean NEED, to have someone with whom we can confess our fears, issues, sins, hurts etc – if not we run a great risk of becoming unhealthy (ill), in our mind, which will affect our spiritual life and could end up having health problems.

Once repression plants its seed in our mind, it spreads quickly through our entire being: spirit – soul – body, so find someone to open up to. Jesus preached to the masses, He walked with the Twelve, but He was intimate with only THREE.

Repression is not 'Silence & Solitude'. Although there may be safety in silence; silence offers us a deeper more positive effect in that it draws us internally into our inner-world, to a world we seldom visit or give little recognition of. Yet this inner-world is laden with treasures and profound joy, and when we do eventually speak ... mercy will season our justice.

To conclude this series of Teaching, permit me to warn you of the classic diseases of Leadership:

- Pride
- Critical spirit
- Bitterness.
- Inability to let go
- Competitive Spirit
- Cynicism
- Territorialism

.... Against which Love is the only antidote.

I leave you with Four questions:

1. What has God called you to be?
2. What has He called you to do?
3. Where has He called you to go?
4. Are you in the right place, doing what He asked you to do?

And He was saying to them all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. (Luke 9:23 NASB)