

# THE IRON BRIEFING



## AUGUST 2024

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

— Colossians 2:6-7

## IRON CONFERENCE 2024

Sept 20-22, 2024

AMICALOLA FALLS | \$500 PER PERSON

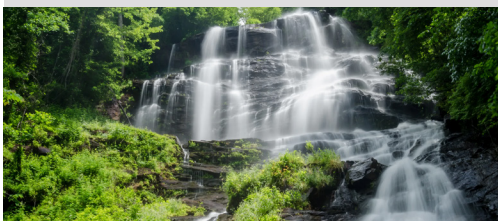


SPEAKER:  
**JOEL MANBY**



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**SPACES FILLING UP FAST**  
**Don't Miss Out!**



**IRON IQ**  
A quarterly digital gathering to sharpen our collective IQ.

UP NEXT

**STEWARDED OUR PHYSICAL HEALTH**

Presenter:  
**Dr. Bryan Johnson**

Wednesday Aug 28<sup>th</sup>, 9am to 10am via Zoom

## CRANK UP THE MUSIC!

as shared by Iron Forums' Atlanta City Director, Barry Lusk

God taught me something at a silent dance party. Most cruise lines have them and we love them! When you first walk in the room it can feel a little awkward because everyone is dancing but the room is quiet. Watching the enjoyment of those dancing, makes me want to get my set of headphones so I can hear what they are hearing and move like they are moving. Otherwise, my other choice is to get on the dance floor and start moving without the music. It wouldn't be pretty, it would feel silly and it wouldn't last long!

In other words, we try to mimic what we see others doing, but without the "music" of the gospel moving us, once again, it isn't pretty, it feels silly and it won't last long. But when we're cranking up the volume of the gospel daily, we're moved to live out the Christian life with true enjoyment and we'll draw others into the dance. So, let's get creative with it. What would it sound like and look like for you to be moved by the music of the gospel in your daily life?

**Barry Lusk**  
*Atlanta City Director*

Sometimes we can treat the Christian life like trying to dance without the music.



## OUR MONTHLY HEALTH TIPS PAGE



This is about being your healthiest and thus your most reliable and most productive. And the two aren't diametrically opposed. Here are ways to enjoy sugar AND be healthy. And as a reminder, staying your healthiest will be controlling your health insurance and healthcare as well as making for a better quality of life.

**TRACTION TIP**

**YOU CAN'T HANDLE THE SHAME!  
PART 1: NARCISSISM**



"Of course I'm right! You're clueless about this," shouted Liz, a narcissistic leader, to her peer, Vick, when he challenged her. Her outbursts silenced Vick and the rest of the team. Liz left the meeting feeling victorious while everyone else wondered how much longer they would tolerate her behavior.

In many teams that I work with there's a person whose behavior intimidates others. Fearful team members are hesitant to call out the individual's mistreatment of others, disregard for guidelines or standards, or incessant need to win or be right. Conflict with these "scary" people is avoided, their bad behavior persists, and the team's fragile health further erodes.

In his book, *The Other Half of Church*, Dr. Jim Wilder defines narcissism as "the inability to metabolize shame in a relational way;" (157). Shame is what we feel when someone else is not glad to be with us.

Individuals who often behave with narcissistic tendencies are unable to handle failure or healthy correction maturely. Instead of learning from their mistakes and growing from their failures (becoming more Christ-like), they resort to self-justification. This can take the form of blaming others, deflecting responsibility, or even sabotaging team efforts to protect their fragile self-image.

We all (yes, all) have the tendency to rationalize or justify our own decisions or behavior. Self-justification gives us the ability to maintain a sense of control so that we won't feel shame again. By attacking and shutting others down, the narcissist avoids feeling shame.

We'll discuss how to address this dysfunction next month.

Let's talk about your team's health:

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**MEMBER SPOTLIGHTS**



**TRANSWORLD**  
Business Advisors

**KARL & ANN BARHAM** —  
*SUGARLOAF & WOMEN AT SUGARLOAF*

Our favorite aspects of Iron Forum are the impactful prayers we share during our snapshot sessions and Iron Forums' holistic approach. We are dedicated to encourage each other's spiritual growth while also supporting one another in strengthening our roles as husbands, fathers, and business leaders. And the prayers are truly meaningful way to support each other after a woman shares her thoughts.

Our business Transworld Business Advisors of Atlanta Peachtree focuses on the marketing and sale of businesses. We offer professional services that successfully brings buyers and sellers together. From business brokerage, valuations, exit strategy planning, franchises, to mergers and acquisitions; we are the business sale specialist.

*Married for 10 years, Aria (9), Nora (7). Home church is Perimeter Church in Johns Creek.*



**NATHAN LAGRANGE** — *GAINESVILLE*

I love that the Iron Forums leadership has facilitated a great atmosphere of empathy that drives vulnerability. There's also the beautiful dynamic of multigenerational learning. I get the wisdom of those a few years ahead and the zeal of those a few years behind.

I serve as the executive Director of Oasis Rest International. We refresh pastors, missionaries and Christian leaders all over the world through hosted Oasis homes of hospitality and spiritual care. Tired? We can help.

**OASIS REST**  
INTERNATIONAL

*Married to Tricia (28 years), Connor (27), Lauren (24) Carter (23), and Mercy (16). Home church is Northside in Gainesville.*



**RECOMMENDED VIEWING**

Many Iron Forums members and Board Members have found this release from Mike Rowe to be inspiring and uplifting. Check it out!