



Content Sheet **Inner Life of a Leader**

Name

Date

Reflection + Discussion Questions

Section 1: The Inner Inventory

Over the past few months, we've been reflecting on how we're called to cultivate and grow in areas of our lives that can sometimes be unintentionally neglected. As leaders, it can be easy to focus on external success while overlooking what's happening (or not happening) inside us.

But God looks at the heart, and the state of our "inner man" often influences everything else. Today, we'll consider what it means to cultivate our inner life—because when our "inner man" matures, that's when we can truly walk in the fullness of what God has given us to steward, impacting not just this world, but His Kingdom for eternity.

A Moment of Reflection

Before we begin today's content, take a moment to pause and look inward. Spend the next 90 seconds writing brief responses to the following prompts and then share with your table once completed:

- 1) The biggest thing on my mind and heart lately is...

- 2) A recent decision or reaction that reflected my inner state was...

- 3) If I could ask God to grow one area of my heart today, it would be...

Section 2: Dee Barnes on the Inner Life of a Leader

Dee Barnes' talk, "The Inner Life of a Leader," explores how a leader's internal world—faith, character, and personal discipline—directly impacts their external influence. As CEO and President of Evans Tool & Die, Dee brings decades of real-world leadership experience to this message. She emphasizes that leadership is not just about strategy and execution but about cultivating inner strength, integrity, and spiritual maturity. Through personal insights and biblical wisdom, Dee challenges leaders to prioritize their inner life, recognizing that true success flows from a foundation of wholeness, faith, and intentional growth.

Section 3: Discussion Questions:

Take a few minutes to review the questions below. Choose one that you feel God is prompting you to grow in and share your response openly. Before offering advice to others, ask clarifying questions to better understand each other's perspectives.

Past Hurts & Wounds: Identify one past wound—whether from childhood, past leadership experiences, or personal failures—that may still be shaping how you lead today. What is one specific step you can take this week to invite Christ into healing that area?

Spiritual Disciplines & Growth: Choose one spiritual discipline that you feel God calling you to cultivate—whether something new, something you've neglected due to busyness, or something that could help you seek His wisdom more intentionally. What will you do this week to begin or rekindle that practice?

Emotions & Leadership: Think of one recent situation in your business, family, or marriage where your emotions led your decision-making. What specific habit or mindset shift can you adopt to ensure wisdom and discernment guide you in similar situations moving forward?

30 Day Grow Goal:

Section 4: Iron Forums Toolkit

Grow Guide: Building a Sustainable Inner Life

Need an Advisor? Reach out to the Iron Forums Advisor Corp or your Facilitator.

Podcast: **The Emotionally Healthy Leader Podcast** – Peter Scazzero  

Book: **The Ruthless Elimination of Hurry** – John Mark Comer 