



CONTENT MODULE SUMMARY SHEET

Loads & Burdens by **Brent Stromwall****INTRODUCTION**

We are each uniquely designed to carry a certain “load” of responsibility. When others add to our load, it can quickly become a “burden,” weighing us down, and creating undue pressure. Conversely, as servant leaders in our homes and businesses, we should be able to help those around us with their burdens. How do we set the balance?

Today we’re going to discuss the idea of LOADS vs. BURDENS, presented in a short video by Brent Stromwall. He includes a path to follow to put it into practice.

Brent is a long-term member of Iron Forums. He is passionate about helping his entrepreneurial peers get more joy and success out of running their companies — leading him to switch careers and become an EOS® Implementor and business coach through his company, Odigos, LLC. As a business owner and executive with over 30 years of experience, Brent knows the pressures we all face to not only grow our businesses, but ensure that we have an engaged and loyal team to help us accomplish our goals.

SCRIPTURE

For the whole law is fulfilled in one word: “You shall love your neighbor as yourself.”

— *Galatians 5:14*

Carry each other’s burdens, and in this way, you will fulfill the law of Christ.

— *Galatians 6:2*

...for each one should carry their own load.

— *Galatians 6:5*

CONTENT

Add your thoughts to this outline, and listen to the Holy Spirit to see what He may be speaking to you about this topic.

How do we love?

God has called us to love others as we love ourselves, but it’s not always easy.

Consider how you love your family, your employees, co-workers, customers.

Jesus sets the bar even higher — “Love your enemies.”

Love counts most.

1 John 14:18 — “God is Love.”

1 Corinthians 13 — “The Love Chapter.”

Galatians 5:6 — “The only thing that matters is faith expressing itself through love.”

How do we love others?

R.A.V.E.

Be Responsible: Know what God designed you to do and do it; become the person God created you to be.

1. We are uniquely designed for a load and purpose.
2. As a business leader, one of your responsibilities is to ensure all of your employees know theirs.
3. If someone isn't doing what you think they should do, look inward at yourself before turning to face them.

Be Available: Don't live at or above your capacity so that you may help others who genuinely need it

1. Hurriedness hinders your availability.
2. Entrepreneurs/Leaders often take on too much.
3. We all need margin so we can be available to help others with their burdens.

Be Vulnerable: Take off the mask; get in the community; don't get trapped in the idea that you have to be a self-reliant, independent self-starter.

1. A safe culture opens the door to vulnerability.
2. It starts with the leaders communicating mistakes and limitations as well as accepting feedback.
3. Modeling vulnerability to your employees will encourage a culture where they feel safe to admit their own mistakes and concerns.

Empower (do not Enable): Don't burden yourself by taking on other's responsibilities and limiting their ability to become who God desires them to become.

1. Empower others by reinforcing their responsibility so they become mature and complete.
2. Don't solve other's problems; walk along side them to guide and support as they solve their own problems.
3. As a business leader, you have the opportunity to empower employees to reach new heights in their growth.

DISCUSSION QUESTIONS

1. How do you demonstrate love at home and/or in the work place?
2. Do you ensure you've created margin in your life to be available to family, friends, or employees? How do you do this with all the responsibilities on your plate?
3. How do you feel about being vulnerable with your employees? Does it make you feel anxious, exposed, maybe it's not appropriate? Discuss why it makes you feel that way.
4. How can you R.A.V.E. on yourself and others?