

Feeling Isolated? Take the Advice From This Kingdom-Minded Leader

As a leader, it can often be challenging to make your own emotional and spiritual health a priority with all of the associated pressures. You may be familiar with the expression “it’s lonely at the top;” for many kingdom-minded leaders, feelings of social isolation and loneliness have been exacerbated by the COVID-19 pandemic. The scaling back of in-person church services and small groups, social distancing and other results of COVID-19 can make caring for your own soul particularly challenging.

Dr. Lon Flippo, professor and chair of pastoral studies at North Central University shared biblical wisdom on the topic of leadership soul care in one of our most recent episodes of the *Pinnacle Leaders Podcast: Leadership Soul Care in a COVID-19 World*. With more than 30 years of pastoral ministry experience, Dr. Flippo has written several Christian parenting books and publications related to faith, church and parenting in a secularized society. He has also spoken at national conferences about family, best ministry practices and parenting ministries.

“You’re not compartmentalized in life; you’re a physical being, emotional being, spiritual being and mental being.” Dr. Flippo shared during the podcast. “You have to put all those pieces together. When you’re off on one piece, you’ll be susceptible to fears and uncertainties because you’re not complete.”

Dr. Flippo also offered the following counsel for leaders living in today’s COVID-19 world:

- “We have to manage our margins. We have to get rid of things

that are going to crowd in, take over our lives and keep us from staying steady.”

– “We have to secure our support. We have to get people around us—people who are encouraging us, who love us and who strengthen us.”

– “We have to stay in the presence of God.”

– “Whatever you’re facing that day, just try to win that day. A ‘mini-victory’ is better than no victory. When you’re used to little victories, then maybe you can start experiencing some big victories,” said Dr. Flippo.

Subscribe to the *Pinnacle Leaders Podcast with Dr. Langley* for more Biblical wisdom for today’s kingdom-minded leaders. You can also connect with Dr. Langley on his website at [. {eo}](#)