



# Personal Development and Discussion Resource

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Written by Amy P. Kelly and Heather Dias

*And over all these virtues put on love,  
which binds them all together in perfect unity.*

Colossians 3:14

## — About This Resource —

This Development and Discussion Plan is designed to accompany Amy P. Kelly's book *G.L.U.E. - A Leadership Development Strategy to Bond and Unite*.

G.L.U.E. is a short story about two women who own a business and how their relationship is tested when one woman decides to leave the business partnership. The characters must decide to let the relationship break or work on the relationship to build a stronger bond.

The story takes the characters through highs and lows and shares principles to help people bond and unite instead of break and divide. Sustaining strong bonds and unity are common challenges in workplaces, communities, schools, families, religious organizations, and governments. G.L.U.E. offers a framework to make peace, find common ground, and support each other in the face of disagreement and adversity.

This development resource is designed to support application of the principles shared in the book. It aids in reflection, discussion, and growth and can be used alongside the book for individual, partner, and group study.

You get to make choices in the development journey of your life, and when you apply G.L.U.E. you can avoid breaks, repair breaks, and create even stronger bonds.

## — How to Use This Resource —

This Development Resource is organized to follow the chapters in the book for personal study, partner discussion, and group discussion. You can read the entire book and go back and complete the guide, or you can complete the sections as you ready chapter by chapter.

If you decide to work through the material as a part of a discussion group, it is recommended to work through the book via the 12-week session outline provided on the next page. Proceed in the way that works best for you and your group.



## — Study and Discussion Plan —

<b>Session 1</b>	Book pages 3-18	Introduction & Your journey
<b>Session 2</b>	Book pages 19-20	The Award
<b>Session 3</b>	Book pages 21-25	Breaking Apart
<b>Session 4</b>	Book pages 27-28	Splintered in Pieces
<b>Session 5</b>	Book pages 29-30	People Watching
<b>Session 6</b>	Book pages 31-32	The Test
<b>Session 7</b>	Book pages 33-34	The Mirror
<b>Session 8</b>	Book pages 35-40	The Decision: Anger or Trust
<b>Session 9</b>	Book pages 41-50	Too Many Examples
<b>Session 10</b>	Book pages 51-56	Follow the Leader
<b>Session 11</b>	Book pages 57-63	G.L.U.E. Helps Everyone Grow
<b>Session 12</b>	Book pages 65-71	Author's Notes and Next Steps



As you use this resource look for Treasure Verses. All verses contain treasure and are alive and active. For the purposes of this resource, Treasure Verses contain divine alignment related to the characters' growth and development in the G.L.U.E. story.



As you work through this resource the Leadership Application items offer the opportunity to apply G.L.U.E. concepts related to your leadership journey and experiences.

# SESSION 1

## Intro & Your Journey



G.L.U.E. is ultimately a story about leadership. You are the leader of your life. The way you make decisions and the way you manage your work and life relationships are your life's leadership. God has given us the power and free will to make choices and decisions as we lead in our life. He has given us the directions for our fullest life possible in His Word, and the way we move through our life is the story of our leadership development journey.

Reflect on what it means to you to be the leader of and in your life. \_\_\_\_\_

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Can you be a leader and a follower in your life? How does that work?

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Do you believe servant leadership requires leadership AND followership? How?

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**For I know the plans I have for you, declares the Lord,  
plans to prosper you and not to harm you, plans to  
give you hope and a future.**

JEREMIAH 29:11

Why do you think the Lord declares his plans for you? How does his declaration make you feel about your life and leadership development journey?

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## CHAPTER 1

# The Award

*How good and pleasant is it when  
God's people live together in unity!*

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PSALM 133:1

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# SESSION 2 - CHAPTER 1

## The Award



How good and pleasant is it when God's people  
live together in unity!

PSALM 133:1

**Unity:** the quality or state of being one; the state of those who are in full agreement

Do you believe unity is important in life and work relationships? Why or why not? Do you believe you have to agree on everything to have unity? How can you disagree and still align and operate with unity?

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Linda and Cindy, through their store The Hope Chest, were united on a common mission. Their mission was “to give people encouragement and hope and the power to spread it through thoughtful and perfectly timed gifts.”

Were Linda and Cindy united on their mission in the story? What signs did you see to support your answer?

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Reflect on a time when you were united with others on a common mission. It might have been through work, family, school, volunteer service, etc...

How did the ups and downs and the highs and lows of living out this shared mission bring you all closer together? Was the mission ever threatened? What did you do to maintain unity? Were you able to maintain it? What did you learn in the process? \_\_\_\_\_

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# SESSION 2 - CHAPTER 1



## Treasure Verse

And over all these virtues put on love, which binds them all together in perfect unity.

COLOSSIANS 3:14

**Virtue:** a behavior showing high moral standards; a beneficial quality or power of a thing

Why would virtue be important for leading in your life? \_\_\_\_\_

What does Colossians 3:14 say binds people together in perfect unity? \_\_\_\_\_

\_\_\_\_\_

Do you believe that having love as the foundation in all relationships will create a bond of “perfect unity”?

Circle: YES / NO

Why or why not? \_\_\_\_\_

\_\_\_\_\_



## Leadership Application

List 3 challenges you faced while working with and/or leading others?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# SESSION 2 - CHAPTER 1

How might have applying Colossians 3:14 helped in these situations? As you write about each situation, consider how the outcome could have been different and where the opportunities were to do things differently.

Situation 1

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Situation 2

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Situation 3

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## CHAPTER 2

# Breaking Apart

*When my heart was grieved and  
my spirit embittered, I was  
enseless and ignorant; I was  
a brute beast before you.*

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PSALM 73:21-22

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# SESSION 3 - CHAPTER 2

## Breaking Apart



**When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you.**

PSALM 73:21-22

Linda felt confused as she listened to Cindy matter-of-factly tell her that she wanted to start her own store and end their business partnership. Soon, Linda's feelings included frustration, betrayal, hurt, and anger.

Have you ever had someone leave your team? How did it make you feel?

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In the story, who do you identify with most?

Circle:    Linda        or        Cindy

Discuss why you identified more with Linda or Cindy.

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At some point, we all must have challenging conversations with family, friends, and/or colleagues.

Keeping LOVE as the foundation...

Reflect on how Cindy could have handled this conversation differently.

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Reflect on how Linda could have responded differently.

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# SESSION 3 - CHAPTER 2



## Treasure Verse

In the following verses, what does God's word teach us about having "challenging or significant conversations" with others?

**Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.**

EPHESIANS 4:29

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**Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.**

COLOSSIANS 4:6

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**My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.**

JAMES 1:19

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## CHAPTER 3

# Splintered in Pieces

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.*

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PHILIPPIANS 2:3-4

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# SESSION 4 - CHAPTER 3

## Splintered in Pieces



**Do nothing out of selfish ambition or vain conceit.  
Rather, in humility value others above yourselves,  
not looking to your own interests but each of you to  
the interests of the others.**

PHILIPPIANS 2:3-4

Have you ever felt rejected, abandoned, or betrayed by a business associate, teammate, or friend?

Circle: YES or NO

If YES, share how you handled those feelings of hurt, rejection and betrayal.

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When Cindy told Linda she wanted to open her own store, Linda took it as a personal rejection and betrayal. She left the office, went home, and broke the award and small wooden chest that Cindy had given her.

If you were to talk to Linda right after Cindy left the office, using Paul's words in Philippians 2:3-4 as your guide, discuss what you would have said to Linda to help her shift from anger to peaceful acceptance and support?

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# SESSION 4 - CHAPTER 3



## Treasure Verse

In the following verses, what does God's word teach us about having "challenging conversations" with others?

**Do nothing out of selfish ambition or vain conceit.  
Rather, in humility value others above yourselves,  
not looking to your own interests but each of you  
to the interests of the others.**

PHILIPPIANS 2:3-4



## Leadership Application

A leader is often in a position to mediate disagreements and miscommunications between those they lead or help to avoid the conflict or disagreement before it escalates. As a leader, how could you create a culture of humility, challenging and valuing others first within:

1. Your workplace?

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2. Your family?

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3. Yourself?

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## CHAPTER 4

# People Watching

*I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.*

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1 CORINTHIANS 1:10

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# SESSION 5 - CHAPTER 4

## People Watching



I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.

1 CORINTHIANS 1:10

What happens when we hold tightly to our hurts and frustrations?

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Linda brought her hurts, frustrations, and challenges from work, home. She reacted in anger when she broke the chest. Her son Justin knew his mom was upset and was not sure if he should ask her his question. How did Linda's behavior impact the culture of her home?

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### Treasure Verses

Conduct yourselves with all humility, gentleness, and patience. Accept each other with love.

EPHESIANS 4:2 CEB

# SESSION 5 - CHAPTER 4

**Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.**

1 PETER 3:8-9 NIV

What do these two verses teach us about how we can conduct ourselves, especially in times of anger, hurt, and frustration?

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Rewrite and discuss a new ending to Chapter 3, imagining that Linda had chosen to adjust her conduct based on guidance from scripture. Please include how the adjustments Linda could make might have positively impacted her son Justin and the overall culture in her home.

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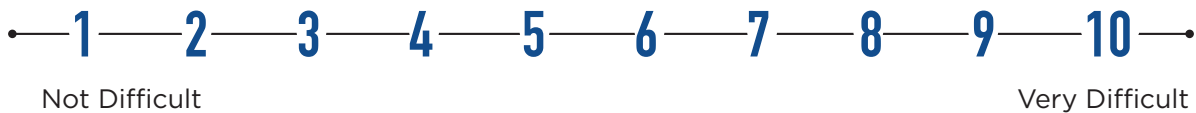
# SESSION 5 - CHAPTER 4



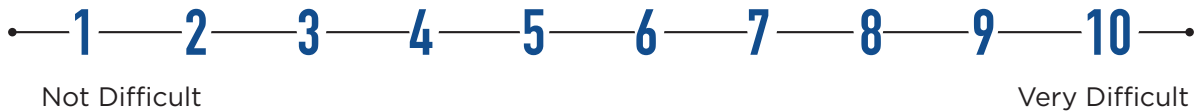
## Leadership Application

As a leader, both our actions and our words are always being observed - by those we lead, by co-workers, by our children, by those we teach and by those in our communities. How we manage our thoughts and emotions is essential to healthy relationships and our own mental, physical and spiritual health. We can grow and improve in this area of our lives and leadership. It is a powerful opportunity for most leaders.

On a scale of 1 -10, how difficult is it for you to notice your unproductive thoughts and emotions and shift to more productive thoughts and emotions?



On a scale of 1 - 10, how difficult is it for you to not bring your feelings of hurt, anger, and/or frustration from work to other areas of your life (home, church, friend groups)?



How does your behavior impact the culture in those environments?

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What steps can you take to gain more ease and agility in both these areas? Noticing and shifting from unproductive thoughts and emotions and thinking traps to more productive thoughts and emotions.

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How can you create strategies to avoid bringing feelings of hurt, anger and/or frustration from one area of life and work into another?

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## CHAPTER 5

# The Text

*A person with good sense is patient,  
and it is to his credit that he  
overlooks an offense.*

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PROVERBS 19:11 GW

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# SESSION 6 - CHAPTER 5

## The Text



**A person with good sense is patient, and it is to his credit that he overlooks an offense.**

PROVERBS 19:11 GW

**In your anger do not sin. Do not let the sun go down while you are still angry.**

EPHESIANS 4:26

**Offense:** annoyance or resentment brought about by a perceived insult to or disregard for oneself or one's standards or principles

Why do you think the word 'perceived' is important in the definition of offense?

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Linda found it impossible to overlook the offenses from Cindy.  
Is it difficult for you to overlook it when someone offends you?

Circle: YES or NO

Do we have to be offended? Why or why not? \_\_\_\_\_

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Have you ever witnessed someone who overlooked an offense? If so, what impact did that have?

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# SESSION 6 - CHAPTER 5



## Treasure Verse

**A person with good sense is patient, and it is to his credit that he overlooks an offense.”**

PROVERBS 19:11 GW

Proverbs 19:11 says that having patience is an important quality when overlooking an offense. What are three ways that patience might have helped Linda overlook the offense (not showing up for the 7:00pm meeting at The Hope Chest) from Cindy?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you believe her anger was justified?

Circle: YES or NO

Discuss whether you believe anger is ever justified. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

# SESSION 6 - CHAPTER 5

**Thinking Trap:** These are patterns of thought, usually with a negative slant - which prevent you from seeing things as they really are. If left unchecked, thinking traps can spiral and play tricks on us - and leave us thinking in circles and feeling trapped.

*Definition of Thinking Traps and Thinking Trap Examples from The Chelsea Psychology Clinic.*

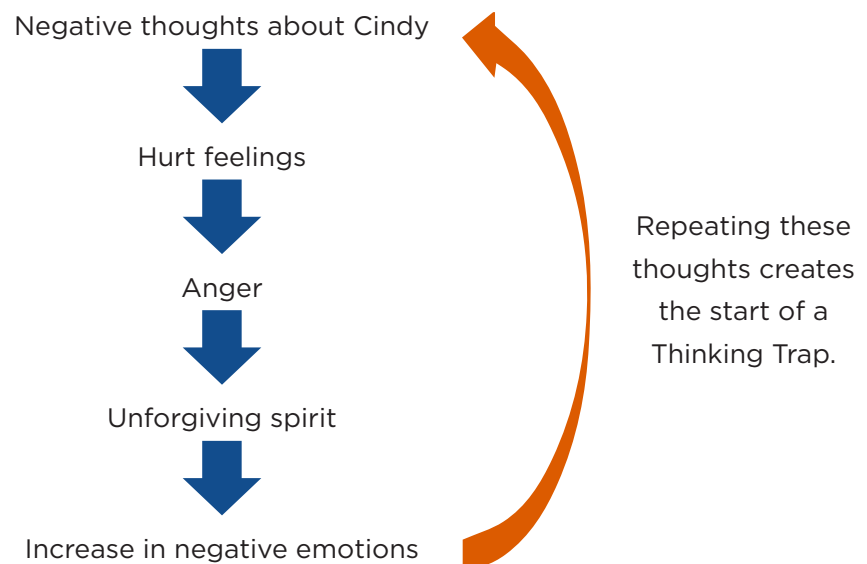
Some thinking traps include:

- 1. All-or-nothing thinking:** Seeing things in the extreme. An example might be, “I did not get the promotion. I am a failure at everything.”
- 2. Mind-reading:** This is when you think you know others’ motivations and thoughts. It is jumping to conclusions about what people are thinking, and it generally includes projecting negatively in regard to the other person’s motivations and thoughts.
- 3. Fortune-telling:** This is when you predict what is going to happen, and you lean toward negative outcomes.
- 4. Overgeneralizing:** Making sweeping judgments about ourselves or others based on only one or two experiences. These thoughts typically contain the words “always” and “never”. The problem: you can never be summed up in one word or base your value as a person on only one single experience.

**Additional Resource:** For more examples of Thinking Traps visit [www.thechelseapsychologyclinic.com/mood-management/thinking-traps/](http://www.thechelseapsychologyclinic.com/mood-management/thinking-traps/)

By the time Linda got home from The Hope Chest, she spiraled into a Cycle of Negative Thinking.

## Cycle of Negative Thinking or Thinking Trap



# SESSION 6 - CHAPTER 5

Have you ever fallen into a Cycle of Negative Thinking or Thinking Trap? It can be all consuming and continuous. This can start with an offense. Some even call offense the “bait” because of its power to divide the mind and negatively impact relationships. Bait is something used to trap prey, and offense can be used to trap leaders into damaging relationships through unproductive thinking and subsequent actions.

Leaders strive for a sound mind and the ability to create Cycles of Positive Thinking, even when hurt and feeling justified in anger.

At what point in the cycle do you think Linda could have stopped the downward spiral in her thinking?

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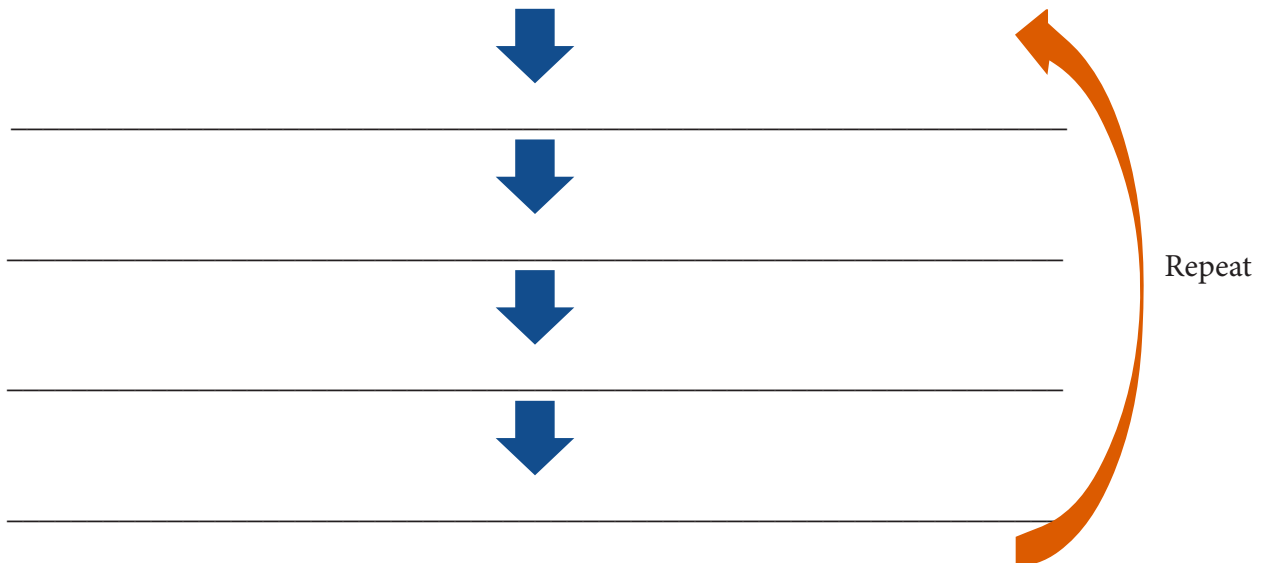
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Using Linda as your example, write possible thoughts that could be used to shift to a Cycle of Positive Thinking and break out of the Thinking Trap of negative thoughts using the diagram below. Remember, the offense is like bait, and if we choose not to take it, positive thoughts will help us go in a different direction and end up with a different result.

Shift to a positive thought cycle and build on the productive thoughts below.

## Create a Positive Thought Cycle

What is an area where you are challenged by negative thinking traps or negative thought cycles? It could be a particular relationship or situation. Use that example to practice creating a progressive Positive Thought Cycle.



# SESSION 6 - CHAPTER 5

What role do you believe forgiveness (self and others) plays in breaking the negative thought cycle and turning it into a positive thought cycle? \_\_\_\_\_

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What other actions can you take to avoid thinking traps that lead to wrong thoughts and further conflict? \_\_\_\_\_

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## Leadership Application

How can anger undermine our leadership effectiveness? \_\_\_\_\_

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What role, if any, does forgiveness play in effective leadership? \_\_\_\_\_

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## CHAPTER 6

# The Mirror

*When they kept on questioning him, he straightened up and said to them, 'Let any one of you who is without sin be the first to throw a stone at her'*

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JOHN 8:7

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# SESSION 7 - CHAPTER 6

## The Mirror



When they kept on questioning him, he straightened up and said to them, ‘Let any one of you who is without sin be the first to throw a stone at her’

JOHN 8:7

“The coffee pot was just one impact of a divided and distracted mind.” (pg. 25)

List examples of how feelings of hurt/anger/frustration can “spill over” and impact other areas in our life:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Linda could not stop the angry thoughts.

Reflect on the power of anger in your own life. Has anger ever undermined your personal and/or professional effectiveness?

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Have you ever witnessed someone you respect act out of anger? How did you feel witnessing this?

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# SESSION 7 - CHAPTER 6



## Treasure Verses

Choose one of the following Bible verses on anger. How might this apply in your life and leadership to manage the reality of feeling angry sometimes?

**Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.**

PSALM 37:8

**Because human anger does not produce the righteousness that God desires.**

JAMES 1:20

PROVERBS 15:18

**Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.**

COLOSSIANS 3:13

**A person with good sense is patient, and it is to his credit that he overlooks an offense.”**

PROVERBS 19:11 GW

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# SESSION 7 - CHAPTER 6



## Leadership Application

On a scale of 1-10, how much control do you have over negative thoughts?



Dr. Daniel G. Amen, M.D. calls these thoughts ANTs or automatic negative thoughts. He even asks the question, “Do you have an ANT infestation in your head?” (learn more at: [www.amenclinics.com/blog/do-you-have-an-ant-infestation-in-your-head/](http://www.amenclinics.com/blog/do-you-have-an-ant-infestation-in-your-head/))

If we are not careful, ANTs can become a habit. One way you can break this habit it to be aware of your triggers and replace the negative thoughts with a positive thought or a truth.

Here is an exercise that might help you when you are having negative thoughts:

**Trigger:** What caused me to think this way?

**ANT:** Identify the negative thought and write it down.

**Truth:** Positive thought or truth: Negative thoughts are lies. Write down one truth from God’s word that you can speak to the ANT when the trigger happens and you notice the unproductive thought.

Ex: Example with Linda

**Trigger:** Cindy did not call.

**ANT:** I am being rejected. My ideas are being stolen from me. Cindy doesn’t care about my feelings. This must be about me.

**Truth:** Jeremiah 29:11 says that God has plans to give me a hope and a future. Therefore I choose to believe and trust that God has a plan and that good will come from this disappointment.

# SESSION 7 - CHAPTER 6

Try this exercise for some of the ANTs you might be dealing with:

**Trigger:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ANT:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Truth:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Trigger:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ANT:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Truth:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## CHAPTER 7

# The Decision: Anger or Trust

*If it is possible, as far as it depends  
on you, live at peace with everyone.*

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ROMANS 12:18

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## SESSION 8 - CHAPTER 7

# The Decision: Anger or Trust



If it is possible, as far as it depends on you,  
live at peace with everyone.

ROMANS 12:18

Do not be wise in your own eyes; fear the  
Lord and turn away from evil.

PROVERBS 3:7

As Linda walked into church, she felt overwhelmed and out of control with her negative feelings and thoughts.

Do you believe you have control over your thoughts?

Circle: YES or NO

Do you believe you have control over your feelings?

Circle: YES or NO

Reflect on your answer: \_\_\_\_\_

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***Just then, the music started to play, and Paul squeezed her hand when they stood up to start singing. Linda was still thinking of Cindy, and she did not want to sing.*** (G.L.U.E., page 28)

How does our decision to choose negativity in our thoughts and feelings affect our relationship with God?

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Forgiveness is a choice: Circle: TRUE or FALSE

# SESSION 8 - CHAPTER 7

Reflect on a time that you chose NOT to forgive someone. How did this impact your relationship with:  
God? \_\_\_\_\_  
\_\_\_\_\_

Others? \_\_\_\_\_  
\_\_\_\_\_

Yourself? \_\_\_\_\_  
\_\_\_\_\_

On a scale of 1 -10, how easy is it for you to forgive? 1 extremely hard. 10 being very easy.

_____ Yourself	_____ Husband/Wife/Significant other	_____ Friends
_____ Parents	_____ Other Family	_____ Strangers
_____ Children (if applicable)	_____ Co-workers	_____ Neighbors

In each of the above examples, what do you believe holds you back from being a "10"?

Yourself: \_\_\_\_\_  
\_\_\_\_\_

Parents: \_\_\_\_\_  
\_\_\_\_\_

Children (if applicable): \_\_\_\_\_  
\_\_\_\_\_

Husband/Wife/Significant other: \_\_\_\_\_  
\_\_\_\_\_

Other Family: \_\_\_\_\_  
\_\_\_\_\_

Co-workers: \_\_\_\_\_  
\_\_\_\_\_

Friends: \_\_\_\_\_  
\_\_\_\_\_

Strangers: \_\_\_\_\_  
\_\_\_\_\_

Neighbors: \_\_\_\_\_  
\_\_\_\_\_

# SESSION 8 - CHAPTER 7

List examples of how feelings of hurt/anger/frustration can “spill over” and impact other areas in our life:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Reflect on the power of anger in your own life. Has anger ever undermined your personal and/or professional effectiveness?

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Have you ever witness someone you respect act out of anger? How did you feel witnessing this?

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Why is it important for leaders to be able to manage their anger and emotions?

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# SESSION 8 - CHAPTER 7

What do the following verses teach about forgiveness?



## Treasure Verses

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

EPHESIANS 4:32

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Bear with each other and forgive one another if any of you has a grievance against someone. forgive as the Lord forgave you.

COLOSSIANS 3:13

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Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times.'

MATTHEW 18:21-22

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# SESSION 8 - CHAPTER 7

Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

LUKE 6:37

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And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.

MARK 11:25

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Love prospers when a fault is forgiven, but dwelling on it separates close friends.

PROVERBS 17:9

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# SESSION 8 - CHAPTER 7



## Leadership Application

As a leader, list three benefits of forgiveness:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your path straight.**

PROVERBS 3:5-6

### Fill in the blanks:

Even though Linda still felt hurt and angry she made the decision to trust \_\_\_\_\_ rather than \_\_\_\_\_.

Linda had no idea how God could intervene in this situation, but she knew in her heart that she could not continue down the current path of hurt and anger.

On the following continua, place an "X" where you feel you are currently TRUSTing God or self, and God or others.

**GOD** ● \_\_\_\_\_ ● **SELF**

**GOD** ● \_\_\_\_\_ ● **OTHERS**

# SESSION 8 - CHAPTER 7

Reflect on your answers.

GOD or SELF: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GOD or OTHERS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Take some time to meditate on Proverbs 3:5-6. Is there an area of your life you want to make the decision to Trust God with your whole heart and not lean on your understanding?  
Tell God. Write that decision here:

Lord,  
I have decided to TRUST YOU with my whole heart. I will not lean on my own understanding of (write circumstance): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will obey YOU and submit to what YOU tell me. I trust that YOU will work this out and make my paths straight.  
Amen



## CHAPTER 8

# Too Many Examples

*Be kind to one another,  
tenderhearted, forgiving one  
another, as God in Christ  
forgave you.*

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EPHESIANS 4:32

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# SESSION 9 - CHAPTER 8

## Too Many Examples



Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

EPHESIANS 4:32

**The theme of “ownership of ideas” is dominant at the Sunday lunch table:**

**Justin** - Friend leaving to start a new football team and using a similar mascot and team color.

**Kim** - Friend running for student council using same slogan.

**Douglas** - Friend leaving band and starting new one with similar name and reaching out to Douglas' fan base.

**Paul** - Two members of his sales team leaving the company. One member was caught copying the client list.

Have you ever believed that someone “stole” your idea(s)?

Circle: YES or NO

Do you believe that people OWN all their ideas? Why or why not? \_\_\_\_\_

\_\_\_\_\_

Do you agree with the way Paul told his daughter Kim to handle the situation when she thought someone stole her idea on page 43? Why or why not? How would you handle it to protect the relationship and your own peace?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**The first to make peace is the strongest.**

Share a time in your life that you were the first to reach out and make peace. How did it feel to unite and be the peacemaker? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SESSION 9 - CHAPTER 8

Share a time in your life when someone else was the first to reach out to you and make peace. How did it feel to be on the receiving end and what was your response?

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## Treasure Verse

**If it is possible, as far as it depends on you, live at peace with everyone.**

ROMANS 12:18 NIV

In this verse from Romans, Paul tells us to do everything in our power to live at peace with everyone.

Is there someone in your life that you are not at peace with? Have you done everything in your power to live at peace with this person or in this circumstance? \_\_\_\_\_

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What is one thing more thing you could do to live at peace with her/him/the circumstance?

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# SESSION 9 - CHAPTER 8



## Leadership Application

How can you best support, encourage, and keep peace when those you lead choose to leave and move on to new opportunities...”go and grow”? \_\_\_\_\_

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What does G.L.U.E. stand for:

G \_\_\_\_\_

L \_\_\_\_\_

U \_\_\_\_\_

E \_\_\_\_\_

In your own words, reflect on how G.L.U.E. is the true source of unity and strength.

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Reflect on a current relationship that is broken or breaking. Use the space below to apply G.L.U.E. to that relationship.

1. Were you ready for this situation, or was it a surprise? How can you be better prepared in the future?

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2. Let them go and grow.

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## CHAPTER 9

# Follow the Leader

*You are blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family.*

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MATTHEW 5:9 MSG

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# SESSION 10 - CHAPTER 9

## Follow the Leader



You are blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family.

MATTHEW 5:9 MSG

According to Linda's pastor, how are we able to let people in our lives "go and grow" as God has called them to do in their own lives? (pg. 45)

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What does it mean to **Love Above** feelings of hurt?

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On a scale of 1 - 10, how EASY is it for you to love above your feelings of hurt? To extend love when it is hard?



### Treasure Verse

Read Ephesians 4. What does it teach you about unity? How can you apply these truths when you are being called to extend love to others who have hurt you?

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# SESSION 10 - CHAPTER 9

Which verse in Ephesians stuck out to you? Why? Write it here: \_\_\_\_\_

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Reflect on a conversation where either you or someone else decided to leave a relationship, team, or organization to “go and grow” in a new direction.

Check all that apply:

- The conversation was challenging.
- The conversation was heated and contentious.
- The conversation took hours over multiple days with many highs and lows.
- The conversation caused seemingly permanent breaks in my family and/or my work relationships.

Describe how the conversation went in your example and what you learned from it.

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## Leadership Application

What is ONE way you can prepare for success in future situations and be ready with G.L.U.E. for the power to build stronger bonds and unity?

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## CHAPTER 10

# G.L.U.E. Helps Everyone Grow

*For He Himself is our peace, who has  
made the two groups one and has  
destroyed the barrier, the dividing  
wall of hostility.*

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EPHESIANS 2:14

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# SESSION 11 - CHAPTER 10

## G.L.U.E. Helps Everyone Grow



For He Himself is our peace, who has made the two groups  
one and has destroyed the barrier, the dividing wall of  
hostility.

EPHESIANS 2:14

**Complete the following sentences.**

Hard, challenging, and significant conversations are defined by \_\_\_\_\_

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Heart Conversations are conversations defined by \_\_\_\_\_

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I avoid hard or challenging conversations.

Circle: TRUE or FALSE

How would shifting your perspective from HARD conversations to HEART conversations affect how you approach necessary conversations with others?

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For more study on heart conversations, heartfulness, heartset, and heart-centered leadership visit any of the following: *The Heart of Business* by Hubert Joly <https://www.hubertjoly.org/tools/>, <https://www.linkedin.com/pulse/heartset-over-mindset-start-heart-regina-huber-/>, *The Heart-Centered Leadership Institute* <https://thcli.com/>, *Petra Krebbs Consulting* <https://www.petrakrebbs.com/>, *Steinbrecher Heart-Centered Leadership Program* <https://steinbrecher.com/heart-centered-leadership/>, and *The Heart Math Institute* <https://www.heartmath.org/>.



# SESSION 11 - CHAPTER 10



## Treasure Verse

**A cord of three strands is not easily broken.**

ECCLESIASTES 4:12

How does applying God's Love heal and repair your heart and soul?

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How does applying God's Love heal and repair broken relationships?

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How does applying God's Love prevent relationships from breaking?

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# SESSION 11 - CHAPTER 10



## Leadership Application

Make every effort to keep the unity of the Spirit through the bond of peace.

EPHESIANS 4:3

G.L.U.E. is a leadership development strategy to bond and unite relationships. How will you grow your leadership effectiveness by making every effort to apply G.L.U.E. in the following contexts:

For yourself: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

For your family: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

For your team(s) and organization(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In your community: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Choose to use G.L.U.E.

Choose to be G.L.U.E.

You will see.

You will grow and build beautiful things through the process.

God's Love Unites Everyone!

May the God of hope fill you with all joy and peace as you trust in him,  
so that you may overflow with hope by the power of the Holy Spirit.


ROMANS 15:13



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**G.L.U.E**

*Don't Break and Divide,  
Bond and Unite*



GlueBondAndUnite.com

**G.L.U.E**

Get ready. It is a part of life.  
Let them go, and let them grow.  
Understand their vision  
as best you can.  
Extend love, even when it's hard.  
You grow, too.



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**G.L.U.E**

Colossians 3:14 NIV

And over all these virtues put on love,  
which binds them  
all together in  
perfect unity.




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**G.L.U.E**

Ephesians 4:3 NIV

Make every effort  
to keep the unity  
of the Spirit  
through the  
bond of peace.



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**L**ove  
**U**nites  
**E**veryone

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Create a Strong Mind with

**G.L.U.E**

*Renew it Daily  
and Avoid  
Thinking Traps*



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AMY P. KELLY is a global human resources and talent development executive known for building high-performing talent and cultures, including award-winning workplaces and leadership development programs. Her passion is to help individuals become the leaders they were created to be. Amy believes in people and partners to build successful leaders and teams in all aspects of life, whether at home with her husband and four children, in her community, or in organizations around the world. For more information about Amy and to bring her work to your team or organization visit [www.amypkelly.com](http://www.amypkelly.com) or email [leadership@amypkelly.com](mailto:leadership@amypkelly.com)

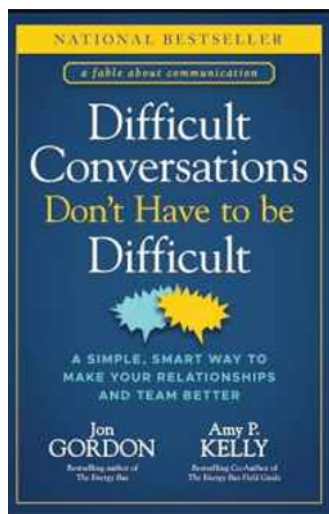
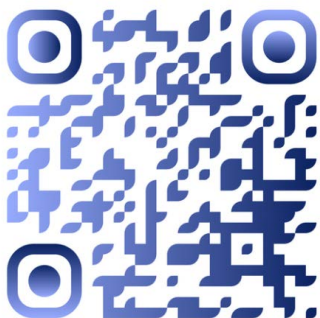
# Other Books and Resources from Amy P. Kelly

AMY P. KELLY  
Bestselling Co-Author of *Difficult Conversations Don't Have to Be Difficult*

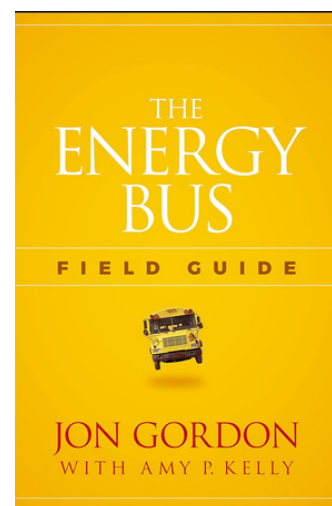
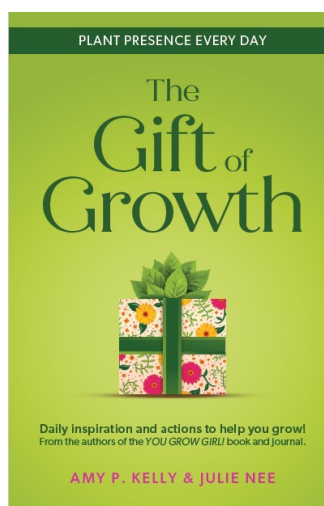
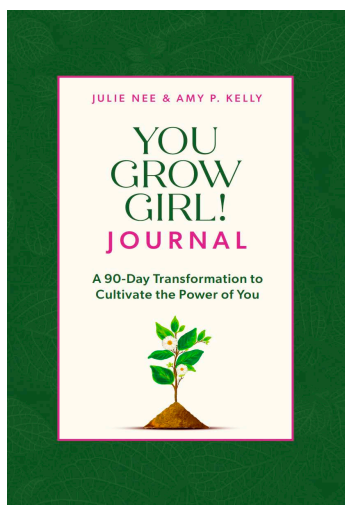
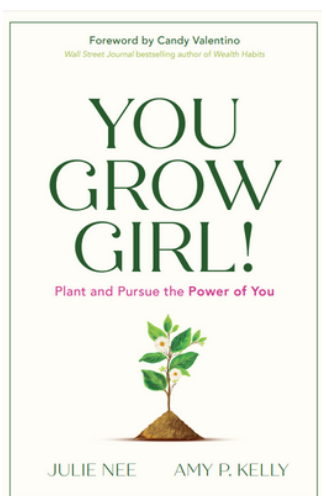
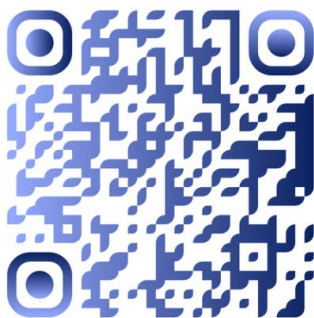


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