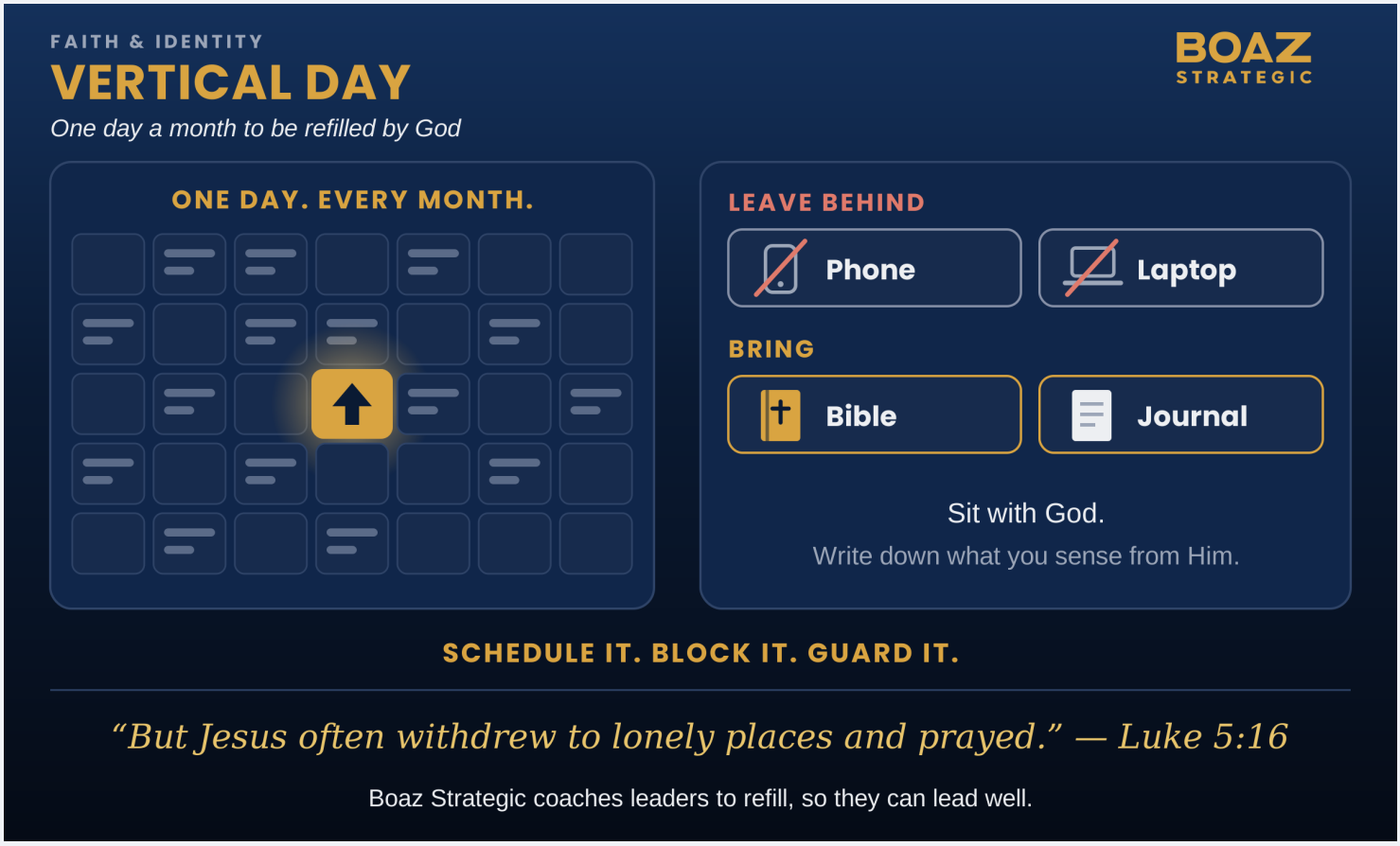


Who refills *the leader?*

> *"But Jesus often withdrew to lonely places and prayed. — Luke 5:16*

If you lead anyone, you already know what it feels like to be needed all the time. You pour into your team, your clients, your family, and your church, and most days that's exactly what you signed up for. But sooner or later every leader has to ask: who is pouring into me?

Brent Vawter, the CBMC (Christian Business Men's Connection) Area Director for Oklahoma, has a simple answer. One day every month, he blocks off his calendar and calls it Vertical Day.

The name comes from the Wheel illustration taught by The Navigators. The vertical spokes, the Word and prayer, represent your relationship with God. The horizontal spokes, fellowship and witnessing, represent your relationships with others.

Most leaders live on the horizontal, and the vertical quietly gets squeezed out. Charles Spurgeon often retreated to the south of France to rest. Most of us can't step away for months, but we can give God one full day a month, in addition to our daily routine.

Here's what that looks like. Pick a place where no one can reach you. Leave the phone and the laptop behind, and bring only your Bible and a journal. Then sit with God, and write down what you sense Him saying.

That one day can refill you for the next 29 or 30. But it won't happen by accident. Unless you schedule it, block it, and guard it, something urgent will take its place.

At Boaz Strategic, we coach leaders to put God first on the calendar.