

FIND YOUR GROOVE

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Albert Tate is the founding pastor of Fellowship Church—one of the fastest-growing multiethnic churches in the United States. As a dynamic communicator, blending the power of storytelling with a good sense of humor, Tate enjoys illustrating God’s amazing grace and love in church, academic and conference settings. Additionally, Tate serves on the Board of Azusa Pacific University, the Global Leadership Network and Global Church Planting Organization, Stadia. He was recently published in *Letters to a Birmingham Jail* and in 2018, he launched the *Albert Tate Podcast*.

Right now, everyone feels that the pandemic was a big test! What if it wasn’t the test, but the lesson? Albert Tate provides three invitations to leaders that can open fresh opportunities, rhythms, and perspective—what Albert calls a New Groove.

See What You’ve Never Seen Before

Albert emphasizes celebrating the little things. Below, list a few little things you can celebrate right now:

As a team, share what moments you might be missing because you’re chasing after what you thought was important—but is actually not important:

As a team, have each person share their answers to the following:

- What boundary do you need to set to ensure you are chasing what is important?
- What is your specific plan to maintain that boundary?
- In what ways is your commitment to that boundary likely to be tested?

Rest

Albert shares that taking care of yourself is how you will survive and show up well to lead. What does it look like to take care of yourself? Getting a complete picture of self-care encompasses rhythms that care for each aspect of yourself. Take some time to reflect. Using the chart below, create a plan for self-care. Increase your successful implementation by showing someone your plan and inviting them to check-in with you twice a month about your plan.

	Socially	Emotionally	Spiritually	Physically	Intellectually
Daily					
Weekly					
Monthly					
Quarterly					
Annually					

As a team, share with each other about: What most frequently gets in the way of your self-care? In what ways can you quarantine those things?

Grieve and Hope

Grief is experienced through a variety of losses: death, closing of a business, life transition, friendship ending, and more. As a team, share with each other the answers to the following:

What loss are you grieving?

Where do you need to keep fighting, even amidst grief and challenge?

Albert invites us to experience grief and hope at the same time. What does hope look like amidst your grief?

What person needs to see your hope?

In what ways can you express hope in the midst of grief to that person? How will you do that this week?

Act

What is your action step to build what Albert calls a “new groove” into your life?