**EXTRA! Ideas for Adults – More Than a Sidekick – Session 1**

**Date: July 21, 2024**

**Aaron and Hur**

**The Point: Leaders don’t lead without the help of others.**

**Get Into the Study**

For help getting into the study, share the point of this session: Leaders don’t lead without the help of others. Further the discussion by asking: What makes a bad leader?

Before group members answer, share this recent story from *Forbes.com* about what to [Learn from The Five Worst Traits of a Toxic Boss](https://www.forbes.com/sites/dedehenley/2024/06/23/learn-from-the-five-worst-traits-of-a-toxic-boss/) (6/23/24). Review the article by sharing the following “worst traits” of a bad leader:

* ***Putting people down:*** Bad bosses create toxic workplaces when they are often impatient, dismissive, or sarcastic with team members.
* ***Hyper-focusing on small things:*** Teams report that the leaders who over-focus on the small things will often miss the bigger picture.
* ***Micromanaging:*** Team members point out that leaders who hover over them or watch their every move are difficult to work for.

Come back to the original question: What do you think makes a bad leader? (If time allows, share some “bad boss” stories). Point out that the *Forbes* article mentions how a bad leader can make other people’s lives miserable. From damaging morale in the office to affecting physical health, bad leaders can affect not just the office, but home and family lives of their team as well. Let’s look deeper at the Exodus story of Aaron and Hur and see not only what makes a good leader, but also what makes a strong supporter.

**Get Into the Study [Optional Activity from the Adult Leader Guide]**

In advance, play a [video clip](https://www.youtube.com/watch?v=dQBhUzEsO-Y&ab_channel=Party2GoJukebox) of a famous sidekick. Then ask Question #1.

**Live It Out**

Say: It’s easy to point out the mistakes of a leader. But as team members, we can often miss how we can be more present, more supportive, and more dependable to a leader. Share that *Forbes.com* featured [4 Positive Traits That Leaders Love to See In Their Employees](https://www.forbes.com/sites/nicolelipkin/2024/06/25/4-positive-traits-that-leaders-love-to-see-in-their-employees/) (6/26/24).

Explain how we might ask, what makes a great leader? But rarely, do we ask what makes a follower. Leaders were asked what makes a great team member and answered: taking accountability for mistakes, showing enthusiasm for new ideas, and being open to receiving constructive feedback.

Say: Just like the toxic traits of a bad leader from the earlier *Forbes* article, we can learn from bad leaders and realize it takes a team to be a good leader. It’s vital we realize that whether we are the leader or a team member, we don’t lead without the help of others.

Say: As a Christian who seeks to serve and help others, you are called to continually look for ways to be more present, more supportive, and more dependable. This week, be the leader and helper who is present, supportive, and dependable.

*EXTRA was written by Ryan Sanders. He holds the ThM and MDiv from The Southern Baptist Theological Seminary. Ryan is married with three children, and lives in Washington, DC. Find more about Ryan at*[*RyanJSanders.com*](http://ryanjsanders.com/)*.*

**Additional Questions**

**Icebreaker**

* When was there a time in your life in which someone did something small and yet had a big impact upon your life?
* When have you had way too much fun helping a friend or co-worker?
* Who are some of your favorite sidekicks from movies and TV shows?

**Exodus 17:8-10**

* What would help us be the kind of people our leaders turn to in difficult situations?
* How can we discern when to show up and when to give space during a difficult situation?
* Who are some of your “go to” companions when the going gets rough?
* Why is it important to be present for others?

**Exodus 17:11-13**

* How can we as a Bible study group tangibly serve our leaders?
* What does it look like to serve in a similar manner to Aaron and Hur today?
* How might we offer physical support to our leaders when they are weary?
* When have you recently felt supported by someone in a big way?
* How can we raise our awareness so we know when and how to offer support?

**Exodus 24:13-15.**

* What experiences can you identify in your life that demonstrate you are a dependable person?
* What thoughts come to mind hearing the phrase “character is who you are when no one is watching?”
* What does it look like for someone to be dependable in today’s world?
* What obstacles prevent people from stepping up to support?

**For Those in Your Group**

Send the following link to your group members as either a teaser before the group meets or as a follow-up thought:

[You’re Stronger Than You Think](https://lynnhpryor.com/2024/07/08/youre-stronger-than-you-think/)