



BLESSED ARE THE SPIRALING

with Levi Lusko

WRITING & BUILDING A CONTENT BANK

- Don't write out of pressure—write from conviction and margin.
- Create a daily writing rhythm, like 1,000 words/day, and stick to it.
- Track content ideas by theme or topic using systems like Evernote.
- Pay attention to how your body reacts to content—it often signals what's worth saving.
- Make notes for your future self after each series or project.

“When I feel a biological response, that's when I take note of something.” - *Levi Lusko*

MIDLIFE MOMENTS & SPIRITUAL RESET

- Ministry burnout can hit during seasons of success—not just struggle.
- Panic attacks and loss can signal a need to recalibrate and rediscover calling.
- God often uses spirals to reset our pace, identity, and mission.
- Don't play hurt—heal, rest, and re-engage with a new mindset.
- Significance isn't about title or scale—it's about pouring into others.

“What becomes more significant is less just what you do and more what you can equip someone else to do.” - *Levi Lusko*

REDEFINING LEGACY & THE SEASONS OF LEADERSHIP

- Seasons of Life
 - Early life: build the container.
 - Midlife: fill it with what matters.
 - Final Season: prepare to give the container and its contents away.
- Great leaders must shift from stage to sage—mentoring the next generation.
- Don't chase more—invest deeper. Let your ceiling become someone else's floor.

“What hit me was, ‘If you can spiral down, why can't you spiral up?’ ” - *Levi Lusko*



MARRIAGE, MINISTRY, & INTENTIONAL CONNECTION

- Don't start date nights with check-ins—separate fun and feedback.
- Audit your marriage regularly: what coin (connection point) might be missing?
- Marriage is a reflection of God's covenant—protect it with joy and intentionality.
- Use rhythms like retreats, routines, and honest conversations to recalibrate.
- Spiritual leadership starts at home—build together, not just publicly.

"There's so many facets of our marriage: creativity, intimacy, generosity; all these different things that make a marriage strong." - *Levi Lusko*

DISCUSSION QUESTIONS

See the next pages for Discussion Questions that will help you and your team get the most out of this episode!

EPISODE RESOURCES

- [Learn More | Levi Lusko](#)
- [Levi's HC Chapel Message](#)
- [Blessed Are The Spiraling Book](#)
- [The Marriage Devotional](#)
- [GrowLeader One Days](#)
- [GrowLeader Conference](#)
- [Monthly Mentoring with PC](#)
- [GrowLeader Roundtables](#)
- [Build a Legacy of Kingdom Builders Team](#)
- [Free Church Resources](#)
- [Previous Episodes + Show Notes](#)
- [The Wesleyan Investment Foundation](#)
- [OneHope](#)
- [StudioC](#)



DISCUSSION QUESTIONS:

Keep growing to reach your full potential by asking yourself and your team these questions:

WRITING & BUILDING A CONTENT BANK

- 1. What systems (digital or physical) do you use to track content, stories, or inspiration?

- 2. Are you building margin in your schedule for creativity—or only reacting to deadlines?

- 3. How can you start capturing ideas more consistently for future use?

MIDLIFE MOMENTS & SPIRITUAL RESET

- 1. When was the last time you felt spiritually or emotionally “off”? What helped you reset?

- 2. Have you ever experienced a “spiral” moment that turned into something meaningful?



3. What would it look like to take your next steps from a place of healing—not hustle?

REDEFINING LEGACY & THE SEASONS OF LEADERSHIP

1. Which leadership season are you currently in—building, filling, or giving away?

2. How are you intentionally mentoring others so your ceiling becomes their floor?

3. What would change in your mindset if you truly celebrated the wins of those you've trained?

MARRIAGE, MINISTRY, & INTENTIONAL CONNECTION

1. What “coin” might be loose or missing in your marriage right now?



2. Are you separating fun from feedback in your relationship? Why does that matter?

3. How can you regularly revisit and strengthen the foundation of your relationship?
