



YOU MAY NOT BE DISCIPLED, RESTED, OR TRUSTED...

PROFILE DESCRIPTION

Based on how you evaluated yourself, you may not be rested, trusted, or disciplined.

When a worship leader is not rested, trusted, or disciplined, they have trouble reconciling the difficulties of ministry with their lives. They often question not only their ministry roles and capacity but their faith as well.

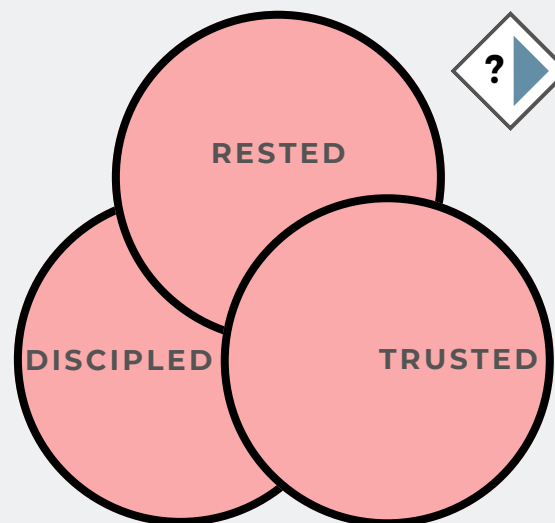
You may lack rest, discipleship, and direction. You might be wandering around looking for help but you aren't sure what you are looking for or what you need.

You may wonder if you are supposed to be in ministry anymore. You may also be wondering whether or not you even believe the Gospel. It's possible that you are exhausted, micromanaged, and are struggling to handle it.

You might be working long hours while having no influence. As a result, you may be growing in frustration and resentment towards others and towards ministry.

You may lack discipleship or spiritual maturity in your life. This might be making it difficult to work through your experience in a healthy, God-honoring way.

WORSHIP LEADER HEALTH CHECK



SYMPTOMS

Symptoms may include (note any that you are experiencing):

> Relational Tension

You may find yourself being "short" with other staff or volunteers simply because you are exhausted, confused, and frustrated about your ministry role. You may not be the Christlike and kind version of yourself that you desire to be.

> Feeling Like the Victim

You find yourself feeling resentment towards your leadership about the amount of hours you work and events you put on. You may feel like you are being used.

> Apathy

You may be feeling apathetic towards your ministry role and your volunteers.

SELF EXAMINATION

You may be on the brink of burnout, considering leaving ministry.

Check the following if it is relatable:

☐ You may have trouble articulating the Gospel and other theological concepts. This can cause confusion in your own life about faith and confusion with those who come to you with questions.

☐ There may be some sin in your life that are hidden from others. This can be slowly eating away at you.

☐ You may not feel like your prayer life is non-existent. As a result, you may feel distant from God.

☐ You may be rested, not overworked, feeling comfortable in your role. But there is potentially a nagging, low-hum anxiety under the hood that steals your peace or true spiritual rest.

☐ You may feel that when you lead worship, it isn't genuine. There is a desire to feel connected to what you are doing but leading worship feels like performing.

☐ There is a chance that your "off-stage" life is not known to anyone. As a result, there may be a lack of accountability in your life.

☐ There may also be a lack of wisdom in your life and your theological depth may be limited to basic concepts.

☐ You may struggle with comparing yourself to other worship leaders. This can cause you to be cynical towards other churches and even towards worship itself.

☐ You may be aware that something needs to change. There may be areas of your life that need to experience growth and restoration. You may be longing for spiritual growth and discipleship but you aren't sure where to find it or who to ask about it.

WORSHIP LEADER HEALTH CHECK

SYMPTOMS - CONTINUED...

> Boredom

You may simply be bored. Once you have mastered the "routine" of Sunday morning, you may no longer feel challenged or inspired to grow. You have hit the proverbial "ceiling."

> Familial Tension

You are experiencing tension in your family, particularly with your spouse, about your work-life balance. Your spouse may be feeling disconnected from you and frustrated or resentful towards the amount of hours you work and the church activities you are involved in. Your spouse may also become bitter towards the church, and could even stop attending.

> Unable to Turn Work "Off"

You are unable to stop thinking about the work that needs to be done once you have left the church. This could result in a lack of presence to your family or other important matters.

> Cynicism

You may be growing in cynicism because your ideas may not be heard. Deep down you may believe that you have a better way of doing things but that it doesn't matter.

SELF EXAMINATION

- ☐ You are often the last to know that something is wrong. Because you may be affirmed in your ministries and continually depended upon, you may believe that you are doing exactly what the Lord has called you to.
- ☐ You may be unintentionally neglect the rest that is essential to your health, your relationships, and your longevity in ministry.
- ☐ You wake up everyday with a fresh vision for ministry but are dead tired by the time you get home.
- ☐ You feel the need to be “all things to all people” because your gifting and opportunities allow you to.
- ☐ Your body and mind may be chronically tired due to lack of physical rest.
- ☐ You may not be prioritizing sleep.
- ☐ You may find yourself struggling to be present at home with those who want your attention and affection. This is typically because your mind is still on “work” or your mind is too tired to focus anymore.
- ☐ You may feel like everything at church depends on you because of your unique gifting. You may be happy to take it on but it takes its toll.
- ☐ You may not know how you like to rest and refuel. This causes your free-time to “waste away.”
- ☐ You are afraid that the people that matter the most to you aren’t getting the best version of you. This can cause great tension because the work you do is “for God” but it shortchanges your availability to those you love.
- ☐ You may find that ministry can become more like a set of duties than a delight.
- ☐ You may be easily offended or easily become anxious because of your exhaustion.
- ☐ You may feel guilty for taking vacation and time off because you carry so much responsibility at your church.

SYMPTOMS - CONTINUED...

> Hidden Sin/Addiction

There may be secret sin in your life that no one knows about. You may be afraid to share it with someone because you fear it may ruin your reputation or you may lose your job. So, instead, it remains buried in your heart. These types of sins are typically ways in which we distract ourselves from painful or uncertain realities.

> Guilt & Shame

You may be experiencing guilt or shame because of what is hidden in your life. These feelings may make you dread opportunities to lead worship because only you know the incongruence of your real life and your on-stage presentation.

> Anger/Frustration

You may be feeling anger towards your situation and this perceived lack of trust or other ministry-related struggle. This anger may be causing you to engage less with staff and it may start to seep into your conversations with volunteers or churchgoers.

> Consuming Self-Thoughts

Most of your thoughts may become about yourself and how others perceive you. You may become more interested in who people believe you to be than who you actually are.

SELF EXAMINATION

- ☐ You may be required to fit a certain "mold" as determined by the church leadership.
- ☐ You feel creatively constrained and that your opportunity to lead the way God is leading you in limited.
- ☐ You may feel like you are a "cog in a wheel" or a means to an end when it comes to what happens on Sunday morning.
- ☐ You may feel like you don't have influence over the direction or culture of the church, particularly when it comes to music and services.
- ☐ You may have a different philosophy of worship from your leadership that creates tension. You may not have control over the general goals, aims, and methods of your services in addition to these small details that accompany them. These unspoken disagreements cause frustration and resentment over time.
- ☐ You may not have a close relationship with your Senior Pastor.
- ☐ You may feel like you are unable to address some of the concerns you have.
- ☐ You may not feel as though you can lead worship the way God is inspiring you to.
- ☐ You may not feel appreciated or valued by church staff or leadership. Even though you believe that you have helpful wisdom or gifts, they are not sought out.
- ☐ You may feel like you have hit a ceiling when it comes to growth because there is no more room for you to try new things. You may feel like you have "mastered" the Sunday performance.

WORSHIP LEADER

HEALTH



YOU

ARE

NOT

ALONE

CONCLUSION

If any of these resonate with you, **YOU ARE NOT ALONE!** The goal of naming these dynamics is restoration, not condemnation. The Lord sees you and loves you. He wants you to experience rest and joy in Him and in serving Him!

Our team would love to encourage you on your journey. Learn how to engage with our ministry in the margin!

CONNECT WITH OUR TEAM

[GATHERINGS](#)

[ONE ON ONE](#)

[RETREAT](#)

We pray that this was helpful to you. The purpose of this diagnostic assessment is to open ourselves up to what God wants to continue to do in us and through us. This requires an honest knowledge of who we are and where we struggle.

But know this! You are loved by the Creator of the Universe. And He has chosen you to serve Him in this incredible way. He is always with you.

WORSHIP LEADER

HEALTH CHECK



HOW LIKEWISE WORSHIP CAN HELP

We love coming alongside leaders in the area of rest. Here are a few ways we would love to connect with you:

- **1 on 1 Care, Mentorship, & Discipleship** If you are struggling with your ministry role and praying about a next step, we would love to connect with you. This is totally FREE! Our heart is to be a resource for you. To connect with our team, fill out [this form](#).
- **Annual Retreat** - You're invited to attend our annual restorative retreat designed for you to get the rest you need. Your spouse is welcome to join you as well. More info [here](#)!
- **Monthly Gatherings** - If Likewise is in your city, we invite you to join us for our FREE monthly gathering. Come connect with other leaders and remember that you aren't alone! Check out our [event calendar](#)!
- **Likewise Academy** - For worship leading resources and education, visit our [Academy](#)!
- **Vocal Coaching** - We offer accessible and affordable vocal coaching! Info [here](#)!

LIKEWISE WORSHIP

HEALTHY LEADERS
HUMBLE WORSHIP
ONE CHURCH

