



YOU MAY BE RESTED BUT NOT TRUSTED OR DISCIPLINED...

PROFILE DESCRIPTION

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

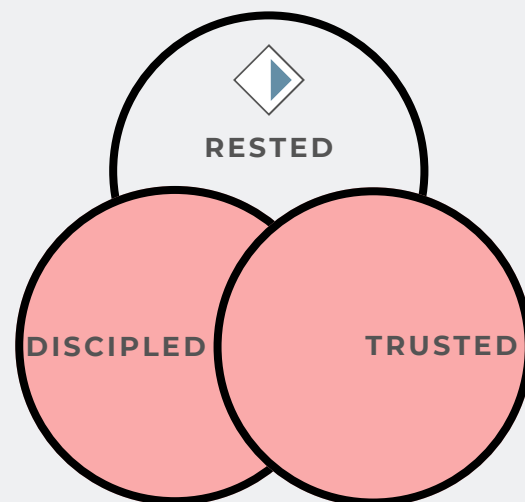
Use the self-examination checklist below and the symptoms listed in the margin to help better understand potentially challenging areas of your life and ministry.

SELF EXAMINATION

Check the following if it is relatable:

- ☐ You find it challenging to articulate 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 don't feel equipped to handle conflict, frustration, or disappointment in a healthy, biblical way.
- ☐ You feel like your prayer life is non-existent. As a result, you may feel distant from God.
- ☐ 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.

HEALTH CHECK



SYMPTOMS

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

> Apathy

You are feeling apathetic towards your ministry role and your volunteers.

> Feelings of Inadequacy

You feel like you don't have the gifts, talents, or experience that it takes to be the leader you believe God is calling you to be.

> Cynicism

You are 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.

You have become cynical towards other musicians and leaders that you believe are more gifted than you are.

SELF EXAMINATION - CONTINUED...

- ☐ You feel confused about God, the Church, or your role in ministry. This confusion, coupled with a lack of discipleship, may make you anxious about your faith and ministry role. To cope with this anxiety, you may turn to sinful and destructive behaviors as a distraction.
- ☐ You may be feeling frustrated by how little influence you feel like you have over certain creative decisions like Sunday services and big events.
- ☐ You may feel like the you continually repeat the same Sunday morning routine over and over again with a smile on your face. But deep down, you aren't sure how much longer you can perform it.
- ☐ This "routine" may be set forth by leadership or tradition. Either way, your input may not be not sought out and your influence may be small or nonexistent.
- ☐ You may also 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 feel like you don't have what it takes to lead well.
- ☐ The frustration you may be feeling quickly can turn into anger and resentment towards your own gifting or the church leadership which can further advance your apathy towards your role.
- ☐ You may be doubting your calling and in some cases, even begin to question your faith.

SYMPTOMS - CONTINUED...

> Anger & Frustration

You are feeling anger towards your situation and the perceived lack of trust. This anger may be causing you to engage less with staff and it may start to seep into your conversations with volunteers.

> Hidden Sin/Addiction

There is 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 are things you may run to to distract you from what you are experiencing and feeling.

> Guilt & Shame

You are 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.

> Imposter Syndrome

You feel afraid that you are faking it and afraid that someone may find out. You feel like someone else is more qualified to be in your position.

SELF EXAMINATION - CONTINUED...

- ☐ You 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.
- ☐ You may be required to fit a certain "mold" as determined by the church leadership.
- ☐ You 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 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 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.

SYMPTOMS - CONTINUED...

> Loneliness

You are longing for someone to listen and speak truth into your life but aren't sure who that could be or how to ask them.

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!

HELPFUL RESOURCES

[DISCIPLED RESOURCE](#)

[TRUSTED RESOURCE](#)

[HARD CONVERSATIONS](#)

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 discipleship. Here are a few ways we would love to connect with you:

- **1 on 1 Care, Mentorship, & Discipleship**
If you are a leader who is looking for a discipleship relationship like the one described in the resources or to process being trusted in ministry, we would love to connect with you. Our staff is available to you and would love to get to know 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** - If you're looking for resources to help you grow other leaders, visit our [Academy](#)!
- **Vocal Coaching** - We offer accessible and affordable vocal coaching! Info [here](#)!

LIKEWISE WORSHIP
HEALTHY LEADERS
HUMBLE WORSHIP
ONE CHURCH

