



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

PROFILE DESCRIPTION

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

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 may have the experience, the pastoral depth, musical talent and lots of freedom and trust. But you are exhausted, stressed, and say yes to everyone and every opportunity. Your intentions are pure but you lack biblical rest and forget that God's Kingdom will continue just fine without you.

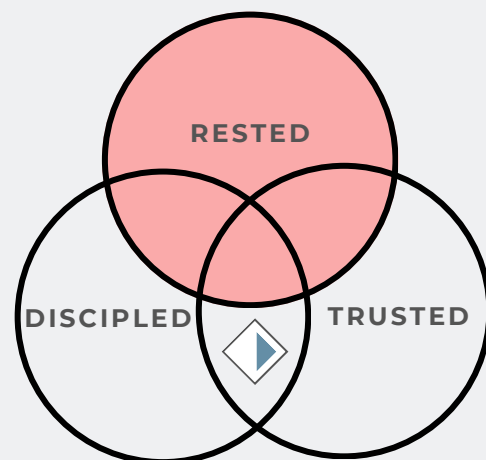
☐ You are often the last to know that something is wrong. Because you may be affirmed in your ministries and continually depended upon, you may believe that you are doing exactly what the Lord has called you to.

☐ You may be unintentionally neglecting 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.

WORSHIP LEADER HEALTH CHECK



SYMPTOMS

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

> Inability to Say "No"

You find yourself unable to say no to opportunities to serve. Whether this is out of pride or fear, the need to continue to serve is seen as more important than the need to stop, rest, and refuel.

> 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.

> Relational Tension

You find yourself being "short" with other staff or volunteers simply because you are exhausted. You may not be the Christlike and kind version of yourself that you desire to be because you are not rested.

> Guilt & Fear

You are fearful or even feel guilty for stopping work to take a vacation or any extended break.

SELF EXAMINATION - CONTINUED...

- ☐ Your body and mind may be chronically tired due to lack of physical rest. You may not be prioritizing sleep.
- ☐ You 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 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 don’t 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 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 feel guilty for taking vacation and time off because you carry so much responsibility at your church.
- ☐ This leader operates like a car with a broken gas gauge. You won’t know you are running on empty until the car sputters on the road and breaks down.

WORSHIP LEADER

HEALTH CHECK



SYMPTOMS - CONTINUED...

> 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.

> Everything Depends on You

You feel that everything, when it comes to ministry, depends on you and rests on your shoulders. This burden you carry, whether you’ve been asked to or not, prevents you from stopping and resting because you forget that God’s work is God’s work. This is also a form of pride in which you can begin to believe that no one can do it as well as you.

> Physical Sickness/Ailment

You are experiencing ongoing stress-related sickness or poor health with not many explanations.

> Unreasonable Expectations

You have unreasonable expectations of your volunteers or other church staff members because you expect them to work as hard as you do.

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

[RESTED RESOURCE](#)

[WHO AM I?](#)

[TOOLS FOR REST](#)

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 a lack of understanding and communication with leadership regarding your role or the amount of hours you work, etc., we would love to walk alongside you to help you have good conversations. We would also love to process your rhythm of rest 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** - 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

