



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

PROFILE DESCRIPTION

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

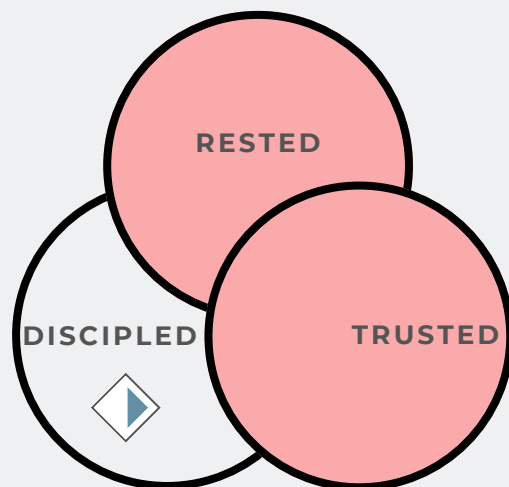
Use the self-examination checklist below and the symptoms listed in the margin to help better understand potentially challenging areas of your life and ministry.

SELF EXAMINATION

Check the following if it is relatable:

- ☐ You may have biblical knowledge and your life may be known by wise mentors. You may be marked by humility. You may be able to deal with frustrations with leadership in a healthy way and your loyalty to the body of Christ keeps you available to the demands of ministry.
- ☐ Because of this loyalty, there is no limit to the work that gets added to your plate “for God’s people.”
- ☐ You may work long hours and function as a reliable tool for your church. While you are involved in the execution of many services and events, you may not be included in the creative elements.
- ☐ Your wisdom, maturity, and loyalty may help you to “push through” the frustration that can come when you lack the opportunity to be heard. It can especially grow when you feel like you don’t have a seat at the table when it comes to planning services and important decisions.

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.

> Apathy

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

SELF EXAMINATION - CONTINUED...

- ☐ However, this frustration, if not addressed, can lead to resentment over time. This can happen especially when you faithfully work long hours.

Because of your love for the body and your loyalty to your church, you may find yourself working many more hours than you agreed to because there is a “need.” When this hard work and loyalty is not rewarded with influence or recognition, you may find yourself growing cynical towards church ministry.

- ☐ You may justify your workload and involvement because you believe in the kingdom impact of the work. You believe that what you do matters so there is no limit to what you will do for the greater mission.

- ☐ You may lack the ability to say “no” to new tasks or events. You may be wearing many more “hats” than you originally tried on.

- ☐ 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 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 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.

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 - CONTINUED...

- ☐ 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
- ☐ 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 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.
- ☐ You 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 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 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...

> Physical Sickness/Ailment

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

> Feeling Stuck

You may feel stuck in your situation. From the outside it might look great. You may be paid well, get enough weekends off, and are respected by your volunteers and congregation. But deep down the suppression of your creativity, or the difference in worship philosophy, weighs heavy making it hard to stay in your situation.

> Tired

You may be tired and lacking energy.

> Anger & Frustration

You may be feeling anger towards your situation and this 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.

> Easy to be Frustrated or Anxious

You may find yourself getting frustrated at little things and lacking patience. You may also get more worried or anxious than you have in the past.

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](#)

[TRUSTED RESOURCE](#)

[WHO AM I?](#)

[HARD CONVERSATIONS](#)

[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 not feeling rested or trusted and would like to process hard conversations and your unique situation with someone, we would love to walk alongside 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

