

Risk Assessment For Christian Workers

Circle the best answer

1. I spend enjoyable, uplifting time with friends.
Frequently 1 2 3 4 5 What friends?
2. I study the Bible for my own enrichment and refreshment.
Often 1 2 3 4 5 Seldom
3. I feel exhausted.
Rarely 1 2 3 4 5 Usually
4. I can list several people I can count on for encouragement or emotional support.
Easily 1 2 3 4 5 Not
5. In the last year my relationship with God has been dynamic, fulfilling, and intimate.
Definitely 1 2 3 4 5 Not really
6. I have been frustrated, angry, or irritated.
Rarely 1 2 3 4 5 Too often
7. I spend time with people who challenge me and ask me the hard questions.
Regularly 1 2 3 4 5 Seldom or never
8. I talk to God about my feelings, desires, and concerns.
Constantly 1 2 3 4 5 Rarely
9. I take time to enjoy at least one hobby or activity not related to work.
Often 1 2 3 4 5 Seldom
10. I am pleased with the amount of communication I have with my family and friends.
Very pleased 1 2 3 4 5 What communication?
11. I take time just to be still in God's presence.
Frequently 1 2 3 4 5 Rarely
12. I feel I am "running on empty" and have no more to give.
Hardly ever 1 2 3 4 5 Usually
13. I spend time with friends with whom I can be totally honest.
Regularly 1 2 3 4 5 Not totally
14. I look forward to sharing with others the new things God is teaching me.
Often 1 2 3 4 5 Seldom
15. I regularly take time away from work for rest and enjoyment – at least a day each week and two weeks each year.
Always 1 2 3 4 5 Rarely

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Score Sheet

Condition I

Isolation

(Lack of Connection)

Add the scores for questions:

1 _____

4 _____

7 _____

10 _____

13 _____

Total _____

Condition II

Spiritual Drought

(Lack of Vitality)

Add the scores for questions:

2 _____

5 _____

8 _____

11 _____

14 _____

Total _____

Condition III

Fatigue

(Lack of Balance)

Add the scores for questions:

3 _____

6 _____

9 _____

12 _____

15 _____

Total _____

For each section:

5 - 10 You seem to be on the right track. Don't let your guard down.

11 - 17 You may be moving into the grey zone. Think of ways to improve weak areas.

18 - 25 You could be putting yourself in danger. Immediate action is called for.

When Christian workers are in a condition of **Isolation**, **Spiritual Drought**, or **Fatigue**, they are **at much greater risk of moral failure** (pornography, immorality, inappropriate relationships, addictions), **ethical failure** (dishonesty, secret life, conflict and bitterness), and **uselessness** (ineffective ministry, burnout). When score is high on two or all three of these conditions, the risk of failure is greatly compounded.

Use questions with a high score as a guide in developing your action plan for improvement. Concentrate on one or two items at a time as you safeguard (or restore) long-term joy and effectiveness in your life and ministry.