

Dear Elders, Ordained Deacons and Wives,

The Elder Accountability Workgroup has put this Wellness Assessment together for the purpose of seeking to support our individual and collective vitality in the ministry. Our adversary, Satan, seeks to be against us and the Lord's work, so we don't want to be ignorant of his devices (2 Corinthians 2:11). While this assessment is not intended to be comprehensive, it will give you an opportunity to reflect on a variety of areas of your life. Doing so can allow us to take steps to be proactive, where possible, and to address needs as they arise.... and they will arise!

This assessment will provide a snapshot of three main areas.

- A. **Personal Stewardship:** Stewarding the physical, emotional, relational, and spiritual aspects of one's life as a foundational part of being in ministry.
- B. **Marriage and Family:** Stewarding one's marriage and family relationships in a way that prioritizes those connections and adequately meets needs.
- C. **Leadership Responsibility:** Stewarding one's leadership and administrative roles through communication, delegation, dealing with conflict, managing change, emotional and cultural intelligence.

This assessment can be used:

1. For your personal reflection with the Lord.
2. To promote discussion and understanding between you and your spouse.
3. To facilitate discussion between you and a mentor/accountability partner.
4. To review how you are doing periodically through the year.

Based on how you are doing in each area:

- You may want to consider what next steps you can take to improve, strengthen, or maintain an area.
- You may also want to consider how Satan may try to subtly or overtly try to take advantage of an area.

As you go through this assessment, please remember that everyone's life, marriage, and church go through times of joy and challenge. Growth is about progress, not perfection.

Respectfully,

Elder Accountability Workgroup

WELLNESS ASSESSMENT FOR ELDERS, ORDAINED DEACONS & WIVES - 2020

Directions: Read the following questions and make a rating along each continuum for how you feel at this present time. Answer each item from your own perspective, unless otherwise noted. After completing the assessment for yourself, you can use the results for personal reflection or for discussion with a spouse or mentor.

A. PERSONAL STEWARDSHIP

1. How would you describe your personal connection to Christ?

Very Close-----|-----|-----|-----Disconnected

2. How is your practice of the spiritual disciplines (e.g., prayer, the Word, meditation, personal worship, fasting, confession, etc.)?

Regular Personal -----|-----|-----|-----Haphazard/
Communion with God Inconsistent

3. Are you maintaining your physical health (e.g., adequate sleep, healthy diet, exercise, monitoring/treating health conditions)?

Actively/Regularly-----|-----|-----|----- I am neglecting
Maintaining aspects of my health.

4. How is your emotional health and management of challenges such as stress, anger, anxiety, depression, and/or grief?

I'm in a good -----|-----|-----|-----Difficulties have
place and like piled up and it is
how I feel. hard to function.

5. Do you have others you can confide in about personal matters?

I have several close-----|-----|-----|-----I am isolated and
friends/mentors that rarely confide in
I openly share with. anyone.

B. MARRIAGE AND FAMILY

1. How do you and your spouse do with sharing your hearts, having spiritual connection, and encouraging each other?

We regularly share-----|-----|-----|----- We are strangers.
and feel heard Our communication
by each other. is all logistical.

2. When my spouse and I have conflict, we can talk through what we need to and get to an adequate resolution.

Though challenging,-----|-----|-----|-----We are stuck and
we can effectively work feel defeated. We
through our conflicts. often avoid topics.

3. Are you giving adequate time and priority to your sexual relationship?

We are intentional -----|-----|-----|-----Our sexual
about meeting the other's relationship is an
romantic and sexual needs. afterthought.

4. How are you doing at staying connected with your children?

Even through the busyness, we find ways to keep up with each of the children.

We are essentially disconnected from our children's lives.

5. Are you getting regular time alone as a couple? Scheduling time to get away?

We intentionally plan for time alone and for getting away.

We have little to no time alone or for getting away.

C. LEADERSHIP RESPONSIBILITY

1. What is your overall level of busyness and pace of life?

Sustainable. A manageable pace that ebbs and flows.

Unsustainable. Like running a sprint and I can't keep up.

2. How are you handling conflict with others?

Passive/Avoidant. There are issues that I need to address, but I avoid due to anxiety/fear.

Assertive
"Direct with Respect"

Aggressive/Conflictual. All know where I stand, but I can come off too harshly and injure relationships.

3. How are you connecting with the various generations in the church?

I regularly interact with each generation in the church and consider their needs, gifts, and concerns.

I rarely interact with some generations. My interaction patterns are quite lopsided.

4. [For Elders] How are you doing at delegating within the minister group and congregation?

I am very intentional about involving, training, and delegating to others.

I rarely delegate. I take on most things myself.

5. [For Elders] How are you doing at managing the administrative tasks (scheduling, calls, emails, meetings) of church leadership?

Manageable. It can be a lot of work, but I have a system that works for me.

Overwhelming. I feel like I'm always behind and falling further behind.