

# 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 level 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

# Risk Assessment

## Score Sheet

Condition I	Condition II	Condition III
<b>Isolation</b>	<b>Spiritual Drought</b>	<b>Fatigue</b>
(Lack of Connection)	(Lack of Vitality)	(Lack of Balance)
Add the scores for questions:	Add the scores for questions:	Add the scores for questions:
1 _____	2 _____	3 _____
4 _____	5 _____	6 _____
7 _____	8 _____	9 _____
10 _____	11 _____	12 _____
13 _____	14 _____	15 _____
Total _____	Total _____	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.