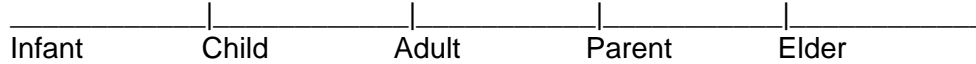


# Self Assessment Guide for Prayer and Ministry

## Maturity



### My Maturity Characteristics

- 1.
- 2.
- 3.

### My Maturity Needs

- 1.
- 2.
- 3.

### **Type A Traumas in My Life (Absence of good)** Use other side if necessary.

Unmet need, Age range, Severity of loss, What you would do differently for your children.

- 1.
- 2.
- 3.
- 4.

### **Type B Traumas in My Life (Bad things that happened)** Use other side if necessary.

Trauma: Ages it occurred, How often it happened, Severity, Who did it, Relationship, Number of Perpetrators

- 1.
- 2.
- 3.



# Self Assessment Guide for Prayer and Ministry Page 3

Resources	Poor	Fair	Excellent	Need to Receive	Have to Give
Health _____				□	□
Education _____				□	□
Intelligence _____				□	□
Job skills _____				□	□
Employment _____				□	□
Positive life experiences _____				□	□
Adequate income _____				□	□
Adequate shelter _____				□	□
Safety _____				□	□
Recovery time _____				□	□
Friends _____				□	□
Personal spiritual life _____				□	□
Personality strengths _____				□	□
Spiritual community _____				□	□
Family _____				□	□
Joyful Identity _____				□	□
Maturity _____				□	□

NOTES: See page 5 for description of each item

### Resources I Most Need to Receive

- 1.
- 2.
- 3.

### Resources I Most Need to Give

- 1.
- 2.
- 3.

# Self Assessment Guide for Prayer and Ministry Page 4

## Ministry Needs

Community resources

Fear/intensity bonds to be replaced

Un-redeemed traumas

Redemption needed — Regeneration, Deliverance, Healing or Adoption

## Ministry Strengths

Heart Characteristics

Personal and Community Resources to Share

Love bonds — a well developed spiritual family relationship

Maturity — Developmental, spiritual, ministry and community

Redeemed traumas

Gifting

# Self Assessment Guide for Prayer and Ministry Page 5

## Assessing Community Resources

1. Health - Over-all physical health sets limits on energy available for recovery. Being in a wheel chair, battling cancer, back surgeries, chronic illness or Fybro-Myalgia divert time, energy, relationships, time and money from recovery.
2. Education/intelligence - Very intelligent and creative people can use their creativity to help recover as they used it to avoid some of the impact of their abuse. The better their education, the more they will be able to use ideas to help guide their recovery. Those who lack these resources must learn from experience and example--both of which require far more time and personal investment.
3. Intelligence – Good judgment and the ability to solve important problems in life.
4. Job skills – The recognizable training to do things people get paid to do.
5. Employment - Adequate employment meets many social, self-esteem, security and motivational needs. Those who have no work, jobs that deplete and exhaust them, or who work under threats and contempt or harassment will be far more unsatisfied and desperate; more prone to crisis.
6. Positive life experiences - Experiencing a safe place, knowing someone they could trust, being respected, having someone take them seriously, and many other similar experience improve their rate of recovery.
7. Income/finances/insurance - Counseling, medical care, safe housing, are all improved by finances.
8. Shelter -- Shelter should be restful and conducive to health and freedom from harm or threats.
9. Safety - Those who depend on abusive people for shelter or who are subject to harassment, abduction, crime and attacks make very limited progress.
10. Recovery time - Those who can take time off in a safe place after discovering and treatment for traumatic memories where they don't have to take care of themselves for a few hours or days can grieve and be healed of many more wounds in a given time period.
11. Friends - Having someone who enjoys you and takes you out to play after the grief is done, or who stands by in the hour of crisis can use their energy to face the pain instead of simply coping with the present or fears of the future.
12. Spiritual (personal) - Those with a personal relationship, knowledge and confidence in God and His care will face the unknown with much more assurance. They do better when they feel powerless and out of control and they have a comfort for their fears and pain. This is a huge factor in recovery.
13. Personality strengths - Those with strong personality and character withstand the pain and fear better. Some strengths are harder to see when they emerge as stubbornness, defiance, or being skeptical. These strengths helped the person survive hard experiences and will help them through the even hard experience of recovery.
14. Spiritual (church community) - In addition to the personal faith mentioned in # 12 (above) the existence of a supportive spiritual family that brings God to the center of healing and community life is crucial. It should include those who are spiritual parents, brothers and sisters, ministry teams, encouragers and those who equip all of the others. This stable environment should stand firm in the face of evil and fear creating a safe nest of love. It should be the source of ministries of healing, deliverance and adoption.
15. Family - The more elements of the family that are intact and supportive of recovery the better it will progress. These include: Adoptive family (spouse or spiritual family,) parents, siblings, other relatives, and children. The fewer of these that must be lost to the effects of evil the less the grief.
16. Joyful Identity – the ability to stay relational with others, motivated by desire and love instead of fear and endure suffering without becoming easily overwhelmed.
17. Maturity - Three major indicators of maturity are a) They feel more satisfied when they take care of themselves than when others take care of them, b) They use information to correct their feelings rather than using their feelings to rearrange and interpret information, and c) They believe and act as though two or more people can be loved and cared for at the same time.