

BLACK SHEEP FIGHT CLUB

Nehemiah 13:25a

Name: _____

1. How are you doing in the following areas?

Your consistency in satisfying personal devotions. Need Help 1 2 3 4 5 6 7 8 9 Stable

Your battling against ungodly thoughts
(Unbelief, bitterness, resentment, lust, pride, jealousy, covetousness, racism, etc.) Need Help 1 2 3 4 5 6 7 8 9 Stable

Your energy for the week ahead. Unhealthy 1 2 3 4 5 6 7 8 9 Healthy

Your feelings of effectiveness in your ministry role. Need Help 1 2 3 4 5 6 7 8 9 Stable

2. a. How much time did you spend in the Word and in prayer this week? Invested: _____

b. How much time did you spend in other God centered material? (sermons, books, worship, etc.) Invested: _____

3. Did you work on a Bible memory verse? Yes No

Bible Verse: _____

4. Did you take a Sunday this past week (6+ hours not working, studying, homework, etc)? Yes No
(If no, how to you plan to compensate for it in the near future?)

5. Have I been with a man or woman in the past week in a way that could be viewed as compromising? Yes No

6. Have any of my financial dealings failed to be filled with integrity? Yes No

7. Have I viewed provocative or sexually explicit material? Yes No

8. Have I neglected to give appropriate time to my family? Need Help 1 2 3 4 5 6 7 8 9 Stable

9. How is your family joy and harmony? Need Help 1 2 3 4 5 6 7 8 9 Stable

10. How is your oneness with your wife (not peace)? Need Help 1 2 3 4 5 6 7 8 9 Stable

11. Assess your eating and exercise this past week: eating Unhealthy 1 2 3 4 5 6 7 8 9 Healthy
exercise Unhealthy 1 2 3 4 5 6 7 8 9 Healthy

12. Is there anything that you would like me or the pastoral staff to pray with you about or hold you accountable for or rejoice over (significant stresses, temptations, or joys)?

13. Spiritual discipline that you are focusing on: _____

Signature: _____

This resource was created by Bethlehem Baptist Church in Minneapolis, MN.

For the purpose of time invested into ministry and time off for rest and family, the pastors split the each day into 3 Rest & Rejuvenation modules (morning, afternoon, & evening) or 21 modules a week. They have pledged to take off 7-10 R&R modules a week, and to take off 3 of these modules consecutively (to fulfill a Sabbath principle). Most pastors take their Sabbath on Fridays, and choose 4-7 other modules a week to take off. For the full explanation, see the Policy Handbook, 2.50 Office Hours, Work Schedules, & Locations, available under Resources at

<http://www.hopeingod.org/AdminstrationEmployeeHandbook.aspx>