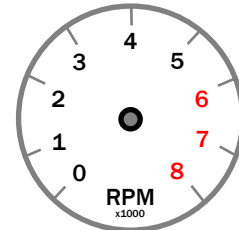


Some Symptoms of Red Zone Living

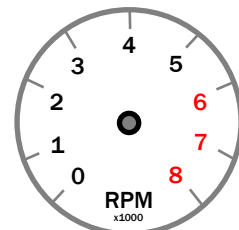
Spiritually

- Prayer is reduced to cries for help.
- Constantly distracted during public worship.
- You no longer exercise spiritual disciplines.
- You begin to rationalise misbehaviour.



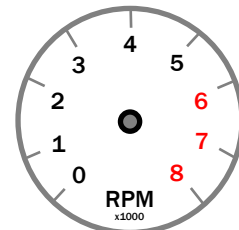
Emotionally

- You don't have time to pay attention to feelings.
- You become strangely vulnerable to escapist sin as your soul cries out for emotional comfort.
- You become dispassionate about the plight of suffering people.
- You have escapist thoughts.



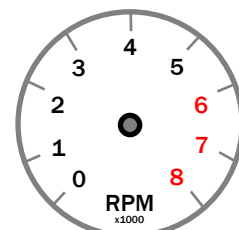
Relationally

- Your relationships become superficial.
- You don't have time for friendships.
- If married, you spend more time with other people than with your partner.
- If single, you promise to see friends but never seem to make it.
- You are always apologising to your children for not being there.



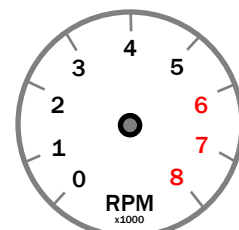
Intellectually

- You become stagnant, relying on past stimulation to resource present ministry.
- Your bookshelf reflects when you left training.
- You are less open to new ideas.
- You become bored with your own preaching and teaching.



Physically

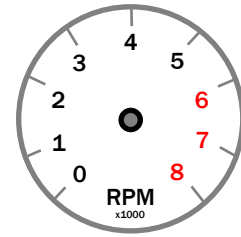
- You are physically drained, constantly weary, or lacking in energy.
- You have little time for exercise.
- Stress targets a particular part of your body.
- You become ill at the start of your holiday.



Some Symptoms of Tick-over Living

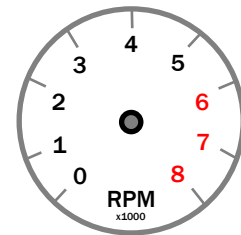
Spiritually

- Loss of expectancy that something might happen today which requires the agency of a supernatural God.
- Intercessory prayers about maintaining the status quo rather than seeing new things come about.
- Bored with worship services and with leading them.
- Personal times with God become too routine and carefully controlled. Hard to imagine God 'breaking in' with a fresh word.
- Avoid situations which might challenge or discomfit.
- Don't readily share openly with any accountability partner.



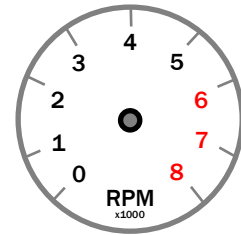
Emotionally

- You rarely allow yourself to enter situations where your emotions might be stirred.
- Your life is pretty well in control and you are rarely if ever surprised by anything.
- Fear prevents you stretching yourself.
- Easily distracted (box-sets?), quickly cynical (why bother?), defensive when others ask about what you do.



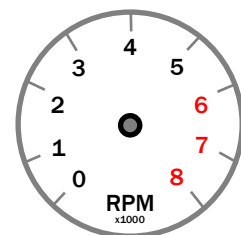
Relationally

- You rarely if ever take an initiative to show love and care for those with whom you are in closest relationship.
- You spend disproportionately more time on solitary pursuits which energise you than in doing shared activities with family and friends etc.
- Hobbies become idols.
- You take others for granted.



Intellectually

- No new thinking or ideas, change of practice.
- You don't read anything stretching or challenging.
- Micro-manage unimportant things, focus on trivia.
- Bored, lethargic, focus on other people's ministry rather than your own.
- Focus on maintenance of what is rather than pioneering what might be.
- Become bloated on training.



Physically

- You spend increasing amounts of time 'lounging', with little inclination to exercise.
- You never attempt anything which might exert you or push you. You rarely let yourself get out of breath.
- Your levels of fitness are declining.

