


# Assessing the Revs

A car is designed to function at a variety of revs, but constantly idling or constantly being in the red zone is not healthy for any car. Nor is it for a human being. Use the table below to assess where the rev gauges are for you in each of the five areas listed. Reflect on the following questions:

- What might have led you into the idle or red zones?
- What is keeping you there?
- What could you do to move out of that zone?
- Who could you talk to?
- Who could you make yourself accountable to?



| Some Symptoms of Idling   | Some Symptoms of Green Zone Living  | Some Symptoms of Red Zone Living  |
|---|---|---|
| <p><b>Spiritually</b></p> <ul style="list-style-type: none"> <li>• Loss of expectancy that something might happen today which requires the agency of a supernatural God.</li> <li>• Intercessory prayers about maintaining the status quo rather than seeing new things come about.</li> <li>• Bored with worship services and with leading them.</li> <li>• Personal times with God become too routinised/carefully controlled. Hard to imagine God 'breaking in' with a fresh word.</li> <li>• Avoid situations which might challenge or discomfit.</li> <li>• Don't readily share openly with any accountability partner.</li> </ul> | <p><b>Spiritually</b></p> <ul style="list-style-type: none"> <li>• You make time for daily prayer and study of God's Word.</li> <li>• Meet with a spiritual director or accountability partner.</li> <li>• Found a way to engage in public worship, even when leading it.</li> <li>• You're aware of your vulnerabilities with regard to temptation, and have put in place things to help protect yourself from succumbing.</li> <li>• You take regular quiet days or an annual retreat.</li> </ul>                   | <p><b>Spiritually</b></p> <ul style="list-style-type: none"> <li>• Prayer is reduced to cries for help.</li> <li>• Constantly distracted during public worship.</li> <li>• You no longer exercise spiritual disciplines.</li> <li>• You begin to rationalise misbehaviour.</li> </ul>    |
| <p><b>Emotionally</b></p> <ul style="list-style-type: none"> <li>• You rarely allow yourself to enter situations where your emotions might be stirred.</li> <li>• Your life is pretty well in control and you are rarely if ever surprised by anything.</li> <li>• Fear prevents you stretching yourself.</li> <li>• Easily distracted (box-sets?), quickly cynical (why bother?), defensive when others ask about what you do.</li> </ul>  | <p><b>Emotionally</b></p> <ul style="list-style-type: none"> <li>• You're able to weep with those who weep, and rejoice with those who rejoice.</li> <li>• Laughter features as part of your normal daily living, with a healthy ability to laugh at yourself.</li> <li>• You're emotional tank is filled through healthy relationships and fun things to do.</li> </ul>  | <p><b>Emotionally</b></p> <ul style="list-style-type: none"> <li>• You don't have time to pay attention to feelings.</li> <li>• You become strangely vulnerable to escapist sin as your soul cries out for emotional comfort.</li> <li>• You become dispassionate about the plight of suffering people.</li> <li>• You have escapist thoughts.</li> </ul>   |
| <p><b>Relationally</b></p> <ul style="list-style-type: none"> <li>• You rarely if ever take an initiative to show love and care for those with whom you are in closest relationship.</li> <li>• You spend disproportionately more time on solitary pursuits which energise you than in doing shared activities with family/friends etc.</li> <li>• Hobbies become idols.</li> <li>• You take others for granted.</li> </ul>   | <p><b>Relationally</b></p> <ul style="list-style-type: none"> <li>• Those closest to you receive love and care from you, and you get to spend quality time with them.</li> <li>• You don't use work as a way of hiding from things that need to be addressed .</li> <li>• You meet with those who are friends, and have the capacity to care for them in the ups and downs of life.</li> <li>• You seek to bless every person you encounter.</li> <li>• You make time for those who don't yet know Christ.</li> </ul> | <p><b>Relationally</b></p> <ul style="list-style-type: none"> <li>• Your relationships become superficial.</li> <li>• You don't have time for friendships.</li> <li>• You notice yourself being more irritable than you would like.</li> <li>• If married, you spend more time with other people than with your partner.</li> <li>• If single, you promise to see friends but never seem to make it.</li> <li>• You are always apologising to your children for not being there.</li> </ul> |
| <p><b>Intellectually</b></p> <ul style="list-style-type: none"> <li>• No new thinking or ideas, change of practice.</li> <li>• You don't read anything stretching or challenging.</li> <li>• Micro-manage unimportant things, focus on trivia.</li> <li>• Bored, lethargic, focus on other people's ministry rather than your own.</li> <li>• Focus on maintenance of what is rather than pioneering what might be.</li> <li>• Become bloated on training.</li> </ul>   | <p><b>Intellectually</b></p> <ul style="list-style-type: none"> <li>• You make time to read, watch, listen to books, podcasts, videos on a regular basis.</li> <li>• You seek out a training/development opportunity once a year (conference, training event etc).</li> <li>• You have others around you who disagree with your thoughts and ideas and you don't become defensive or aggressive.</li> </ul>   | <p><b>Intellectually</b></p> <ul style="list-style-type: none"> <li>• You become stagnant, relying on past stimulation to resource present ministry.</li> <li>• Your bookshelf reflects when you left training.</li> <li>• You are less open to new ideas.</li> <li>• You become bored with your own preaching / teaching.</li> </ul>   |
| <p><b>Physically</b></p> <ul style="list-style-type: none"> <li>• You spend increasing amounts of time 'lounging', with little inclination to exercise.</li> <li>• You never attempt anything which might exert you or push you. You rarely let yourself get out of breath.</li> <li>• Your levels of fitness are declining.</li> </ul>   | <p><b>Physically</b></p> <ul style="list-style-type: none"> <li>• You take regular exercise (at least three times a week).</li> <li>• You eat a well balanced diet, rarely if ever skipping a meal.</li> <li>• You get between 7-8 hours of sleep a night.</li> <li>• A holiday provides sufficient relief from work to restore normal energy levels.</li> </ul>  | <p><b>Physically</b></p> <ul style="list-style-type: none"> <li>• You are physically drained, constantly weary, or lacking in energy</li> <li>• You have little time for exercise.</li> <li>• Stress targets a particular part of your body.</li> <li>• You become ill at the start of your holiday.</li> </ul>   |