

# Current Ministry Reality

- Current Roles
- Which bring Joy
- Which are heavy or draining?

# Balance/Imbalance

- I serve with: Joy / Obligation
- When I think about stepping back, I feel: Peace / Guilt
- I rely on others: Easily / Reluctantly
- I make time for prayer and rest: Consistently / Rarely

What does this tell me about my ministry balance?

# Shared Ministry & Trust

What responsibility do I carry alone that could be shared?

What makes it difficult for me to ask for help?

- Fear it won't be done well
- Fear of letting others down
- Belief I should handle it myself
- Habit or expectation
- Other: -----

# Boundaries & Rest

When is the last time I rested from Ministry without guilt?

What boundary might God be inviting me to set?



# Discernment

This role, right now, feels like:

- Life-giving
- Life-giving but needs adjustment
- Heavy and may need to change
- Something I need to pray more about

What support would help me serve more healthy?