Member Care Review

*This is a pastoral care review focusing on how you are doing in all aspects of life. It is to help you get a good overview of how you have been during the last 6 months to a year and to think about what you can do to continue to grow.*

*The questions with a star\* are digging deeper questions. The main purpose with those is for you to stop and think. They are not compulsory, but I would encourage you to think about them.*

|  |  |  |  |
| --- | --- | --- | --- |
| Name: |  | Date: |  |
| Location: |  | Name of reviewer: |  |

**GENERAL LIFE:**

**We will talk more about this a bit later…but just in general, if you would look back at the past 6 months and sum up life in general, how are you doing?**

* Struggling
* Not too well
* OK
* Quite well
* Good
* Great!

Any other comments?

**PHYSICAL HEALTH:** In the last 6 months / year:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | never | sometimes | regularly | always | Comments |
| Did you get physical exercise?  |  |  |  |  |  |
| Did you get adequate sleep? |  |  |  |  |  |
| Did you eat a balanced diet? |  |  |  |  |  |
| Did you have weekly time off? |  |  |  |  |  |

Number of sick days this period: \_\_\_\_\_\_

Has a medical advisor made any specific recommendations to you? Yes/No

Would you please share more about what these are?

What progress have you made in carrying these out?

**Do any of the following characterize me?**

* Physically tired most of the time.
* Strange physical symptoms/sensations.
* Distressing feelings that I can’t control or minimize.
* Mild anxiety or panic attacks.

Digging deeper:

*\* Does my schedule allow enough time for fun and relaxation on a regular basis?*

*\*What hobbies do I enjoy?*

*\* What self-care do I have in place?*

*\* Are there schedule or lifestyle activities that need to be altered?*

**EMOTIONAL HEALTH:**

In the last 6 months / year, which of the following emotions have **characterized** your experience?

|  |  |  |
| --- | --- | --- |
| * Joy
 | * Relief
 | * Frustration
 |
| * Contentment
 | * Sense of Belonging
 | * Fear
 |
| * Optimism
 | * Valued by others
 | * Irritability
 |
| * Sense of fulfilment
 | * Relaxed
 | * Resentment
 |
| * Motivated
 | * Loneliness
 | * Anger
 |
| * Peaceful
 | * Apathy
 | * Feeling misunderstood
 |
| * Anticipation
 | * Depression
 | * Anxiety
 |
| * Competent
 | * Ongoing conflict with others
 | * Uninspired
 |
| * Accomplishment
 | * Not thinking clearly
 | * Inability to achieve goals
 |
| * Excitement
 | * Not able to do what you wanted
 | * Other
 |

Use this space to comment further if you wish.

What experiences were the greatest blessings or encouragements to you this past 6 months / year?

What have been the most stressful or least encouraging parts of the time for you?

What frustrations did you encounter?

Have you experienced any spiritual battle?

Do you have any reoccurring issues or weaknesses you struggle with?

Do you have an accountability partner who can help you?

Have you experienced any losses or transitions in the period since your last review?

**Do any of these characterize me?**

* Lacking zeal and joy.
* God seems distant.
* Spiritual disciplines have become robotic.
* Helplessness
* I’ve lost my sense of hope.

Feel free to comment if you wish:

**SPIRITUAL HEALTH:**

In the last 6 months / year:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How is your spiritual health?What opportunities for spiritual growth have you taken advantage of this period? (Please, not that no one is asked to do all of the things mentioned below.)How helpful have they been?  | Great | Good | Fair | Poor | Comments |
| Daily devotions |  |  |  |  |  |
| Prayer partner |  |  |  |  |  |
| Small group/Prayer/bible study group |  |  |  |  |  |
| Church (please comment if this is international or local) |  |  |  |  |  |
| Expat fellowship meetings |  |  |  |  |  |
| Fellowship with local people – in what way? |  |  |  |  |  |
| Conference, training (please comment more. Which kind? With whom? Content?) |  |  |  |  |  |
| Personal retreat/Quiet day |  |  |  |  |  |
| Fasting |  |  |  |  |  |
| Internet helps |  |  |  |  |  |
| Books, articles |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| What challenges have you experienced this period in the area of spiritual growth? How often?  | Occasionally Occasion-ally | Regularly | Constantly | Comments |
| Lack of time for Quiet Time |  |  |  |  |
| Obvious spiritual opposition |  |  |  |  |
| Lack of Motivation |  |  |  |  |
| Feeling spiritually “dry” |  |  |  |  |
| Nobody to fellowship with |  |  |  |  |
| Wrestling with an issue with God |  |  |  |  |
| Other: |  |  |  |  |

How would you describe your daily relationship with the Lord?

What has the Lord been teaching you about Himself this last period?

In what areas of your life do you see growth or change?

Do you have an Achilles heel? The same issue which you find yourself coming back to again and again?

Are you upset with God about something?

Digging deeper:

\*If I am experiencing increased stress is it due to the fact that life is more stressful than in the past or because I’m not relying on God’s Spirit as I should be at this time?

\*Am I **listening** to God in order to know His specific direction for me?

\*Am I able to see what God is calling me to do and what He is not calling me to do?

**SINGLE LIFE**:

Reflect on the joys/satisfactions and areas of concern/stress that you have in your life as a single person.

In what areas do you feel you are doing well?

In what areas do you feel you are under extra pressure?

Do you have any concerns about how you are coping with the demands of living in China as a single person?

**MARRIED LIFE:**

Reflect on the joys/satisfactions and areas of concern/stress that you have in your married life.

In what areas do you feel your marriage is going well?

In what areas do you feel your marriage is under extra pressure?

Do you have any concerns about how you are coping with the demands of living in the country where you serve?

Do you have any concerns about how your husband/wife is coping with the demands of living in the country where you serve?

**FOR THOSE WHO HAVE CHILDREN:**

What are you most encouraged about regarding your children’s life and development?

What concerns do you have about your children’s adjustment to the country where you live?

What concerns do you have regarding your children’s educational needs?

What concerns do you have regarding your children’s social/emotional needs?

What concerns do you have about any children who do not live with you?

What parenting successes and difficulties are you currently experiencing?

Are you satisfied with the current state of your children’s physical health?

Number of sick days your children have had this semester/year:

Has a medical advisor made any specific recommendations to you regarding your children?

**GENERAL LIFE:**

Describe your current different roles in ministry:

How would you rate your satisfaction/fulfilment in your main role?

* Satisfied
* Mostly satisfied
* Somewhat satisfied
* Not at all satisfied

Any other comments?

How many days’ holiday did you have in the last 6 months / year? How restful and recreational were these holidays?

What holiday plans do you have for this year? Do you think they will be restful?

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **In the last 6 months / year, rate your satisfaction level with the following things.**  | Satisfied | Mostly satisfied | Somewhat satisfied | Not at all satisfied |  | Not applicable | Comment/expand as necessary |
| Relationship with local friends  |  |  |  |  |  |  |  |
| Relationship with other expatriates  |  |  |  |  |  |  |  |
| Involvement in a fellowship where you live |  |  |  |  |  |  |  |
| Support from your home church |  |  |  |  |  |  |  |
| Relationship with colleagues at work |  |  |  |  |  |  |  |
| Support from individuals at home |  |  |  |  |  |  |  |
| Relationship with your Sending organisation  |  |  |  |  |  |  |  |
| Responsibilities for your Sending organisation  |  |  |  |  |  |  |  |
| Support from your receiving organisation or the organisation on the field |  |  |  |  |  |  |  |
| Work arrangements (Visa situation) |  |  |  |  |  |  |  |
| Relationship with colleagues |  |  |  |  |  |  |  |
| Physical housing situation |  |  |  |  |  |  |  |
| Relationship with family at home |  |  |  |  |  |  |  |
| Financial situation |  |  |  |  |  |  |  |

Anything else you want to add?

How can I pray for you?