

GRACE-PACED LIVING REALITY CHECK (MEN)

Read through the following warning signs worksheet* and check ones that you resonate with from your life over the last month.

PHYSICAL WARNING SIGNS

- You are suffering health issues one after another. *77% percent of Americans regularly experience physical symptoms caused by stress, including headaches, stomach cramps, achy joints, back pain, ulcers, breathlessness, bad skin, an irritable bowel, tremors, chest pains, or palpitations.*
- You feel exhausted / lethargic all the time, lacking energy or stamina for sports or playing with your kids.
- You find it difficult to sleep, you wake up frequently, or you wake up early and can't get back to sleep.
- You are following the example of a young entrepreneur: *"I used my lack of sleep to justify sleeping in later, which only perpetuated that poor sleep cycle."*
- You use excessive sleeping as an escape.
- You are putting on weight through lack of exercise or eating too much junk food, or you are drinking too much alcohol or coffee.

MENTAL WARNING SIGNS

- Your brain feels fried. Concentration is hard; distraction is easy.
- You think obsessively about certain difficulties in your life. *"Even little things began to fall on me with great weight. I would try to put them out of my mind, but it was like my brain was stuck spinning over and over."*
- You forget things you used to remember easily: *appointments, birthdays, anniversaries, phone numbers, names, deadlines, etc.*
- You find your attention drawn to negative subjects and are developing a hypercritical and cynical spirit.

EMOTIONAL WARNING SIGNS

- You feel sad, maybe so sad that you have bouts of weeping or feel you are on the verge of tears.
- It's been a long time since you had a good laugh or made someone laugh. You feel emotionally numb.
- You feel pessimistic and hopeless about your marriage, children, church, job, nation, etc.
- Worry stalks your waking hours and anxiety climbs into bed with you every night.
- As soon as you wake and think about the day ahead, your heart starts pounding and your stomach starts churning over the decisions you face and people's expectations.
- You find it difficult to rejoice in others' joy, often forcing yourself to fake it.
- At times, you feel so hopeless and worthless that you think it would be better if you were not here.

RELATIONAL WARNING SIGNS

- Your marriage is not what it once was. You don't delight in your wife as you once did.
- Your sex drive is erratic and often feel too tired to have anything but perfunctory, and mainly selfish, sex.
- You are irritable & snappy at your family. *They view you as angry, impatient, frustrated, critical (ask them!).*
- You spend limited time with your children, and time you do spend is interrupted by smartphone use or poisoned by thinking about all the other things you could be doing.
- You avoid social occasions, neglect important relationships, and withdraw from friendships, even with people you care deeply about.
- You frequently lose your temper and are in conflict with various people.

VOCATIONAL WARNING SIGNS

- You work more than fifty hours per week, although not very efficiently, productively, or satisfyingly. *“We have the unfulfilling experience of making a millimeter of progress in a million directions.” - Greg McKeowan*
- Your work regularly spills over into evenings and weekends, or whatever days make up your “weekend.”
- You have little joy in your work, maybe even dreading it.
- Procrastination and indecision dominate as you flit from one thing to another to another with little sense of accomplishment.
- Motivation and drive have been replaced with avoidance, passivity, and apathy as you drag yourself through the day.
- You find it difficult to say no.
- You feel guilty or anxious when not working and regard yourself as lazy or weak for taking time off.

MORAL WARNING SIGNS

- You view risqué material on the Internet or have even “graduated” to using porn.
- You watch movies with language and images you’d never have tolerated in the past.
- Your expense account or tax returns have some halfruths in them.
- You cultivate close relationships with women who are not your wife (or you think about it).
- You shade the truth in conversations, exaggerating or editing as appropriate.
- You medicate yourself (and your conscience) by overspending, overdrinking, or overeating.

SPIRITUAL WARNING SIGNS

- Your personal devotions have decreased in length and increased in distraction, with little time or ability for meditation and reflection.
- You check email and social media before you meet with God each day.
- You skip church and/or listening to sermons sends you to sleep.
- You don’t enjoy fellowship with other Christians or serving God’s church.
- You are bored with the small stuff of ministry, thinking yourself above ministering to the children or seniors, the sick or “time-wasters.”
- You find it difficult to confess sin and even to admit weakness to God and others you are accountable to.
- You draw more on past knowledge and experience than you do a present walk with God.
- You believe the truths of the Bible, but you don’t believe them for yourself.

ASSESSMENT AND RESULTS

1. **How many checkmarks are there?** _____ More than 5 should be cause for concern.
2. **How serious are these issues?** Rate the intensity of each of checkmark from one to five, with five being the most serious.
3. **How long has this been going on?** The longer a symptom has lasted—especially if it has been a month or more—the more dangerous it is.