

Some Symptoms of Idling	Some Symptoms of Green Zone Living	Some Symptoms of Red Zone Living
<p>Spiritually</p> <ul style="list-style-type: none"> • 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 routinised/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. 	<p>Spiritually</p> <ul style="list-style-type: none"> • You make time for daily prayer and study of God's Word. • Meet with a spiritual director or accountability partner. • Found a way to engage in public worship, even when leading it. • You're aware of your vulnerabilities with regard to temptation, and have put in place things to help protect yourself from succumbing. • You take regular quiet days or an annual retreat. 	<p>Spiritually</p> <ul style="list-style-type: none"> • Prayer is reduced to cries for help. • Constantly distracted during public worship. • You no longer exercise spiritual disciplines. • You begin to rationalise misbehaviour.
<p>Emotionally</p> <ul style="list-style-type: none"> • 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. 	<p>Emotionally</p> <ul style="list-style-type: none"> • You're able to weep with those who weep, and rejoice with those who rejoice. • Laughter features as part of your normal daily living, with a healthy ability to laugh at yourself. • You're emotional tank is filled through healthy relationships and fun things to do. 	<p>Emotionally</p> <ul style="list-style-type: none"> • 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.
<p>Relationally</p> <ul style="list-style-type: none"> • 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/friends etc. • Hobbies become idols. • You take others for granted. 	<p>Relationally</p> <ul style="list-style-type: none"> • Those closest to you receive love and care from you, and you get to spend quality time with them. • You don't use work as a way of hiding from things that need to be addressed . • You meet with those who are friends, and have the capacity to care for them in the ups and downs of life. • You seek to bless every person you encounter. • You make time for those who don't yet know Christ. 	<p>Relationally</p> <ul style="list-style-type: none"> • 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.
<p>Intellectually</p> <ul style="list-style-type: none"> • 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. 	<p>Intellectually</p> <ul style="list-style-type: none"> • You make time to read, watch, listen to books, podcasts, videos on a regular basis. • You seek out a training/development opportunity once a year (conference, training event, etc.). • You have others around you who disagree with your thoughts and ideas and you don't become defensive or aggressive. 	<p>Intellectually</p> <ul style="list-style-type: none"> • 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/teaching.
<p>Physically</p> <ul style="list-style-type: none"> • 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. 	<p>Physically</p> <ul style="list-style-type: none"> • You take regular exercise (at least three times a week). • You eat a well balanced diet, rarely if ever skipping a meal. • You get between 7-8 hours of sleep a night. • A holiday provides sufficient relief from work to restore normal energy levels. 	<p>Physically</p> <ul style="list-style-type: none"> • 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.