

## 5 Dimensions for Checking In

Please review the table below as a self-check in for yourself or in observing/evaluating others. Grading is

5 = EXCELLENT 4 = GOOD 3 = AVERAGE 2 = BELOW AVERAGE 1 = POOR

Condition	Reflection and Assessment	5	4	3	2	1
Spiritual	How's your faith? Are you in the Word, praying, practicing the spiritual disciplines?					
Relationships	How's your marriage? How are your kids? Are you giving your family time?					
Job/Vocation	What would it mean if you knew the percentage of people in your church's congregation who have had their jobs affected?					
Financial	What are your needs? How many months do you have?					
Health	Physical and mental health, are you worried? Are you optimistic about the future? How are you feeling?					

## 5 Dimensions for Grief

Grief does not just occur as a result of an experience related to death or dying. We can grieve the loss of many things, loss of jobs, dreams, goals, relationships, and freedom or liberty in any area. Below are the customary 5 stages of grief, noting a 6<sup>th</sup> and meaningful additional category.

Note the category and replace a focus on the problem with God's Promise.

STAGE	SYMPTOM	GOD'S BIBLICAL PROMISE
1	Denial	John 10:29 – "My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father's hand."
2	Anger	Psalms 42:5 – "Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance."
3	Bargaining	Psalms 23:6 – "Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever."
4	Sadness	Romans 8:37-39 – "Yet in all these things we are more than conquerors through Him who loved us. 38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers,

Appendix 9 – TYC The Five Dimensions for Checking In & The Five Dimensions of Grief

		nor things present nor things to come, 39 nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”
5	Acceptance	Philippians 4:13 – “I can do all things through Christ who strengthens me.” Hebrews 13:6 – So we may boldly say: “The Lord is my helper; I will not fear. What can man do to me?”
+6	<i>MEANING</i>	2 Peter 1:10 – “Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble;”