

RTF ISSUE FOCUSED MINISTRY PQ

Grace Church of Fredericksburg

INTRODUCTION AND DESCRIPTION OF MINISTRY

The Restoring the Foundations (RTF) Issue-Focused Ministry (IFM) is for the person who wants help with one issue that is adversely affecting his or her life. Please fill out the following pages to provide your Prayer Ministers information that will help them to determine your root or underlying issues.

Please give this filled-out Personal Questionnaire (PQ) to your Church IFM Ministry Leadership as soon as possible. There will be a review time of at least one week between the submission of the PQ and when we can schedule your ministry.

This PQ will be returned to you after the ministry. Generally the RTF Issue-Focused Ministry will be accomplished in one 3 hour meeting. Your Prayer Minister and his/her assistant will normally be the ones ministering to you. If you should need additional prayer ministry, your Prayer Minister, along with other IFM Team leaders will discuss with you the types of referral ministry that best suits your concern.

Please sign and date both Waiver of Liability and Confidentiality forms found in this PQ. Your Minister will keep one form and the other one will be filed in the Church office. The Restoring the Foundations Issue-Focused Ministry Personal Questionnaire is an important part of the Issue Focused Ministry. The questionnaire will be used to assist the team that will be ministering to you and will help them, with the help of the Holy Spirit, to minister to you.

Here is a little information that will help as you fill out the Questionnaire.

Defining the Issue

The basis of the Issue Focused Ministry is defining what you see as an “issue”. Everyone has issues. Sometimes, we may not want to admit that we do. Sometimes we believe that it is not spiritual to have issues or we would prefer that others not know about our struggles. Healing is a process. Since it is a process we all have issues. This is an opportunity to be honest, tell God about your needs and let him do the healing.

The questionnaire asks you (on page 2) to describe the issue that prompted you to seek ministry. Try to define one single issue. You may be aware of several, but for this session, we’d like to focus on just one problem or area in your life about which you would like to have ministry.

The issue should be YOUR issue (as opposed to someone else’s) and should be something relevant and important in your life. You may wish to begin by asking God to direct your attention to a particular issue or problem in your life. As you consider your life, a good place to start is by finishing the sentence “I’m troubled because I feel ...”

Here are some examples of appropriate issues:

I have an anger problem.	I don’t feel as smart as other people.
I do not feel good about myself.	I am not as valuable as other people.
I experience a lot of rejection.	I am too perfectionistic and stress out over little things.
I have a hard time controlling my rebellious streak.	I have an issue with control.
I have trouble trusting.	I don’t feel as valuable as other people.
I feel all alone.	Many people have betrayed me.
I deal with guilt and shame	I feel resentful.
I feel anxious.	I am a people pleaser.
I have a lot of fear.	I am discouraged.
I feel depressed.	I feel like I have to perform to be loved.
I’m always striving.	I feel ashamed.
I feel like a victim.	I feel abandoned.

Here are some issues/problems/topics that might not work as well. If you have questions or concerns of course, just contact us.

I can't keep my truck clean. (too irrelevant)	I'm tired of dieting OR I can't lose weight. (non-specific)
Everything in my life is stressful. (too broad)	My children always misbehave, my husband has a drinking problem and I don't know what to do about their disrespect. (Too many issues and they are others' issues)
I don't know what my purpose is in the body of Christ. (too general)	I don't have any issues or hurts. (We all have issues and unhealed areas.)
I have financial problems. (too broad)	There are many things I don't like about our church/minister. (Inappropriate)
My husband's anger is directed at me. (Another's issue).	

Parent's Background (Page 4)

On page 4, the questionnaire asks about relationships with your parents. Please answer all questions from the perspective of your childhood, rather than current relationships. If there is information from later in life that is relevant, please include that as an additional response.



IFM PERSONAL QUESTIONNAIRE

FOR

RESTORING THE FOUNDATIONS MINISTRY

Minister's Name: _____ Date of Ministry: _____

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PERSONAL INFORMATION

Name: _____ Address: _____

City/State/Zip: _____

DOB: _____ Age: _____ Home Phone: _____ Cell: _____

Email: _____

Marital Status: Single ___ Married ___ Separated ___ Divorced ___ Widowed ___ Remarried ___

Presently living with: Parents ___ Spouse ___ Alone ___ Other _____

MARITAL BACKGROUND

Spouse's Name: _____ Age: _____ Date of Marriage: _____

Please Rate Your Marriage: Dissatisfied ___ Average ___ Satisfied ___ Very Satisfied ___

If your current issue involves your spouse, is he/she willing to also receive 1-2 ministry sessions?

Yes ___ No ___ Uncertain ___ Is spouse saved? _____

Is this your first marriage? ___ If not, please explain: _____

CHILDREN

If you have any children or step-children, please fill in the following information.

Name	Age	Sex	From which Marriage?	Self Supporting?	Married?	Still Alive?	Age at and Cause of Death

SPIRITUAL/RELIGIOUS BACKGROUND

Have you made a commitment to Jesus Christ as Lord and Savior? Yes ____ No ____ When? _____

Briefly tell what happened: _____

Have you received the Baptism of the Holy Spirit? Yes ____ No ____ When? _____

Describe your present relationship with the Lord: _____

Please list all previous church affiliations: _____

DESCRIPTION OF YOUR CURRENT ISSUE

1. Describe the issue that prompted you to seek ministry at this time.

2. How is your life affected by this issue?

3. How do you feel about yourself because of this issue?

4. What is the most painful or difficult thing for you about this issue?

5. On a scale of 1-10, how painful is this issue? (10 being very painful.)

6. How are others that you love being affected because of this issue?

7. How is your relationship with God being affected by this issue?

8. When did the issue begin? Is it an ongoing issue?

9. List any similarities between your current issue and painful situations you have experienced in your childhood. List any similarities with painful situations in the more recent past?

10. What will happen if this issue is not resolved?

11. What do you see as your 'contribution' to the issue?

12. What patterns or issues in your family line do you believe may be similar to your issue?

13. What ways have you already tried to resolve this issue?

14. Please list any word curses spoken to/about you, either currently or in the past, that could relate to your current issue. (example - "You are such a failure," or "You are so stupid.")

15. Please list any curses (or thoughts) you have spoken about yourself that relate to the issue. (example - "I will never be able to succeed.")

16. Please list any judgments or vows you have made against anyone else that might relate to your current issue. (example - "Men/women are untrustworthy and will always let me down.")

ANCESTORS' BACKGROUND

Pages 4 and 5 give you an opportunity to present an overview of your ancestors and their areas of sin that might be having **an impact on your current issue.**

From what country(s) did your ancestors originally come? _____

What are the ethnic backgrounds of your ancestors? _____

What are the church backgrounds of your ancestors? _____

In what geographic areas have they primarily lived? _____

Were they ever connected with slavery, i.e., owners, traders, or slaves? _____

Were they involved in unfair business practices? _____

Were they involved in the occult? _____

Please include any other information that is relevant to your current issue. _____

PARENTS' BACKGROUND

Parents: Married ____ Separated ____ Divorced ____ Remarried ____ Saved?: Father ____ Mother ____

Rate your parents' marriage: Unhappy ____ Average ____ Happy ____ Very Happy ____

If parents are/were separated/divorced, how old were you at the time of the separation/divorce? _____

Father remarried when you were age _____ Mother remarried when you were age _____

You lived with: Father ____ Mother ____ Step Parent ____ Foster Parent ____ Other _____

Father deceased? Yes ____ No ____ How old were you at the time of death? _____

Mother deceased? Yes ____ No ____ How old were you at the time of death? _____

On a scale of 1- 10, how much did each parent love you. Give examples of how they showed their love.

Father _____

Mother _____

Give three words that characterize your relationship with your father: 1. _____

2. _____

3. _____

Give three words that characterize your relationship with your mother: 1. _____

2. _____

3. _____

PLEASE FILL IN THE BLANK:

I often felt that my mother _____.

I often felt that my father _____.

Commitment, Referral, and Waiver of Liability and Confidentiality

Church Office Copy

EXPECTATIONS OF YOUR COMMITMENT

I understand it is expected that I have a sincere desire to overcome whatever problems are hindering me, and I am expected to cooperate fully with my Minister and with the Holy Spirit in order to facilitate receiving God's help. My Minister may ask me to pray, fast, or do some outside 'homework' in conjunction with my ministry. He also may ask me to be accountable to him for some specific areas of my life or for some specific behaviors.

REFERRAL

If my Minister is not equipped or able to minister to my particular need or if I need longer term ministry, he may, in conjunction with the Pastors and/or their designated representative, refer me to appropriate help.

WAIVER OF LIABILITY

I understand that I will be seeing a Minister who will be able to listen, support, encourage, pray, and minister to me to help me overcome my problem(s) and to grow in my Christian life. I accept that he may not be a licensed or professional pastor or counselor.

WAIVER OF CONFIDENTIALITY

I am aware that all statements that I shall make to the Minister (and to any other assistant present) are of a confidential nature, including all written information, and that legally and ethically these may not be disclosed without my written consent. However, I waive my right to 'complete' confidentiality in the following situations:

- I accept that my Minister may give summary reports of the ministry to his oversight team.
- I accept that my Minister may consult with and/or report to the Church Pastors and/or their designated representatives concerning his ministry to me with the purpose of providing more effective ministry.
- I accept that the Church Pastors, and/or their designated representatives, will be informed of any ongoing, willful sin in my life in which I am not willing to pursue freedom and healing.
- I acknowledge that Pastors, Counselors, Church or Cell/Small Group Leaders, Ministers or any other persons involved in working with adults and children in a helping setting are either encouraged or required by law to disclose to the appropriate person, agency, or civil authority any harm, or potential harm, that a person may attempt or desire to do to one's own self or to others.
- I acknowledge that Pastors, Counselors, Cell/Small Group Leaders, Ministers etc., are also required to report any reasonable suspicion of physical or sexual abuse that has been done or that is being done to a minor child.
- I accept that all Pastors, Counselors, Cell/Small Group Leaders, Ministers, etc. at _____ Church reserve the right to make such reports as mandated by law whether or not they confer with me first.

By my signature below, I acknowledge that I have read and understand the Waiver of Liability and Waiver of Confidentiality and that I accept the stated conditions and limits of confidentiality.

Signature: _____ Date: _____

Printed Name: _____ Date of Birth: _____

Address: _____

City/State/Zip: _____ Phone: _____

Minister's Name: _____ Phone: _____

Assistant Minister's Name: _____ Phone: _____

Commitment, Referral, and Waiver of Liability and Confidentiality

Minister Copy

EXPECTATIONS OF YOUR COMMITMENT

I understand it is expected that I have a sincere desire to overcome whatever problems are hindering me, and I am expected to cooperate fully with my Minister and with the Holy Spirit in order to facilitate receiving God's help. My Minister may ask me to pray, fast, or do some outside 'homework' in conjunction with my ministry. He also may ask me to be accountable to him for some specific areas of my life or for some specific behaviors.

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- I accept that my Minister may give a verbal summary report of the ministry to his oversight person.
- I accept that my Minister may consult with the Church Pastors and/or their designated representatives concerning his ministry to me with the purpose of providing me with more effective ministry.
- I accept that the Church Pastors, and/or their designated representatives, will be informed of any ongoing, willful sin in my life in which I am not willing to pursue freedom and healing.
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By my signature below, I acknowledge that I have read and understand the Waiver of Liability and Waiver of Confidentiality and that I accept the stated conditions and limits of confidentiality.

Signature: _____ Date: _____

Printed Name: _____ Date of Birth: _____

Address: _____

City/State/Zip: _____ Phone: _____

Minister's Name: _____ Phone: _____

Assistant Minister's Name: _____ Phone: _____

FAMILY PATTERNS

Answer Questions 1-2 as how they **strongly relate** to your current issue.

1. What are some **common negative emotions** in your family line that may or may not be in your life also?
(example – shame, guilt, fear, rejection, etc.)

2. What are some **common negative behaviors** in your family line that may or may not be in your life also?
(example – religious, rebelliousness, people pleasing, controlling, etc.)

OPEN DOORS, FAMILY SIN PATTERNS

Please identify the sin patterns that your ancestors, and/or you, are involved with that relates to your issue. The 'S' (self) column is for you and the 'A' (ancestors) column is for your parents, grandparents, and/or your great grandparents. Please check (✓) each pattern that applies. Please circle (○) each pattern that you **strongly believe** relates directly to your current issue. Please consider these items as honestly as you can.

Examples: ✓ Failure

○ Pride

Strongly Related to My Issue

Most family members are/were saved _____

Most family members are not /were not saved _____

A S

- ___ ___ Abandonment
- ___ ___ Abuse Emotional
- ___ ___ Abuse Physical
- ___ ___ Abuse Sexual
- ___ ___ Abuse Spiritual
- ___ ___ Abuse Verbal
- ___ ___ Addictions/Compulsions
- ___ ___ Anxiety
- ___ ___ Anorexia/Bulimia
- ___ ___ Anger/Rage
- ___ ___ Bitterness/Criticalness
- ___ ___ Bound/Hindered Emotions
- ___ ___ Chronic Illness
- ___ ___ Confusion
- ___ ___ Communication, Little or Poor
- ___ ___ Control Issues
- ___ ___ Cult Involvement
- ___ ___ Cutting
- ___ ___ Cyber Sex
- ___ ___ Death, Premature Death
- ___ ___ Deception/Lying
- ___ ___ Deceptive Business Practices

A S

- ___ ___ Demonic Torment
- ___ ___ Depression/Grief
- ___ ___ Divorce/Separation
- ___ ___ Drugs, Legal/Illegal
- ___ ___ Emotional Abandonment
- ___ ___ Failure
- ___ ___ Family Secrets
- ___ ___ Favoritism
- ___ ___ Fears/Anxiety
- ___ ___ Financial Issues/Problems
- ___ ___ Freemasonry
- ___ ___ Gender Identity Confusion
- ___ ___ Idolatry
- ___ ___ Job Related Issues
- ___ ___ Lack of Intimacy
- ___ ___ Legal Issues/Problems
- ___ ___ Loss
- ___ ___ Marriage Issues
- ___ ___ Neglect
- ___ ___ Mental Illness
- ___ ___ New Age/Gothic
- ___ ___ Not Wanted/Outsider

A S

- ___ ___ Occult Involvement
- ___ ___ Parents/In-Law Issues
- ___ ___ Perfectionism
- ___ ___ Post Traumatic Stress Syn
- ___ ___ Premarital Issues
- ___ ___ Pride
- ___ ___ Rebellion
- ___ ___ Rejection
- ___ ___ Religious Issues/Legalism
- ___ ___ Sexual Bondage/Issues
- ___ ___ Shame/Condemnation
- ___ ___ Sleep Problems
- ___ ___ Strife/Division
- ___ ___ Suicide Thoughts/Attempts
- ___ ___ Trauma
- ___ ___ Unbelief/Doubt
- ___ ___ Unfulfilled Lives
- ___ ___ Unforgiveness
- ___ ___ Unworthiness/Inferiority
- ___ ___ Victimization/Passivity
- ___ ___ Violence
- ___ ___ Withdrawal

Ungodly Beliefs about Myself

Read the following statements and check (✓) the ones that **directly relate** to your current issue. (By the way, all of us have Ungodly Beliefs! ☺)

Theme: Rejection, Not Belonging

- 1. I don't belong. I will always be on the outside (left out).
- 2. My feelings don't count. No one cares what I feel.
- 3. No one will love me or care about me just for myself.
- 4. I will always be lonely. The special man (woman) in my life will not be there for me.
- 5. _____

Theme: Unworthiness, Guilt, Shame

- 1. I am not worthy to receive anything from God.
- 2. I am the problem. When something is wrong, it is my fault.
- 3. I am a bad person. If you knew the real me, you would reject me.
- 4. If I wear a mask, people won't find out how horrible I am and reject me.
- 5. I have messed up so badly that I have missed God's best for me.
- 6. _____

Theme: Doing to achieve Self worth, Value, Recognition

- 1. I will never get credit for what I do
- 2. My value is in what I do. I am valuable because I do good to others or because I am "successful."
- 3. Even when I do or give my best, it is not good enough. I can never meet the standard.
- 4. God doesn't care if I have a "secret life," as long as I appear to be good.
- 5. _____

Theme: Control (to avoid hurt)

- 1. I have to plan every day of my life. I have to continually plan/strategize. I can't relax.
- 2. The perfect life is one in which no conflict is allowed and so there is peace.
- 3. I can avoid conflict that would risk losing others' approval by being passive and not do anything.
- 4. The best way to avoid more hurt, rejection, etc., is to isolate myself.
- 5. _____

Theme: Physical

- 1. I am unattractive. God shortchanged me.
- 2. I am doomed to have certain physical disabilities. They are just part of what I have inherited.
- 3. _____

Theme: Personality Traits

- 1. I will always be _____ (angry, shy, jealous, insecure, fearful, etc.).
- 2. I will never be _____ (likable, lovable, happy, safe, content, etc.).
- 3. _____

Theme: Identity

- 1. I should have been a boy (girl), then my parents would have valued/loved me more ... etc.
- 2. Men (women) have it better.
- 3. I will never be known or appreciated for my real self.
- 4. I will never really change and be as God wants me to be.
- 5. I am not competent/complete as a man (woman).
- 6. _____

Theme: Miscellaneous

- 1. I have wasted a lot of time and energy, some of my best years.
- 2. Turmoil is normal for me.
- 3. I will always have financial problems.
- 4. _____

Ungodly Beliefs about Others

Theme: Safety/Protection

- 1. I must be very guarded about what I say since anything I say may be used against me.
- 2. I have to guard and hide my emotions and feelings.
- 3. I cannot give anyone the satisfaction of knowing that they have wounded or hurt me. I'll not be vulnerable, humiliated, or shamed.
- 4. The best way to survive is to (avoid, overpower) other people.
- 5. I will always need to be strong in order to protect and defend myself.
- 6. It's not safe to submit myself to anyone.
- 7. _____

Theme: Retaliation

- 1. The correct way to respond if someone offends me is to punish them by withdrawing and/or cutting them off.
- 2. I will make sure that _____ hurts as much as I do!
- 3. _____

Theme: Victim

- 1. Authority figures will humiliate me and violate me.
- 2. I will always be used and abused by other people.
- 3. My value is based totally on others' judgment/perception about me.
- 4. I am completely under their authority. I have no will or choice of my own.
- 5. I will not be known, understood, loved, or appreciated for who I am by those close to me.
- 6. The significant people in my life are not there for me and will not be there for me when I need them.
- 7. _____

Theme: Hopelessness/Helplessness

- 1. I am out there all alone. If I get into trouble or need help, there is no one to rescue me.
- 2. I have made such a mess of my life there is no use going on.
- 3. I am a victim of my circumstances and there is no hope for change.
- 4. I'm all alone.
- 5. Something is wrong with me.
- 6. _____

Theme: Defective in Relationships

- 1. I will never be able to fully give or receive love. I don't know what it is.
- 2. If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
- 3. If I fail to please you, I won't receive your pleasure and acceptance of me.
- 4. I must strive (perfectionism) to do whatever is necessary to try to please you.
- 5. I will never be a priority with those in authority over me.
- 6. _____

Theme: God

- 1. God loves other people more than He loves me.
- 2. God only values me for what I do. My life is just a means to an end.
- 3. No matter how much I try, I'll never be able to do enough nor do it well enough to please God.
- 4. God is judging me when I relax. I have to stay busy about His work or He will punish me.
- 5. God has let me down before. He may do it again. I can't trust Him or feel secure with Him.
- 6. _____
- 7. _____

