



Helper.help
630.624.2918

210 Postage Way #1854
Indian Trail, NC 28079

Shepherding, Safety, and Spiritual Care Questionnaire

Based on Ezekiel 34

Purpose: An Ezekiel 34–based questionnaire avoids debates about specific doctrines or church structures and instead evaluates leadership by the standard God Himself gives: care for the vulnerable, protection from harm, justice, accountability, and shepherding that strengthens rather than exploits the flock.

This questionnaire is designed to help individuals reflect on their experiences within a church, ministry, or spiritual community. It is based on themes found in Ezekiel 34, where God rebukes shepherds who neglect, exploit, or harm His flock and contrasts their leadership with His own care for His people.

Disclaimer

This questionnaire is intended for educational, self-reflective, and informational purposes only. It is not a diagnostic, clinical, legal, ecclesiastical, or investigative tool and should not be used as a substitute for professional advice, questionnaire, counseling, advocacy, legal counsel, or emergency services.

The presence or absence of any specific responses does not determine whether abuse has occurred, nor does it provide a definitive questionnaire of any individual, relationship, church, ministry, or situation. Human experiences are complex, and concerns raised through this questionnaire should be explored within the broader context of a person's circumstances.

If you are concerned that you may be experiencing emotional, psychological, spiritual, sexual, domestic, or other forms of abuse, consider seeking support from qualified professionals, such as a licensed mental health provider, trauma-specialized advocate, attorney, domestic violence professional, medical provider, or other appropriate resource.

If you believe you are in immediate danger, ***contact emergency services or a local crisis resource immediately.***

This questionnaire is designed to help identify patterns and prompt further reflection and conversation. It should not be relied upon as the sole basis for making legal, clinical, safety, ecclesiastical, or life-altering decisions.

Completing this questionnaire does not establish a client relationship with Help[H]er, nor does it constitute advocacy, counseling, legal advice, or crisis intervention services.



Helper.help
630.624.2918

210 Postage Way #1854
Indian Trail, NC 28079

Instructions:

For each statement, indicate how often it reflects your experience.

- Never
- Rarely
- Sometimes
- Often
- Consistently

Care for the Vulnerable

1. Church leaders demonstrated concern for those who were struggling, wounded, or vulnerable.
2. When I was hurting, leaders sought to understand and support me.
3. The weak were strengthened rather than overlooked.
4. The injured were cared for rather than blamed for their condition.
5. People experiencing crisis received practical help and support.
6. Vulnerable individuals were treated with dignity and compassion.
7. The church actively looked for those who had become isolated or disconnected.
8. Leaders made efforts to restore and support those who felt lost or forgotten.

Leadership

9. Church leaders exhibited a desire to serve rather than achieve personal gain.
10. Leaders used their position to benefit the congregation rather than themselves.
11. Decisions seemed guided by the welfare of the flock rather than institutional reputation.
12. Leaders demonstrated humility and accountability.
13. Resources, influence, and authority were used for the good of others.
14. Leadership was willing to sacrifice for the well-being of members.
15. Leaders welcomed questions and feedback.
16. I felt leadership cared more about people than preserving power.

Use of Authority

17. Leadership authority was exercised with gentleness rather than intimidation.
18. I felt safe expressing concerns or disagreements.



Helper.help
630.624.2918

210 Postage Way #1854
Indian Trail, NC 28079

19. Leaders responded respectfully when challenged.
20. I did not fear retaliation for raising concerns.
21. Leaders avoided coercion, manipulation, or pressure.
22. Church discipline or correction was handled fairly and carefully.
23. Authority was used to protect people rather than control them.
24. I felt free to make decisions without undue spiritual pressure.

Justice and Protection

25. Leaders took reports of harm seriously.
26. Safety was prioritized when concerns were raised.
27. Allegations of abuse or misconduct were addressed appropriately.
28. The church protected vulnerable people from further harm.
29. Leaders demonstrated impartiality when conflicts arose.
30. Those with less influence were treated fairly.
31. Powerful individuals were held accountable for harmful behavior.
32. The church's response reflected justice rather than favoritism.

Community Impact

33. The church environment fostered trust and safety.
34. Members were encouraged to care for one another.
35. People who were struggling were not pushed aside or excluded.
36. The community promoted honesty and truth-telling.
37. Individuals felt free to seek help without fear.
38. The church strengthened my spiritual well-being.
39. The church strengthened my sense of dignity and worth.
40. I felt more secure, not more fearful, because of my involvement in the church.

Reflection Questions

1. When you think about your church experience, do you feel more cared for or more controlled?
2. Have church leaders helped you move toward greater safety, freedom, healing, and dignity?
3. Have you ever felt pressured to protect a leader, ministry, or institution at the expense of your own well-being?



Helper.help
630.624.2918

210 Postage Way #1854
Indian Trail, NC 28079

4. In what ways has your church reflected the shepherding qualities described in Ezekiel 34?
5. In what ways has it failed to reflect those qualities?