

QUESTIONS TO DETERMINE **HOW HEALTHY YOUR LOCALGROUP/CHURCH**

As you read the questions, circle either YES or NO. When you reach the end, go back through the list and prayerfully consider the questions that you have answered YES to.

- 1) Does your church or group revolve around one main charismatic personality who is the final arbiter of "truth"? YES / NO
- 2) Are you allowed to freely ask questions about the background of your leader(s) and your group without being looked down upon or being considered 'divisive'? YES / NO
- 3) Are you allowed to freely discuss teachings, prophecies, or so-called new revelations that your group's leader(s) have stated in the past or present? YES / NO
- 4) Are your leadership intolerant of questions or critical enquiry and above reproach (without blame) in morals, ethics, teaching and financial issues? YES / NO
- 5) When issues are brought up about abusive situations, do your leaders say, "You just need to have more faith, or "You are being disloyal to leadership!?" YES / NO
- 6) Are leaders in your group very, very hard to contact or meet with? YES / NO
- 7) Do your leaders avoid problematic issues? Or, when you discuss or address a real problem, do YOU then become targeted as *THE problem*, instead of the real issue that needs to be addressed? YES / NO
- 8) Are your leaders aloof, unapproachable, unkind or harsh in any way to any of the people in your group? YES / NO
- 9) Is there a tight control of flow of information within ranks in-group / church? YES / NO
- 10) Is your leadership persuasive, twists and misapplies biblical verses in personal dealings with members. YES / NO
- 11) Are you discouraged to associate with former members and warned that they are defiling or evil. YES / NO
- 12) How does your leader react when criticized or questioned
 - Consider it evil persecution
 - Disrespected YES / NO
- 13) When you address a valid issue or concern regarding problems in leadership that are clearly unbiblical, do your leaders blame shift, like different opinion and highlight on observance of misconduct / statements used in the pulpit. Are you then
 - * Shunned * Labelled * Rebuked * Ignored
 - * Removed from position * Disfellowshipped * Ridiculed YES / NO
- 14) Does your leader take measures to ensure that he gathers people/elders who do not question the way he uses authority / conducts as a form of unequal confrontation to bully his intended target. YES / NO
- 15) Does your leader use false accusation tactics, by accusing his victims of wrong motives and improper attitudes YES / NO
- 16) Does elders push the agenda of its leadership despite whom they hurt or use in the process. YES / NO
- 17) Does your leadership question the loyalty of those who disagree with them & their Legalism?

YES / NO

- 18) Are sub leaders hand picked based on their demonstration of submissiveness to the ultimate leadership rather than on the basis of their leadership skills, spirituality, and anointing appointment by God or consecrated into positions. YES / NO
- 19) Is it difficult to get a straight answer from the group's leader(s) on the group's teachings? YES / NO
- 20) Have you been taught, told or commanded NOT to share any of your group's teachings, doctrines or practices with any outsiders? YES / NO
- 21) Do your leaders favourably quote and endorse known false teachers and false teachings in their own sermons, messages and teaching? YES / NO
- 22) Are the leaders in your group or church comprised of "yes men" who simply follow, submit to, and carry out the whims and desires of one man? YES / NO
- 23) If you were to ask valid, enquiring questions about your group's policies, would this create relationship problems with the leaders? YES / NO
- 24) Are members leaving without the prior permission & blessing of the leadership & suffer from Psychological problems. YES / NO
- 25) Have you ever been instructed, led, or forced to partake in any type of sexual activity with any of your group's leaders? YES / NO
- 26) Are you or have you ever been commanded, forced, coerced, extorted, or manipulated into financial giving, tithing, sowing your seed-faith offering, etc.? YES / NO
- 27) Have you been forced, manipulated, coerced or pressured into making any moral and ethical choices against your own will and conscience? If so, what? If so, by whom? YES / NO
- 28) Do your leaders or ministry helpers ever lie to you or 'secretive' about any of its teachings, practices or meetings? YES / NO
- 29) Are there spoken or unspoken "dress code rules" in your group that if broken, will lead to "discipline"? YES / NO
- 30) If you were to enquire about "Who counts and handles the money?", would your leader(s) show contempt towards you or look down on you with suspicion? YES / NO
- 31) If your group is a church/ group, and monies are received, do the leaders AVOID filing annual tax documents with the Internal Revenue Service and charity commission? YES / NO
- 32) When money is received through offerings, collected through offering boxes, etc., do you see that there is a lack of accountability with counting, processing and depositing funds? YES / NO
- 33) If you have ever enquired about the financial accountability procedures in your church, group or organization, have your leaders been defensive? YES / NO
- 34) Is there a high turnover rate of people coming and then leaving your church or group? YES / NO
- 35) Do you often hear stories of strife, bitterness, and controversies within your group or its leadership? YES / NO

- 36) Does your leadership use Matt.18 attempt to work things out or simply create an atmosphere of a trap to accuse YES / NO
- 37) Do you hear from people who have left your group/church similar tactics of misuse of authority approach on them? YES / NO
- 38) Do you rely completely, without question, on the literature and information that your group gives you for your spiritual growth? YES / NO
- 39) If you were to visit your leaders and confront them regarding false prophecies they have made, or false teachings they have taught, do you think they would be angry, upset or frustrated that you came to show them their error? YES / NO
- 40) Would you say that your leaders display lack of sorrow, lack of apology, and unrepentance when they are confronted with real sin or abuse issues? YES / NO

If you answered NO to all questions above – Your group/church is very healthy
If you answered **yes** to **3 or more**, your group/church is showing signs of being unhealthy.
If you answered **yes** to **6 or more**, your group/church is very unhealthy & definite cause for alarm
If you answered **yes** to **8 or more**, your group/church is a full-blown authoritarian cult

If you answered yes to more than 5 questions above, it is recommended that you take a much closer look into your groups or church history, purpose, and goals. Observe closely the methods, activities, and lives of the leaders. Are the leaders using abusive and manipulative tactics on people and the elders are being loyal to them by backing their evidence of victimisation of members by silence, avoiding, shunning your request of transparency?

If you are in tears right now, filled with **grief, sorrow and pain, please know this: There is **freedom** ahead and there is a God in heaven who desires to break the chains of abuse, pain, and the hardship you have been through. He sees your silent tears, He understands your grief, and He is willing and available to comfort your pain and distress**

Remember, you have the **freedom to make your own choices and to be free from controlling and manipulative people. Controlling, abusive, and manipulating people will only mock, chastise and attempt to control you even more when their ploys, methods and artful ways of controlling others have been exposed. If you need help or advocacy [click on contact us](#)**

QUESTIONS TO HELP IDENTIFY IF **YOU ARE A VICTIM** OF SPIRITUAL ABUSE

As you read the questions, circle either YES or NO. When you reach the end, go back through the list and prayerfully consider the questions that you have answered YES to.

- 1) Does your leadership demand you consult them before making any or major decisions
YES / NO
- 2) Has your leadership forbidden you to go on vacation or spend time with someone who has left the group/church YES / NO
- 3) Do you continually question your spirituality or standing with God. YES / NO
- 4) Have you been pre-occupied with checking out others in the congregation to see who is living up to the rules and who is not? YES / NO
- 5) Has your joy/peace been replaced with constant worry YES / NO
- 6) Do you feel that you are manipulated against your own desires when making personal choices about clothing, time commitments, service, tithing, and friendships? YES / NO
- 7) Are choices ever made by your leaders, which go against and burden your own conscience?
YES / NO
- 8) If you are experiencing abuse in any way, are you scared, afraid or nervous about leaving your group, church or organization? YES / NO
- 9) Do your leaders, or the group itself, make choices to involve you in things that you don't like or would prefer not to be a part of? YES / NO
- 10) Have you ever been punished or abused in any of the following ways: Physically abused, out-loud verbal shaming in front of others, given the non-verbal silent treatment, coded non-verbal abuse (the look), financially mistreated or extorted and, as a result, suffered financial repercussions, sexually abused in any way, emotionally manipulated, purposefully betrayed, sexual innuendos, etc? YES / NO
- 11) Are there spoken or unspoken "dress code rules" in your group / church, that if broken, lead to "discipline" or accusation of being rebellious YES / NO
- 41) If you were to enquire about "Who counts and handles the money?", would your leader(s) show contempt towards you or look down on you with suspicion? YES / NO
- 12) Do services make you sad/beaten down/depressed after a group gathering/church service
YES / NO
- 13) Do you feel your presence is intimidating leadership? YES / NO
- 14) Do you hear comments that worries you doing preaching & disturbs/distracts you through the service/ group meetings YES / NO
- 15) Do you feel you are a topic in leadership meetings YES / NO
- 16) Do you feel intimidated, shunned, ignored, ridiculed, isolated when you voice your concerns to your leadership YES / NO
- 17) Have you been falsely accused of wrong motives and improper attitudes, when you voiced your concerns YES / NO
- 18) Are you told to leave the wrong doing of leadership to God, and that you can not confront/question leadership as God's anointed? YES / NO

- 19) Has your leadership taking measures to ensure that their meeting with you is not an equal confrontation, by gathering people around him/her to bully you. YES / NO
- 20) Have you ever been commanded, forced, coerced, extorted, or manipulated into financial giving, tithing, sowing your seed-faith offering, e.g. by monitoring tithe envelope with detailed earnings information? YES / NO
- 21) Have you been deprived of certain benefits others are given by your group/church because you cannot afford tithe or your tithe given is not evident for monitoring. YES / NO
- 22) Have you been victimised as being a treat or bully or portrayed as a liar by leadership, when u challenge the misconduct of one of the leaders. YES / NO
- 23) Have you been unlawfully victimised (like evoking your ministerial licence) because you stand up against abuse of power / authority or stand up for biblical principles YES / NO
- 24) Have you been disfellowshipped from your group/church because
- Your leadership is threatened by God's anointing on you
 - You voiced your concerns on traditions that unbiblical
 - You are accused of non tithe payment YES / NO
- 25) Have those who were friends with you before, now shunning you, and nervously avoiding you/ all of a sudden too busy now to communicate with you. YES / NO
- 26) Do you feel that people you love has shifted their loyalty to leadership despite evidence of your victimisation before them.. YES / NO
- 27) Are you accused and refused evidence of transparency of what you said or did. YES / NO
- 28) Do you feel you were stripped off your reputation and rejected by those you loved and trusted with false accusation by one man's evil intent? YES / NO
- 29) Do you feel your leadership has violated, betrayed you with false reconciliation process – as it is impossible to reconcile with a situation/ accusation that was twisted from the start. YES / NO
- 30) Has your leadership displayed lack of sorrow, lack of apology, and unrepentance when you confronted with their sinful /unlawful act or abuse issues towards you? YES / NO

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If you believe that you are being abused in any way, it is highly recommended that you seek immediate help from balanced individuals and relatives or organisations as us for **counselling** and **your human rights advocacy** by [clicking on contact us](#) that are outside of the influence of your group and its leaders

if you are suffering physical harm in any way or are involved against your conscience in any activity, you have the freedom to call emergency personnel by **dialling 999**