

Passages and Questions for Self-Examination

Matthew 6:12-14 (NIV) *Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.' For if you forgive men when they sin against you, your heavenly Father will also forgive you.*

- Is there anyone against whom I hold a grudge?
- Is there anyone I haven't forgiven?
- Is there anyone I hate?
- Are there any misunderstandings that I have been unwilling to forget?
- Is there any person against whom I am harboring bitterness, resentment, or jealousy? Is there anyone I dislike to hear praised or well spoken of?

Matthew 6:33 (NIV) *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

- Is there a part of my life that I have not submitted to Jesus as Lord?
- Am I holding back on giving Him my money, a relationship, my job, my recreational activities, my reading, my TV viewing or internet surfing?

John 13:35 (NIV) *By this all men will know that you are my disciples, if you love one another."*

- Am I the cause of dissension and strife between others?
- Did I create an argument, fight, or division in the family, among friends, at work, etc.?
- Am I secretly pleased over another's misfortune?
- Do I argue, quarrel, or engage in heated discussions? Do I exaggerate and "get carried away"?

1 Corinthians 4:2 (NIV) *Now it is required that those who have been given a trust must prove faithful.*

- Am I being slack in my responsibilities and/or obligations to my spouse, my children, my parents, my friends, my neighbors, my church, or my employer?
- Am I undependable so that others are hesitant to trust me with responsibility?

1 Corinthians 10:31 (NIV) *So whether you eat or drink or whatever you do, do it all for the glory of God.*

- Do I take credit for anything good about me, rather than giving all the glory to God?
- Am I choosing the activities of my day in order to please God or me?

1 Corinthians 6:19-20 (NIV) *Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*

Ephesians 4:19 (NIV) *Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.*

- Am I being chaste in mind and body, avoiding all forms of lust, impurity, and sensual desires toward someone other than my spouse? (still applies if not married)

While these verses speak of sexual sin, they also apply to other things that mismanage the temple of the Holy Spirit.

- Am I being careless with my body, what I put into it?
- Am I eating right, exercising as I should, getting enough sleep, taking medications correctly?
- Am I overindulging in sweets, comfort foods, and other luxuries?

Ephesians 4:25 (NIV) *Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*

- Have I fallen into the habit of stretching the truth, either to make myself look better, or to make others look worse?
- Am I hiding information from someone at work, who should be told the whole truth?

Ephesians 5:3 (NIV) *But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.*

- Am I honoring God by paying my debts on time and in full, being careful to never cheat anyone or hold back what is owed?
- Am I failing to provide the necessities for my family because I am a slave to money, to hobbies, or to some addiction?

Ephesians 4:29 (NIV) *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

Ephesians 5:4 (NIV) *Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.*

- Have I allowed my to fall into bad verbal habits, maybe to "fit in" at work or school?

Ephesians 4:32 (NIV) *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

- Am I passing up opportunities to help someone in need, to show compassion and kindness to others like I have received the same from God?

Ephesians 5:20 (NIV) ... always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Philippians 2:14 (NIV) Do everything without complaining or arguing,

Philippians 4:12 (NIV) I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

- Am I becoming a grateful person who habitually thanks God or a complainer?
- Do I focus more on what I don't have and want/wish for, or on what I already have and am learning to be content with that?
- Am I living in gratitude for my material and spiritual riches, or daydream about winning the lottery and what I would do then?

2 Timothy 2:22 (NIV) Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

- Do I have any personal habits that are not pure?
- Do I allow impure thoughts about the opposite sex to stay in my mind?
- Do I read that which is impure or suggest unholy things?
- Do I indulge in any unclean entertainment?
- Am I looking for the good in others, or something to criticize?

James 1:27 (NIV) Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

- Have I allowed myself to become stained by the world?
- Is my manner of dress pleasing to God?

Other passages to make up questions from include:

Galatians 5:19-21; Ephesians 5:3-7; Philippians 2:14; Colossians 3:5-10; Hebrews 13:15-17; James 4:1-11; 1 Peter 2:1;