

SELF EXAMINATION GUIDE FOR CONFESSION AND REPENTANCE

Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test! (2 Corinthians 13.5)

1. **Thankfulness:** It is the habit of my life to thank God and others for what they have done. I can honestly say that I am a thankful person and often express my gratitude. (Psalm 100.4)
2. **Gentleness:** My life is free from all outbursts of selfish anger or rage. I am approachable, quiet in spirit, open to criticism, and don't get defensive when I am corrected or rebuked. (Colossians 3.12, Ephesians 4.2)
3. **Humility:** I do not have an inflated self-opinion and consistently consider others as equal with myself. I have a teachable spirit and avoid all bragging, name-dropping and spiritual pride. (James 4.6-10, Philippians 2.1-4)
4. **Pure Attitudes:** My lifestyle is one of the right relationships, not just outwardly but inwardly too. I have no hate, ill will, malice or bitterness toward any other person anywhere on this earth. (Ephesians 4.31)
5. **Acceptance:** I refuse to fight back when people criticize, condemn, reject or complain against me, even if they do it with wrong motives. I practice giving a soft answer to turn away their wrath. (Romans 12.14-21, Proverbs 15.1)
6. **Peacemaking:** It is my practice to try to bring peace between others who are at odds. I don't just stand by and allow division to fester without trying to get involved to bring peace. (Matthew 5.9, James 3.18, Romans 14.19)
7. **Boldness:** I have been able to launch out and take risks, keeping fear under control and taking risks when God calls to me to do something. There is nothing now that God is asking me to do which I'm resisting because of fear. (2 Timothy 1.7, Joshua 1.6-9)
8. **Trust:** I not only believe, but act as if God is guiding my life and situations. My life is one of simple reliance on God. I'm free from fretting, worry or anxiety about the future. (Philippians 4.6)
9. **Persistence:** It is normal for me to hang in there, when I am acting in healthy ways, when things get difficult, stressful and unrewarding, even if I must face suffering difficulty and persecution. My persistence keeps me from giving up too easily and I just keep on keeping on. (Galatians 6.9)
10. **Harmony:** I'm not a participant in any group evil, like quarreling, dissension, fighting or factions in my family, friendships, church, or work. (Proverbs 16.28, Galatians 5.20)
11. **Submission/Surrender:** I do not resist those placed in authority over me, even if they're less competent or gifted. (Romans 13.1-2)
12. **Right Relationships:** Reflecting on all my relationships past and present, I'm able to say there are no broken relationships with anybody, anywhere, which I have not attempted to straighten out. (Matthew 5.23-24, Romans 12.18)
13. **Giving Living:** I regularly practice generous giving to my family, church, the helpless, widows, orphans, and other needy folk. Generosity is a normal behavior to me. (1 Timothy 6.18)

14. **Family Time:** It is the routine of my life to control the amount of time I spend in work, pleasure or other activities which take too much time from my family. I make family time the top priority of my relationship life. (1 Timothy 5.8)

15. **Forgiveness:** If there is an individual or group of people who have hurt me in the past, I release my resentment, bitterness or grudge against them. I have fully forgiven everyone who has ever hurt me. (Colossians 3.13)

16. **Restoring Others:** I hurt when temptation overtakes a brother or sister in the fellowship or elsewhere in my life, so I do not avoid or exclude them; rather I often get involved, humbly coming alongside to help them back to their feet spiritually. (Galatians 6.1-2)

17. **Restitution:** If I've ever taken things which do not belong to me, or hurt people by what I said or did, I have gone back and made restitution for everything God has prompted me about so far. (Numbers 5.5-7)

18. **Resisting Materialism:** I resist the grasping materialistic lifestyle of my culture, choosing rather to live a life of contentment and satisfaction with what I have. I'm not always wanting more. (1 Timothy 6.8, Hebrews 13.5)

19. **Selfish Ambition:** I have laid aside all envy and selfish ambition. I have no jealousy of another's success. I do not eagerly hunger to climb the ladder to gain personal power and position. (Philippians 2.3, James 3.16)

20. **Spiritual Intimacy:** It is the routine of my life to spend time alone with God each day to read the Bible, meditate and pray. Beyond that I practice the presence of God all day long. I'm constantly sensing God's surrounding presence in my life like the air I breath. (1 Thessalonians 5.17, Jude 1.20)

21. **Thought Life:** My thought life is absolutely free from all impure thoughts. I have habitual victory over all tempting sexual fantasies, daydreams, or other selfish thoughts. (2 Corinthians 10.5, Romans 13.14)

22. **Living Above Reproach:** I painstakingly avoid situations which could feed lustful or selfish desires or even tempt others to gossip about me. I have no dangerous emotional bonds which could lead to trouble. I carefully attend to all my relationships so that not even the hint of impropriety exists. (1 Thessalonians 5.22, Ephesians 5.2)

23. **Truthfulness:** My yes is yes, my five-point buck is a five-point buck, and the fish is whatever size it is. I totally avoid half-truths, white lies, flattery or exaggeration. I practice absolute honesty both in my relationships with others and myself. I do not lie in order to allow myself or others to avoid unpleasant emotions. (Ephesians 4.25)

24. **Tongue Stewardship:** I abstain from slander, gossip, harshness, unkindness, biting criticism, caustic remarks, obscenity, foolish talk or coarse joking. Instead I use my tongue to build others up, giving words of encouragement, comfort, help, inspiration, and challenge. My tongue is completely under God's control. (Ephesians 5.4)

25. **Spiritual Passion:** I hunger to become more spiritual and take my spiritual growth seriously. I do not ignore, dismiss or excuse areas where I fall short since I have a spiritual passion for becoming more like Christ. (Matthew 5.6)