

A Tool for Reflection, Repentance, & Renewal.

A PERSONAL SPIRITUAL ASSESSMENT TOOL

“Let us test and examine our ways. Let us turn again in repentance to the Lord. Let us lift our hearts and hands to God in heaven and say, “We have sinned and rebelled.” Lamentations 3:40-42

- **DIRECTIONS**: The following is a list of common sins that prevent God from blessing and using our lives. As you prayerfully read each of the Bible passages, examine yourself and circle the areas that apply to you. Then ask God to forgive you. Tell God how much you love Him, and invite God into your entire life.

• **MATTHEW 6:12 – 14 — YOUR RELATIONSHIPS TO OTHERS**

- Have you been holding a grudge against anyone? Have you been secretly unforgiving? Desiring revenge? Secretly jealous of someone? Harboring bitterness? Unwilling to forget a misunderstanding? Hateful? Do you avoid people you dislike but need your love? Are you critical or judging of others? Do you justify your bad attitude by claiming it is their fault? Do you gossip to feel superior or better about yourself? Have you worn a self-protective mask and failed to let people get close to you?

• **MATTHEW 6:33 — YOUR PRIORITIES**

- In what areas of your life have you failed to put God first? Do any of the following interfere with doing God’s will: your personal ambitions and goals, your fun and hobbies, your job, your desire to get rich, your own plans, your habits, your friendships, your family? Do you find you don’t have time for God? For prayer? For Bible reading? For small group? Have other activities made you irregular at worship? Is there anything you would be unwilling to give up if God asked you?

• **2 CORINTHIANS 5:7 — WALKING BY FAITH**

- Do you tend to follow your moods or feelings rather than doing what you know is right? Do you allow your emotions to be inspired for the Lord at church but then do nothing about it? Do you focus more on your circumstances than the promises of God? Have you failed to trust God with the disappointments of your life?

• **EPHESIANS 4:31 — ATTITUDES**

- Do you complain and whine about your circumstances? Are you ungrateful? Irritable or cranky? Always speak negatively? Do you get angry easily and blow up or pout? Are you ever harsh or unkind? Unteachable? Sarcastic? Do you put down others instead of building them up? Do you worry about things God wants you to trust him with? Are you fearful or anxious? Do you try to control people or circumstances? Impatient? Proud or stubborn?

• **COLOSSIANS 3:9 — INTEGRITY**

- Are you honest in all your dealings? Do you find it easy to lie? Do you exaggerate to make yourself look better? Leave a better impression of yourself than is true? Have you cheated on taxes? Have you stolen things? Failed to return things?
- Do you do good things hoping to impress others? Do you pretend to live one way in front of your Christian friends and another way at home or at work?

• **ROMANS 12:1&2 — YOUR MIND**

- Have you failed to guard your mind from unhealthy, ungodly input? Have you filled your mind with sleazy or profane movies, television programs, magazines, or books? Do you participate in entertainment that causes you to have impure thoughts? Pornography? Do you spend more time with the TV or the Internet than with God’s Word? Are you lazy in memorizing Scripture verses?

• **ACTS 20:35 — YOUR MONEY & POSSESSIONS**

- Have you failed to dedicate all of your possessions to the Lord? Have you acted like your possessions belong to you, not God? Have you robbed God by not giving him the 10% tithe that he commands? Do you find yourself resentful or defensive when asked to give to God’s work? Are you eager to get rich? Are you stingy with wealth? Have you failed to trust God with your finances? Do you need to be more generous with what God has given you?

• **1 CORINTHIANS 6:19 – 20 — YOUR BODY**

- Are you in any way careless with your body or health? Is there any activity or habit that is harmful to you? Are you lazy or undisciplined?