

SPIRITUAL EXAMINATION

*Take care brothers and sisters, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God.
Hebrews 3:12*

Have you experienced or engaged in:

1. **Poor Self-Image:** insecurity springing from guilt that we have not been able to act “nobly” through our own wisdom and strength. Negative comparisons with others. (1 John 1:7-9; Mark 3:28-29; 2 Cor 3:5-6, 4:7; 1 Cor 2:1-5; Rom 5:6-8, Ps 8:3ff; Job 4:6; Gal 5; Is 43:18-19; Jer 10:23; 1 Tim 6:6-8; Ps 16:11, Is 36 & Is 37:36; 2 Cor 7:10; 1 Sam 12:14-24)
2. **Anxiety:** lack of peace springing from dwelling on some dark scenario that we think will occur in the future. Loss of hope. (1 Pet 5:7; Mat 6:25; Is 51:12, 7:9; 2 Chr 20:20; Is 35:4, 43:1-7; Phil 4:4-7, Prov 12:25, 1 Cor 2:9; Ps 23)
3. **Regret:** believing that a mistake we’ve made in the past virtually rules out a happy future. (1 Sam 12:20; Rom 8:28,37; Gen 50:20; John 21:15-17; Rom 11:22; Jer 38:20; Rom 8:37ff; 1 Sam 12:14-24)
4. **Covetousness:** discontent with what we possess or with our station or situation in life. Lack of gratefulness. Negative comparisons with others. Lack of generosity, hospitality, desire to love the poor. Gluttony, hoarding, consumerism. (1 Tim 6:6-12; Phil 4:11-13; Heb 13:5-6; Ps 23:1-3; Luke 12:15ff; Mat 6:19-21; Prov 21:26; 1 Cor 4:7; Ps 16:11; Hab 3:17-19; 1 Sam 15:22-23)
5. **Bitterness:** harboring a grudge or an unforgiving spirit. (Mat 18:23-35; Rom 12:19-21; Ex 23:4ff; Mat 6:26; Heb 2:2)
6. **Jealousy or Envy:** becoming angry and upset when we see a person get something we wish we had. (Ps 73:28ff, 37:7ff; 1 Sam 12:14-24; Gal 5:12-21; 1 Thes 5:18; Phil 4:12)
7. **Impatience:** The feeling that we should be getting on with something more quickly than we are, leading to lack of peace, bouts of anger, lack of love for others, and trying to get blessing “our way.” (Is 64:4, 50:10-11, 40:28-31; Num 9:15ff; Is 30:1-3; Prov 21:5)
8. **Despondency, lack of enthusiasm:** believing that we are at a dead-end with no way out, a no-win situation. Leads to burn out. Lack of interest in prayer (intercessory, etc.), Word, ministry (inviting people to be in a relationship with Jesus) (Ps 16:11, 23:2ff; Heb 10:35-38; Jos 1:7-9; Rom 15:13; Heb 12:1-3, Ps 73:25-28; Ps 42; Is 64:4; Phil 1:6; 1 Kings 19; Matt 26:36-46; Amos 5:4,11,24)
9. **Self-Adulation:** savoring something one has done or said (or simply some “distinctive”) as particularly good, clever, creative, or wise. Positive comparisons to others. Competitiveness, provoking others, and making others look bad. (1 Cor 4:7; Deut 8:14-18; Jer 9:24; James 4:6,8; 1 Cor 1:28ff; Matt 23:12; 1 Pet 5:5; Ex 18:29-32; Prov 16:5; Mark 9:33-35)
10. **Immorality:** lack of self-control in sexual area. Lustful thoughts. Inappropriate sexual activity. Use of pornography, visual stimulation. Creating inappropriate sexual tension. Habitual masturbation. (Gal 5:19-24, 6:7-10; Mark 7:20-23; 1 Cor 7:8-9; Matt 5:27-28; Prov 22:14; 1 John 2:15-17; 1 Cor 6:13,17f; John 3:16-21)
11. **Critical Spirit:** exalting oneself by harshly evaluating others, leading to cruelty and unreasonable demands. May also lead to gossip. (1 Sam 18:17-25; Matt 7:1-5; 1 Cor 4:1-5; 1 John 4:20-21; Matt 5:21-24; Mic 6:8; Gal 5:13-15, 6:1-2; Rom 14:13)
12. **Divisiveness:** acting to cause disunity in a group by exalting the distinctives of oneself or a sub-group to which one belongs (Gal 5:19-21; 1 Cor 1:10-13, 12:12-26; Gal 6:7-10; Col 3:11-15; Mark 10:35-45; Acts 2:43-47)
13. **Driveness:** rejecting the Sabbath; believing “success” in life can only be achieved by the maximum output of our own wisdom and strength. (Ex 20:8-11; Ps 23:1-3; Luke 11:38-42; Ps 46:10; Is 30:15; Heb 3:9-11)
14. **Deceit:** lying; knowingly falsifying the truth because we believe exposure of truth will lead to a negative situation. Unwillingness to confess sin. (Prov 13:5-6; Lev 19:11; Acts 5:1-10; Col 3:9-10; Ps 51:6; Prov 20:17, 21:6; John 3:16-21)
15. **Sloth, laziness:** avoiding hard work and suffering; devaluing the significance of what we’re called to be doing. Escapism. (Prov 6:6-11, 13:4, 26:15-16; Matt 25:14-30; Heb 6:11-12; Col 3:23-24, Prov 19:15-16)
16. **Self-protection:** covering up, withdrawing, or pulling away from community and ministry (particularly in justice, evangelism, and intercessory prayer) in order to avoid the pain of self-revelation or intentional suffering. Another form of coveting what we perceive to be “ours” over and above being content with the life God offers us. (Jonah 1:1ff; Phil 2:1-8; 2 Tim 2:1-13; 1 Cor 12:12-27; Luke 10:30-37; Mark 8:34-37; 2 Cor 1:5)

Is there anything you have not told us that you should confess?