

SPIRITUAL ASSESSMENT SCRIPTURES

Matthew 6:12-14 "Forgive us as we forgive others. Don't allow us to be tempted. Instead, rescue us from the evil one. "If you forgive the failures of others, your heavenly Father will also forgive you." (GW)

Matthew 6:33 "Seek first God's kingdom and what God wants. Then all your other needs will be met as well."(NCV)

Ephesians 4:31 "Get rid of your bitterness, hot tempers, anger, loud quarreling, cursing, and hatred." (GW)

Colossians 3:9 "Do not lie to each other. You have left your old sinful life and the things you did before." (NCV)

Romans 12:1-2 "As an act of intelligent worship, give Him your bodies, as a living sacrifice, consecrated to Him and acceptable by Him. Don't let the world around you squeeze you into its own mold, but let God re-mold your minds from within, so that you may prove in practice that the plan of God for you is good, meets all His demands and moves towards the goal of true maturity" (Ph)

Acts 20:35 "It is more blessed to give than to receive" (NIV)

1 Corinthians 6:19-20 "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body" (NLT)

2 Corinthians 5:7 "Indeed, our lives are guided by faith, not by sight" (GW)

Heb. 10:25 "We should not stop gathering together with other believers, as some of you are doing. Instead, we must continue to encourage each other even more as we see the day of the Lord coming" (GW)

Joshua 24:15 "Choose for yourselves this day whom you will serve ... But as for me and my house, we will serve the Lord" (NKJV)

Acts 20:24 "My life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus—the work of telling others the Good News about the wonderful grace of God" (GN)



A PERSONAL SPIRITUAL ASSESSMENT

A Tool for Reflection,
Repentance, and Renewal.

By Pastor Mike Prah

"Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life."

Psalm 139:23–24 (LB)

"How can I ever know what sins are lurking in my heart? Cleanse me from these hidden faults".

Psalm 19:12 (LB)



Life and Salvation Church
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A Passion for God
and
A Love for People!

Sunday Worship Service 10am

Thursday Bible Study 7:30pm

Weekday LifeGroup Meetings Various Locations & Times
(Check website for Info)

Church Phone 301-710-5483

www.lifeandsalvationchurch.com
Pastor Mike and Mildred Prah

PERSONAL SPIRITUAL ASSESSMENT TOOL

The following is a list of common sins that prevent God from blessing and using our lives. As you prayerfully read, examine yourself and **circle**, **highlight**, or **underline** the areas that apply to you.

MATTHEW 6:12-14 — MY RELATIONSHIPS TO OTHERS

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

MATTHEW 6:33 — MY PRIORITIES

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

EPHESIANS 4:31 — ATTITUDES

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

COLOSSIANS 3:9 — INTEGRITY

Am I honest in all my dealings? Do I find it easy to lie? Do I exaggerate to make myself look better? Leave a better impression of myself than is true? Have I stolen things? Failed to return things? Do I do good things hoping to impress others? Do I pretend to live one way in front of my Christian friends and another way at home or at work? Do I keep my promises? Am I dependable?

ROMANS 12:1-2 — MY MIND

Have I failed to guard my mind from unhealthy, ungodly input? Have I filled my mind with sleazy or profane movies, television programs, magazines, or books? Do I participate in entertainment that causes me to have impure thoughts? Pornography? Do I spend more time with the TV or the Internet than with God's Word? Am I lazy in

memorizing Scripture verses?

ACTS 20:35 — MY MONEY AND POSSESSIONS

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

1 CORINTHIANS 6:19-20 — MY BODY

Am I in any way careless with my body or health? Is there any activity or habit that is harmful to me? Am I lazy or undisciplined?

2 CORINTHIANS 5:7 — WALKING BY FAITH

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

HEBREWS 10:25 — MY CHURCH FAMILY AND MINISTRY

Am I accountable to any small group of believers for growth? Am I using my God-given S.H.A.P.E. in some ministry? Do I pray for my church and my pastors? Have I been critical instead of helpful? Have I expected to be "fed" without giving back?

JOSHUA 24:15 — MY FAMILY

Am I unkind to those I live with? Do I pray for them? Do I need to ask forgiveness from a family member? Have I been unfaithful to my spouse mentally, emotionally, or physically?

ACTS 20:24 — MY MISSION IN THE WORLD

Have I failed to share the Good News of Christ ... with my relatives? With friends? With co-workers? With neighbors? Kept silent in fear?

ASK GOD TO REMIND YOU OF ANYTHING THAT HAS HINDERED HIS BLESSING ON YOUR LIFE.

1 John 1:9 says, "If we confess our sins to God, He can be depended on to forgive us and to cleanse us from every wrong."