

Examine Yourself

"Examine your own selves, whether you are in the faith. Test your own selves. Or don't you know about your own selves, that Jesus Christ is in you?—unless indeed you are disqualified."

2 Corinthians 13:5 (WEB)

"But let a man examine himself, and so let him eat of the bread, and drink of the cup."

1 Corinthians 11:28 (WEB)

"Be diligent in these things. Give yourself wholly to them, that your progress may be revealed to all."

Pay attention to yourself and to your teaching. Continue in these things, for in doing this you will save both yourself and those who hear you."

1 Timothy 4:15-16 (WEB)

1. Spirit – your relationship to God
 - a. Do you confess that Jesus is Lord and believe that God raised him from the dead?
 - b. Do you have love for God and gratefulness for his grace toward you?
 - c. Are you reading God's word regularly? What have you read?
 - d. Are you talking to God regularly? What have you said?
 - e. Are you fellowshiping with other Christians regularly? Open fellowship?
 - f. Are you confessing your sins to a close friend in the Lord? Do you have secret sin?
 - g. Are you looking toward heaven or lusting for this world's things? What things?
 - h. Are you an ambassador for Christ? Do your friends know you are a Christian?
 - i. Are you making disciples? Who are you helping to trust and obey?
 - j. Are you evangelizing? Who have you explained the gospel to?
 - k. Are impure movies, books, or music in your life? Would godly friends agree?
 - l. We are all tempted...how are you being tempted now? Who is praying for you?

2. Soul – your relationship to your fellowman
 - a. Do you have love for your fellowman and thankfulness for God's grace to them?
 - b. Do you have un-reconciled conflict with others? With who specifically?
 - c. Have you lied, cheated, or stolen from your fellowman? What specifically?
 - d. Are you working to provide for yourself and your family? Working hard?
 - e. Are you submitted to your authorities? Parent? Husband? Employer? Government?
 - f. Are you avoiding any people in your life? Why?
 - g. Are you growing in your mind through good books? Are you reading junk?
 - h. Are you growing through good hobbies and endeavors? Are you being lazy?
 - i. Do you have friends that know you well? Do they have any concerns about you?
 - j. Are you godly with money? Do you owe others? Do you give? Are you hoarding?

3. Body – your care of your physical body
 - a. Do you see a doctor for checkups? When was the last time?
 - b. Do you see a dentist for checkups? When was the last time?
 - c. Do you see an optometrist for checkups? When was the last time?
 - d. Are you avoiding the help or prescriptions of medical professionals? Why?
 - e. Are you eating good foods and the right amount? Would a nutritionist agree?
 - f. Are you exercising regularly? Enough or too much?
 - g. Do you have any physical pains or problems that you are avoiding? Why?
 - h. Are you getting enough sleep? How much?
 - i. Do you feel encouraged, thankful, and positive? Why or why not?
 - j. Are you properly groomed and clothed to mirror Christ? Would godly friends agree?