

# HAVE YOU HAD A PHYSICAL EXAMINATION LATELY???

## WELCOME TO YOUR FREE SPIRITUAL SELF-EXAMINATION GUIDE!!!!

Because 2 Corinthians 13:5 says, “Test yourselves to see if you are in the faith; examine yourselves!” ... that made me wonder what a spiritual self-exam might just look like, so I wrote out questions I have had to ask myself in order to stay on the right track... as much as I am anyway, as I got so tired of being on the wrong one! Some questions are hard, some seem easy, but this one thing I do know, is that we won’t get anywhere with God, unless we are being absolutely honest, so I invite you to take your time, just in the privacy of your own heart and not only think of the Lord in this holiday season, but truly spend some serious time **with** Him, because there really isn’t anything that can set us free like the truth!

If you or someone you know is really struggling with depression and losing the battle like I have, I share my testimony of how the Lord helped me, at [For The Day of Trouble.Org](http://ForTheDayofTrouble.Org) as my biggest lesson was that most of my pain was just purely from my own lack of faith... my own lack of taking the Word of God seriously for myself! But Oh, how life changes in the moments I do and I can honestly say all the pain has been worth it!!!

You may want to get out a pen and a highlighter in case there’s something you want to underline as these all run together in one big paragraph, or this would be way, way, way too long!

Believe and Live, Sue and Dave Mueller

# OKAY, ARE YOU READY???



Why do **you** think Jesus came? Do you truly believe He loves you? How do you connect with that, even when things aren't going your way? How ready are you to give God an account of your life? How absolutely, without a doubt, sure are you that you'll go to heaven after you die? If you're not completely, completely assured, do you think it a good idea to spend some time thinking about this? Do you believe that what Jesus did on the cross was a sufficient sacrifice to pay for your sins or do you feel like you have to add to it to be accepted? If you sense you have to add to it, are you aware of what Isaiah 64:6 says about that? Are you alive, according to Eph. 2:1 and Col. 2:13? (Which tell us we're dead until we receive Christ.) Have you ever been filled with the Holy Spirit, and given the desire for righteousness? In Mat. 7:22,23 we are warned that at the Judgment, some are going to call Jesus their Lord, but He will tell them He never knew them and to leave Him. And in Matthew 23, Jesus even called some of the religious rulers of his day, "sons of hell". How do you think you can be sure you're not just religious but saved? Note: you may want to watch the YouTube: "Examine Yourself by Paul Washer" or that of his wife as she shares how she was religious for years before she realized she didn't have Christ, at "Charo Washer's Testimony of the Grace of God". Or one more... "Prophecy Watch Roundtable #14 with Dr. Barry Awe". These have been questions regarding knowing Jesus as Savior. The rest reflect on knowing Him as Lord... What do we have to do in order to be able to call Jesus our Lord, according to Luke 6:46? How surrendered are you to God's will for your life, vs. your own? Would you say that right now you are on the more difficult, straight and narrow path that leads to life vs. the wide and narrow that leads to death? 2nd Pet. 3:9 tells us that God desires that all come to repentance. What does it mean to repent? Hint: Repentance is the kind of thing you'd want someone who hurt you to do. What does it mean to be saved from sin? When is the last time you would say you knew you were in His presence? What does Scripture say we need to do in order to enter into His

presence? How is your prayer life? How honest with God do you feel you are you when you do pray? When is the last time you sensed you had a major victory in your walk with the Lord? A major failure in your faith? What did you learn from it? Do you believe God knows exactly how you are feeling and exactly what you are thinking at any and all given moments? What kind of Christian would you say you are right now, hot, warm or cold? How can you tell? What kind of report of your life do you want to be able to give, when you stand before God? How are you doing regarding the greatest commandment? And the 2<sup>nd</sup>? What do you think it means that God desires truth in our inward parts? (See Psalm 51:6). Do you feel you ever resist truth in your inward parts? When you try to justify sin or act like it's okay or not a big deal, just who do you think you're fooling? How often are you aware we are surrounded by so great a cloud of witnesses? How consciously aware would you say you are in general, that Judgment day is coming? What does it mean to you to fear the Lord? In Hebrews, we're warned not to neglect so great a salvation. How are you doing with that? If you believe Jesus is for you to get you to heaven, how often do you believe He is for you, while you're on your way there? What dictates how you are doing to a greater degree, your circumstances, or your faith? Do you believe God could be either orchestrating or allowing your circumstances in order that you might learn something? Is there a circumstance too hard for Him to be able to help you through? Chuck Missler (who has a lot of mind blowing material on Youtube) said one way to measure your spiritual growth is to read the verses about love in 1 Corinthians 13, and insert your name, every time the word 'love' is used. Although he said it would make him laugh at himself, hopefully he also saw some progress as the transforming power of the Spirit was active in his life. Those are the kinds of changes you truly can't make by yourself on your insides. For example, \_\_\_\_ endures with patience and serenity. \_\_\_\_ is kind and thoughtful and is not jealous or envious; \_\_\_\_ does not brag and is not proud or arrogant. \_\_\_\_ is

not rude, not self seeking, not provoked nor overly sensitive and easily angered, and \_\_\_ does not take into account, a wrong endured. (Can you imagine our God is like that? How are you doing with that??) Okay, this could go on forever, but if you're still into this, here's some more... What kinds of questions would you think of for this test? How can you tell the difference between conviction of the Holy Spirit and condemnation of the devil? Have you ever recognized thoughts that need taken captive and been successful at tossing them out? If so, how did that make you feel? Have you ever personally sensed the need for the spiritual weapons of our warfare? How proficient would you say you are with the sword of the Spirit and the shield of faith? How do you recognize truth from lies? How can you be sure you are right? When's the last time you were being bothered by something but intentionally decided to take up your cross to follow the Lord? When you make your request before the Lord, how sure are you that He hears you and then, how sure are you He will answer in a way that is best, even if you don't happen to like it? When He doesn't answer just how you want, how prone are you to accept it? What does dying to yourself mean to you? Who are you concerned about pleasing, man or God? What does being unspotted from the world mean to you? Finish this verse, "Friendship with the world is enmity with \_\_\_\_." When you think of the fruit of the Spirit vs. the fruit of the flesh, in which do you feel you are growing? How is your time in the Word? Are you abiding in Christ throughout your day very often? How can you tell? Do you feel at peace? Or rather, do you feel at peace with God? Do you owe anyone an apology? What are some things in your life you wish you would have done differently? When you ask the Lord to forgive you, do you believe that He really does? Do you think God knows when we are truly really sorry, versus when we're not? If you're not willing to pay the price to follow the Lord, are you willing to be made willing? Like the old song says, Do you rest each moment in the crucified? What does willingly joining Christ in His suffering mean to you? How many

promises of God can you list in the next 2 minutes? How many of those promises are you counting on right now? Scripture says if we're faithful in the small, we will be in the great. How are you doing with that? Do you have anyone you need to forgive? How are you doing regarding loving your enemies? Scripture says grumbling and complaining is a sin. How would you rate yourself with that? What kind of success do you have when it comes to rejoicing in all things, or as James 1:2-4 says, counting it all joy when you go through various trials? And do you think you have to feel like it in order to do so? What verses do you turn to when you are discouraged? Or do you turn to something else, and what is it? We're told to tell one another what Christ has done for us. What are some of the most helpful testimonies you've heard? Why not call a friend today and share those with them. What are some of your own? We're told to feed our faith. What are some ways to do that? God says He rewards those who diligently seek Him. Have you ever found that to be true? We're told to redeem our time. What does that mean to you and how do you do it? How prone are you to admit it when you're wrong? Would you say you're growing in grace and the knowledge of the Lord? How would you fill in the blank today? - "The Lord is my \_\_\_\_\_".... (given that there are SO many names for Him in the Bible). How many of the 7 spirits of the Lord In Isaiah 11:2 can you list without looking? Okay, I'm going to list them and here they are but think about if you know any first... wisdom, understanding, counsel, strength, knowledge and he reverential and obedient fear of the Lord. How many of the specific rewards listed in Scripture, can you list? Lastly, did you know that one difference between Christmas and Hannukah, is that Christmas is the celebration of Christ's birth, and Hannukah is the celebration of His conception, (because not even Herod would call for a census in the middle of winter!) Either way, may we all truly be thankful He came!

Hope this gave you lots of good food for thought! I know it does me!!



