

**Reading:** Ephesians 4:14-32

**Topic:** Spiritual Self Examination  
Questions – Part 1

**INTRODUCTION:** There are times in our lives when we need to stop and \_\_\_\_\_ upon our own hearts to evaluate \_\_\_\_\_ we are really at spiritually and see if we need to correct anything.

### I. QUESTION # 1:

**What thoughts occupy your mind when you have nothing else important to think about?** \_\_\_\_\_

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#### **A. Thoughts Are What We Eventually Become:**

1. Your thought life will eventually expose the \_\_\_\_\_ of your mind and heart, so when you are all alone what do you primarily \_\_\_\_\_ about? Prov. 23:7
2. Most all crime that is committed is a pre-meditated act which means that the perpetrator \_\_\_\_\_ about the crime before it was actually \_\_\_\_\_. Mk. 14:10,11

#### **B. God Thoughts:**

1. One of the major differences between an ungodly man and a \_\_\_\_\_ man (or woman) is their thought \_\_\_\_\_. Ps. 10:4; Ps. 1:1,2
2. The Word of God gives us a recipe for a good \_\_\_\_\_ life and if it is followed correctly, there will be a very unlikely possibility of \_\_\_\_\_ into sin. Phil. 4:8, Ps. 19:14

### II. QUESTION # 2:

**What or maybe who sets off anxiety, worry or even depression in your life?** \_\_\_\_\_

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#### **A. What Is Worry?:**

1. Someone has said that "worry is like a rocking \_\_\_\_\_ - it gives you something to do but it never gets you anywhere!"
2. If the adversary can get us into the realm of anxiety and \_\_\_\_\_, it weakens our faith and trust in the Almighty God, which in turn can deprive us of the \_\_\_\_\_ and rewards that God has for us. Heb. 3:17-19

#### **B. The Word of God vs. Worry & Anxiety:**

1. Every child of God will go through \_\_\_\_\_ of uncertainty and difficulty – losing a loved one to death, losing a \_\_\_\_\_, sickness, financial difficulty, family \_\_\_\_\_, etc.
2. Jesus taught us that He is the one that we should cast all of our \_\_\_\_\_ and troubles upon because He really does \_\_\_\_\_ for us. I Peter 5:7
3. When Jesus spoke to His followers who were worried about how they were going to \_\_\_\_\_ for their needs, He reminded them that He is the supplier and \_\_\_\_\_. Mt. 6:25-34
4. The Word of God also instructs His people to not \_\_\_\_\_ about things but instead to bring our needs to God in \_\_\_\_\_ and make the requests to Him. Phil. 4:6,19

### III. QUESTION # 3:

**Who in your life do you have difficulty to forgive and why?**

#### **A. All Have Hurts:**

1. Everyone in life gets \_\_\_\_\_ or offended by someone else at some time or another, and sometimes the offence is very serious – physical or sexual \_\_\_\_\_, betrayal by a friend or family member, etc.
2. Whether the offence is physical or verbal, all offences \_\_\_\_\_ and place a barrier between the off- ended one and the offender which is harmful and leads to unforgiveness and maybe even retaliation.
3. This world is a broken and fallen place and people will \_\_\_\_\_ one another and what is more difficult to deal with is when people who are \_\_\_\_\_ to you hurt you. Ps. 55:12-14

#### **B. Forgiveness:**

1. One of the greatest tests of our walk with God is the test of \_\_\_\_\_ those who have hurt us, but the normal human reaction to being hurt is to get \_\_\_\_\_ in some form or another. Rom. 12:19
2. Jesus made it very clear that forgiveness was not just an \_\_\_\_\_, but it was going to be a require- ment to be \_\_\_\_\_ for if we do not forgive, we will not be forgiven. Mt. 6:14,15
3. Forgiveness is more than just saying the words, “I \_\_\_\_\_ you,” because one can speak the words with the \_\_\_\_\_ but not mean them from the heart.
4. True forgiveness is done through the \_\_\_\_\_ of God and it means letting go of your right to hold a grudge and you do it from your own \_\_\_\_\_ whether the other person even asks for it. 2 Cor. 2:10

### IV. QUESTION # 4:

**Do you find it burdensome to have a relationship with God?**

#### **A. Do I Have To?**

1. Many people come to God out of \_\_\_\_\_ and desperation, but once an individual is born again, the heart must fall in \_\_\_\_\_ with Jesus or else serving Him will only be a fire escape from hell. Acts 9:6
2. If serving God is done only out of obligation, an individual will constantly be asking the \_\_\_\_\_, “Do I have to?” when it comes to prayer, consecration and reading the \_\_\_\_\_ of God.

#### **B. From Duty To Dedication:**

1. Once a person is truly \_\_\_\_\_ again, a love relationship should grow with the Lord Jesus Christ, and the question should no longer be “Do I have to?” but instead, “What can I do to \_\_\_\_\_ Jesus? I Jn. 4:19
2. When a person grows to \_\_\_\_\_ Jesus, prayer is no longer a \_\_\_\_\_ but a privilege that one looks forward to each \_\_\_\_\_ and the Word of God is precious soul food to nourish the soul and service to our Lord is a joy to do, not a task to be dreaded.

**CONCLUSION:** These questions are thought provoking and \_\_\_\_\_ searching so that we may see our- selves in the light of God’s Word and presence.

Part 2 – To come for next class.