

QUESTIONS TO EXAMINE YOURSELF WHILE PRAYING

Search me, O God and know my heart.
Try me and know my thoughts.
And see if there be any wicked way in me,
And lead me in the way everlasting.

These questions were collected from a variety of sources, one being Matthew Henry. One fruitful exercise for self-examination is to take the section of the God's Law as expounded in the Heidelberg Catechism and take one of those questions and answers to prayerfully search your heart. May God bless these efforts.

1. Do I love God and my neighbor as I love myself?
2. How did I awake this morning? What were my first thoughts and activities?
3. Is my prayer-life consistent – regular – meaningful – a daily priority?
4. Did I enjoy access at God's throne in prayer? If not, why was that?
5. Is my Bible reading a searching of the Scriptures to find Christ? Do I reserve daily my **best** time to sit as Mary at His feet?
6. What mercies have I thanked Him for today? Did I even try to count my blessings throughout the day?
7. Did I live according to my prayer today? Have I been looking for His answer in providence or listening for His answer in His Word?
8. Are my private and family devotions routine or lively?
9. Am I preparing myself for the coming worship services as I do prepare myself for work or outings, vacation, or school exams?
10. Do I follow up what God calls me to do upon coming home like I expect my children to follow up what I tell them?
11. Do I turn Sunday into a fun day in which visiting family or friends takes priority over God and the church fellowship?
12. Am I obeying His command to work to such an extreme that I have no time for anything else?
13. Do I exhaust myself so that I use my Sunday to catch up on sleep, family time or relaxation?
14. Am I feeding angry or bitter thoughts towards my neighbors or perhaps my own child/ren, spouse or fellow church members? Is that because they hurt my pride in that they didn't bow down before me and worshipped my will, ideas, thoughts, or traditions? If not, why am I having such anger feelings?
15. Did I use my mouth to merely amuse others today or edify them? Did I use my mouth for kindness, encouragement, profit, thoughtfulness making others feel valued?
16. Am I a husband living out my vow to love my wife as Christ does His

- people? Or do I neglect to culture my marriage and my family as the head of my family because I am more focused on my work and projects?
17. Am I seeking sexual thrills by gazing at pornography and feeding my selfish and adulterous fantasies, being unfaithful to God and family?
 18. As a wife am I living out my wedding vows in all its detail? Am I guilty of putting my family (home) above the God and His Kingdom?
 19. Am I disregarding God's boundaries on modesty in how I dress myself?
 20. Is my mouth used for assaulting and undermining the reputations of others with vicious gossip, slander, sharing faults? Am I really praying more for them as I talk about them?
 21. Am I the man who bullies, shoves verbally and even physically to throw his weight around to sit enthroned above my wife and kids?
 22. Am I the child lying to my parents, so they won't find out what I am doing in internet, at school, with friends or siblings?
 23. Am I a church member who exist within our church family as the 'sand kernels on the seashore' without any vital connection or positive involvement with others around me?
 24. Can even the most needed and legitimate things wait for God or can God quickly be pushed off till later and that later mostly does not happen?
 25. Are the world's needy the objects of my compassionate ministry or am I working hard to provide for my over-indulgent and excessive budgets, laying up treasures far beyond what we will ever need on this earth while we place the real poor and needy on a drip feed?
 26. Are my conversations about others upbuilding? Am I like God who earnestly seeks the sinner's repentance in love and kindness? Or do I belong to that class who loves to magnify the faults or failures of others while I justify my own frivolous, empty, worldly, shallow, uncompassionate attitudes towards the 'prodigals or the lost sheep'?
 27. Is my work, my home, my yard, my reputation, my popularity, my hobby, my religious traditions *more important* than actively and practically and really loving God and my neighbors?
 28. Am I doing all to obey God's command to 'grow in the knowledge and grace of the Lord Jesus Christ?' Am I focused on working out my salvation with fear and trembling? Am I doing all not to be filled with 'wine' but be filled with the Spirit, redeeming the time, walking as children of light?
 29. How often have I witnessed of God's grace to outsiders who visit our church rather than giving them a distant look or cold shoulder? How often have I showed more attention to visitors than to those who actually belong to my church family?
 30. How is my obedience to wrestle together in prayer for the salvation of the unchurched through evangelism or mission work?