

# Your Spiritual Heart Check-Up

Just as plaque slowly settles in our arteries and leads to heart problems, so does sin as it creeps into our lives. Both require a willingness to deal with them as they are found; and a willingness to keep them from being a future problem.

- *The heart is deceitful above all things, and desperately sick; who can understand it?* (Jeremiah 17:9)
- *One's pride will bring him low, but he who is lowly in spirit will obtain honor.* (Proverbs 29:23)

**Honestly and Prayerfully consider the following, and check any that may have applied to you over the last 3 months; and ask yourself how truly broken you have been about these sins.**

## - The Sin -

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| <input type="checkbox"/> Pride                   | <input type="checkbox"/> Dishonoring Parents     | <input type="checkbox"/> Impurity              |
| <input type="checkbox"/> Anger                   | <input type="checkbox"/> Selfishness             | <input type="checkbox"/> Alcohol               |
| <input type="checkbox"/> Envy                    | <input type="checkbox"/> Pornography             | <input type="checkbox"/> Drugs                 |
| <input type="checkbox"/> Avoiding Accountability | <input type="checkbox"/> Avoiding Responsibility | <input type="checkbox"/> Avoiding Availability |
| <input type="checkbox"/> Lust                    | <input type="checkbox"/> Complaining             | <input type="checkbox"/> Unforgiveness         |
| <input type="checkbox"/> Gossip                  | <input type="checkbox"/> Bitterness              | <input type="checkbox"/> Hypocrisy             |
| <input type="checkbox"/> Sexual Immorality       | <input type="checkbox"/> Self-Righteousness      | <input type="checkbox"/> Pride                 |
| <input type="checkbox"/> Laziness                | <input type="checkbox"/> Prayerlessness          | <input type="checkbox"/> Unkindness            |
| <input type="checkbox"/> Hurtful Words           | <input type="checkbox"/> Hurtful Actions         | <input type="checkbox"/> Hurtful Thoughts      |
| <input type="checkbox"/> Lying                   | <input type="checkbox"/> Dishonesty              | <input type="checkbox"/> Greed                 |
| <input type="checkbox"/> Cheating                | <input type="checkbox"/> Stealing                | <input type="checkbox"/> Gluttony              |
| <input type="checkbox"/> Neglect of God's House  | <input type="checkbox"/> Neglect of Evangelizing | <input type="checkbox"/> Neglect of God's Word |

## - The Questions -

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|---|--|
| <ul style="list-style-type: none"><li>▪ <i>Is my love for God through Jesus increasing?</i></li><li>▪ <i>Is my spiritual life defined by activities, or by intimacy with God Himself?</i></li><li>▪ <i>Am I submitting my thoughts, desires, stress, and fear unto Jesus?</i></li><li>▪ <i>Can I listen to advice, and even criticism, without getting defensive, or angry?</i></li><li>▪ <i>Apart from church, does my home life, and my private life, include designated time for prayer, Bible study, and worship?</i></li><li>▪ <i>Do I put too much focus on the things of this world that God said would pass away?</i></li></ul> | <ul style="list-style-type: none"><li>▪ <i>Is my joy slipping away or increasing?</i></li><li>▪ <i>Do I joyfully serve and give unto the Lord?</i></li><li>▪ <i>Do I truly desire God's wisdom, help, and guidance in every area of my life?</i></li><li>▪ <i>Are there areas of my life where I do not seek God's presence?</i></li><li>▪ <i>Am I confessing my faults to God, and to a faithful Christian in my life?</i></li><li>▪ <i>Am I easily angered at the faults of others?</i></li><li>▪ <i>Am I negative towards life, or do I know that God is good all of the time and that His plan is perfect?</i></li></ul> |
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## - The Word -

1 John 1:5-10  
James 1:19-27  
James 4:1-10  
Isaiah 1:16-20  
Psalm 27  
Proverbs 1:2-7  
1 Peter 1:3-9

Romans 12:9-21  
James 2:14-26  
James 5:7-11  
Jeremiah 29:10-14  
Psalm 51  
Proverbs 14:1-12  
1 Peter 2:13-3:7

Galatians 5:13-26  
James 3:2-12  
James 5:13-20  
Daniel 9:16-19  
Psalm 56  
Proverbs 25:15-28  
2 Peter 1:2-15