

SPIRITUAL INVENTORY Lesson 10



Principle 4 Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart” (Matthew 5:8).

Step 4 We made a searching and fearless moral inventory of ourselves.

SPIRITUAL INVENTORY Part 1

“Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life” (Psalm 139:23–24, TLB).

The following list gives some of our additional shortcomings (sins) that can prevent God from working effectively in our lives. Reading through it and searching your heart will help you get started on your inventory!

Relationships with Others

“Forgive us our sins, just as we have forgiven those who have sinned against us. Don’t bring us into temptation, but deliver us from the Evil One” (Matthew 6:12–14, TLB).

- o **Who has hurt you?**
- o **Against whom have you been holding a grudge?**
- o **Against whom are you still seeking revenge?**

o Are you jealous of someone else?

Note: The people whom you name in these areas will go in column 1.

o Who have you hurt?

o Who have you been criticised or gossiped about?

o Have you tried to justify your bad attitude by saying it's "their" fault?

Note: The people whom you name in these areas will go in column 5.

Priorities in Your Life

He will give...to you if you give him first place in your life and live as he wants you to" (Matthew 6:33, TLB) .

o After accepting Jesus Christ, in what areas of your life are you still not putting God first?

o What in your past is interfering with you doing God's will? Your ambition? Pleasures? Job? Hobbies? Money? Friendships? Personal goals?

Attitude

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“Get rid of all bitterness, passion, and anger. No more shouting or insults. No more hateful feelings of any sort” (Ephesians 4:31, GNB).

- Have you always complained about your circumstances?

- In what areas of your life are you ungrateful?

- Have you gotten angry and easily blown up at people?

- Have you been sarcastic?

- What in your past is still causing you fear or anxiety?

Integrity

“Do not lie to each other. You have left your old sinful life and the things you did before” (Colossians 3:9, NCV).

- In what past dealing were you dishonest?

- Have you stolen things?

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- o Have you exaggerated yourself to make yourself look better?

- o In what areas of your past have you used false humility?

- o Have you lived one way in front of your Christian friends and another way at home or at work?

- o Have you memorized Isaiah 1:18 yet?

“Come, let’s talk this over! Says the Lord; no matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you white as wool” (Isaiah 1:18, TLB).

PRINCIPLE 4 INVENTORY WORKSHEET

Person	Cause	Effect	Damage	My Part

Think/write/discuss

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1. Relationships with Others

Who has hurt you? (Go back as far as you can.) How did they hurt you specifically?

Against whom are you holding a grudge? (Seeking revenge?)

Of whom are you jealous? (Past and present.) Why?

Who have you hurt? How did you hurt them?

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About whom have you been critical or gossiped? Why?

How have you attempted to place the blame on someone else? Be specific.

What new healthy relationships have developed since you have been in recovery?

2. Priorities in Life

What areas of your life have you been able to turn over to your Higher Power, Jesus Christ?

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What in your past is keeping you from seeking and following God's will for your life?

What are your personal goals for the next ninety days?
Keep it simple.

3. Attitude

For what areas in your life are you thankful?

In the past, what things have you been ungrateful over?

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What causes you to lose your temper?

To whom have you been sarcastic in the past? Give examples.

What in your past are you still worried about?

How has your attitude improved since you have been in recovery?

4. Integrity

In the past, how have you exaggerated to make yourself look good? Give examples.

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Does your walk as a Christian match your talk? Are your actions the same at recovery meetings, church, home and work?

In what areas of your past have you used false humility to impress someone?

Have any of your past business dealings been dishonest?
Have you ever stolen things?

List the ways you have been able to get out of your denial (distorted/dishonest thinking) into God's truth.

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Prayer

“Dear Lord, You know our failings and where we have let ourselves and others down. Help us, Lord, not to dwell on our pasts and give us the strength to move on, not wallow, and the courage to face up to what we have done wrong; to forgive. Help us to admit our mistakes and make amends to help not only us heal, but others as well. In Jesus’ name, Amen.”