

SPIRITUAL INVENTORY II Lesson 11



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.

“Let us examine our ways and test them, and let us return to the Lord” (Lamentations 3:40)

“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 the second half of the list of our 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!

Your Mind

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will” (Romans 12:2).

Celebrate Recovery
Main Street UMC

How have you guarded your mind in the past? Denial?

Have you filled your mind with hurtful and unhealthy movies, internet sites, television programs, magazines, or books?

Have you failed to concentrate on the positive truths of the Bible?

Your Body

“Haven’t you yet learned that your body is the home of the Holy Spirit God gave you, and that he lives within you? Your own body does not belong to you. For God has bought you with a great price. So use every part of your body to give glory back to God, because he owns it” (1 Corinthians 6:19–20, TLB).

In what ways have you mistreated your body?

Have you abused alcohol and drugs? Food? Sex?

What past activities or habits caused harm to your physical health?

Your Family

“If you are unwilling to obey the Lord, then decide today whom you will obey...But as for me and my family, we will serve the Lord” (Joshua 24:15, TLB).

Have you mistreated anyone in your family in the past?

Against whom in your family do you hold a resentment?

To whom do you owe amends?

What is the family secret you have been denying?

Your Church

“Let us not neglect our church meetings, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near” (Hebrews 10:25, TLB).

Have you been faithful to your church in the past?

Have you been critical rather than active?

Celebrate Recovery
Main Street UMC

In the past have you discouraged your family's support of their church?

As you continue your inventory, commit Psalm 139:23-24 (TLB) to memory and use it as a prayer.

“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”

Think/write/discuss

1. Your Mind

Since accepting Christ as your Higher Power, how has God transformed your mind?(Romans 12:2) What worldly standards have you given up?

Celebrate Recovery
Main Street UMC

How have you used denial to attempt to guard your mind?

Have you filled or are you filling your mind with hurtful and unhealthy movies, television programs, internet site, magazines, or books?

2. Your Body

What past activities or habits caused harm to your physical health?

Celebrate Recovery
Main Street UMC

In what ways have you mistreated your body?

If you have abused alcohol, drugs, foods or sex, how did they negatively affect your body?

What have you done to restore God's temple?

3. Your Family

Have you mistreated anyone in your family verbally, emotionally, or physically?

Celebrate Recovery
Main Street UMC

Against whom in your family do you hold a resentment?
Why?

Can you think of anyone to whom you owe amends?
Why? Don't worry about actually making them now!
That's Principle 6.

What is the "family secret" that you have kept denying?

How have relationships improved since you have been
in recovery? Be specific.

4. Your Church

How would you rate your past participation in your church?

- Very involved
- Semi-active member
- Sideline member
- Attender
- Went only on holy days
- Never attended

Who are the people I have hurt?

How have I hurt them?