

My Spiritual Walk (Discipleship)--a Self-Study

Discipleship (Following Christ) is more than believing right things... it is also *living the right way*. A disciple of Jesus not only experiences a change of position, but God's grace transforms us resulting in a changed performance too. While everything we become is due to God's grace, we can open ourselves up to His grace by healthy introspection—doing a “self study” like this from time to time. It gives God a chance to put His finger on something in our life and opens us up to His changing grace. Get ready for a powerful life-changing experience as you go through this process. (Most folk who have been through it once repeat the process every year or so.)

INSTRUCTIONS: Circle a number which represents how you are doing in each of the following areas of discipleship. "0" represents absolute failure in that area, and "9" means you are experiencing habitual success in that area. No one else will see your results, this is just between you and the Lord, so be honest with yourself and with him.

1. THANKFULNESS

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

It is the habit of my life to thank God and others for what they have done. I can honestly say that I am a thankful person and often express my gratitude.

2. GENTLENESS

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

My life is free from all outbursts of selfish anger or rage. I am approachable, easily appealed, quiet in spirit, open to criticism, and I don't get defensive when I am corrected or rebuked.

3. HUMILITY

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I do not have an inflated self-opinion and consistently consider others before myself. I have a teachable spirit, and avoid all bragging, name dropping, and spiritual pride.

4. PURE ATTITUDES

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

My lifestyle is one of right relationships, not just outwardly, but inwardly too. I have no hate, ill will, malice, or bitterness toward any other person anywhere on this earth.

5. MEEKNESS

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I refuse to fight back when people criticize, condemn, reject, or complain against me. Even if they do it with wrong motives. I practice giving a soft answer to turn away their wrath.

6. PEACEMAKING

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

It is my practice to try to bring peace between others who are at odds. I don't just stand by and allow division to fester without trying to get involved to bring peace.

7. BOLDNESS

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I have been able to launch out and take risks for God, keeping fear under control and risking obediently when God calls me to do something. There is nothing God is now asking me to do which I am resisting because of fear.

8. COMPASSION

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I search out opportunities to care for the needy, visit sick people, aid the elderly, visit prisoners, clothe the naked, and house the homeless. My compassion is more than a feeling, it leads to action.

9. TRUST

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I not only believe, but act like, "His eye is on the sparrow and I know He's watching me." My life is one of simple reliance on God. I am free from fretting, worrying, or anxiety about the future.

10. PERSISTENCE

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

It is normal for me to hang in there when things get difficult, stressful, and unrewarding even if I must face suffering, trouble or persecution.. My persistence keeps me from giving up too easily so I just "keep on keeping on."

11. HARMONY

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I am not a participant in any "group sins" like quarreling, dissension, fighting, or factions in my church, at work, or in my family.

12. SUBMISSION

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I do not resist those in authority over me, even if they are less competent or gifted.

13. RELATIONSHIPS

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

Reflecting on all my relationships, past and present, I am able to say that there are no broken relationships with anybody anywhere which I have not attempted to straighten out.

14. GIVING LIVING

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I regularly practice generous giving to both the church and to the poor, homeless, helpless, widows, orphans, and other needy folks. Generosity is normal behavior for me.

15. FAMILY TIME

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

It is the routine of my life to control the amount of time I spend in work, pleasure, or other activities which take too much time from my family. Family time is a top priority of my life and I live like it.

16. FORGIVING

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

If there is an individual or a group of people who have hurt me in the past, I hold no resentment, bitterness, or any grudges against them. I have fully forgiven everyone who ever hurt me.

17. RESTORING

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I hurt when sin overtakes another Christian, so I do not avoid or exclude them. I often get involved, humbly coming alongside to help them back on their feet spiritually.

18. RESTITUTION

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

If I have ever taken things which do not belong to me, or hurt people by what I said or did, I have gone back and made restitution for everything God has prompted me about so far.

19. MATERIALISM.

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I resist the grasping materialistic lifestyle of my culture, choosing rather to live a life of contentment and satisfaction with what I've got. I am not always "wanting more."

20. STEALING

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I am careful to avoid taking anything that belongs to another, no matter how small.

21. AMBITION

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I have laid aside all jealousy of another's success, envy and selfish ambition. I do not secretly hunger to climb the ladder to gain personal power and position.

22. SPIRITUAL INTIMACY

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

It is the routine of my life to spend Time Alone With God each day and to read the Bible and pray. And beyond that, I "practice the presence" of Jesus all day long. I am constantly sensing His surrounding presence in my life, like that air I breath.

23. THOUGHT LIFE

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

My thought-life is absolutely free from all impure thoughts. I have habitual victory over all sinful sexual fantasies or daydreams.

24. ABOVE REPROACH

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I carefully tend to my relationships with the opposite sex so that not even the hint of impropriety exists. I painstakingly avoid situations which could feed sinful desires or even tempt others to gossip about me. I have no dangerous emotional bonds which could lead to trouble.

25. TRUTHFULNESS

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

My yes is yes, my 200 is 200, my ten point buck is a ten point buck. I totally avoid half-truths, flattery, white lies, and exaggeration. I practice absolute honesty in speech.

26. TONGUE

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I abstain from slander, gossip, harshness, unkindness, biting criticism, caustic remarks, obscenity, foolish talk, and coarse joking. Instead, I use my tongue to build others up, giving words of encouragement, comfort, help, inspiration, and challenge. My tongue is under the Holy Spirit's control.

27. USE OF TIME

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I am a good steward of my time; I live close enough to Christ that His priorities are becoming my priorities. I do not waste time on watching too much TV or other time wasting activities.

28. "EYE GATE"

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I carefully guard what I allow to enter my mind through the eye gate. I avoid questionable movies, magazines, videos, and TV shows which could cause me moral problems.

29. WITNESSING

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I typically share the gospel with unsaved people every time the Lord prompts me to do it. Evangelism is a habit of my life.

30. HONESTY

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9

I tell the truth and am honest with others and myself—in fact I have even been brutally honest in answering all the above questions—I did not fudge on any of my answers and I am this truthful and honest in all my dealings (If you did fudge go back and correct them now).

Application

Moving into a period of meditation and listening to find out what God wants to put His finger on in my life now.

I. LISTENING

Looking back through my your answers to find one or two areas where God seems to be speaking to me. If I marked myself low in a dozen areas, I should concentrate on listening to the Holy Spirit in order to narrow these down to one or two since the Lord seldom deals in more than one or two areas at a time.

Note: If I get a terrible feeling of despair after looking through my list, I need to recognize that these feelings come from *Satan*, not God. Satan *condemns* us for our poor performance. The Holy Spirit *convicts* us. Condemnation makes us want to give up; conviction makes us want to change. After taking some time to LISTEN to the Spirit, list in the following space the specific areas you feel God wants to begin changing today.

The areas God seems to be putting His finger on in my life now are:

1. _____ .

2. _____ .

II. DECISION

Are you willing to be changed? Will-ing? Will you set your will to receive God's grace? Write out my "decision of the will" to receive God's changing grace no matter how long it takes Him to change me.

III. ACTION

God seldom changes us without our involvement. Becoming Christ-like is a partnership in which God does His part, but He wants us to do our part too. What must I do to get change started? List what I will DO to cooperate with God in changing this area He's speaking to me about today. What is my "first step?"

I will: _____

When I will do it: _____

IV. ACCOUNTABILITY

Commitments are easier to make than keep. One great secret in keeping commitments is having someone check up on us. Who could I ask to check up on me? Who could be my accountability partner to see that God and I finish, over the next few months, the changing work begun today?

Whom I could ask: _____

When I will ask them: _____ .

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