



FUEL sermon series – Week 4 Spiritual Practice

Wesley's self-examination questions with God

Socrates famously said, "An unexamined life is not worth living." King David penned a prayer inviting examination from God in Psalm 139:23-24, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

We tend to go through our lives without pause, not paying attention to where our focus lies and what or who we're actually following.

Over 200 years ago, while John Wesley was a student at Oxford, he and his brother, Charles, formed a group dedicated to self-examination each day. Those in the club (mockingly called "The Holy Club" by his contemporaries) asked themselves 22 questions every day during their private devotional time. These questions will also help us determine whether we are truly *following* the Spirit.

Praying through the 22 questions practice:

Take time this week, daily if possible, to pray David's prayer in Psalm 139:23-24, inviting the Spirit to help you answer these 22 questions. Remember, you are loved by God regardless of your answers, and are also invited by God as his beloved child to live a holy life.

1. Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?



2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass on to another what was told to me in confidence?
4. Can I be trusted?
5. Am I a slave to dress, friends, work, or habits?
6. Am I self-conscious, self-pitying, or self-justifying?
7. Did the Bible live in me today?
8. Do I give it time to speak to me every day?
9. Am I enjoying prayer?
10. When did I last speak to someone else about my faith?
11. Do I pray about the money I spend?
12. Do I get to bed on time and get up on time?
13. Do I disobey God in anything?
14. Do I insist upon doing something about which my conscience is uneasy?
15. Am I defeated in any part of my life?
16. Am I jealous, impure, critical, irritable, touchy, or distrustful?
17. How do I spend my spare time?
18. Am I proud?