

Questions of the Heart – Making God’s Word Personal!

This reading is intended for your own personal soul searching. We encourage you to prayerfully take time, maybe even a few days, as you read through the Bible verses and corresponding questions that you will find below. You might find it helpful to journal what the Holy Spirit brings to your heart and mind as you read.

In Psalm 26:2, David cries, “Examine me, O LORD, and prove me; Try my mind and my heart.” In Psalm 139:23-24 he pleads, “Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” (KJV)

Before you start this reading, consider the following thought from the pen of Inspiration:

“If those who hide and excuse their faults could see how Satan exults over them, how he taunts Christ and holy angels with their course, they would make haste to confess their sins and to put them away... [Satan] is constantly seeking to deceive the followers of Christ with his fatal sophistry that it is impossible for them to overcome. But Jesus pleads in their behalf His wounded hands, His bruised body; and He declares to all who would follow Him: “My grace is sufficient for thee.” 2 Corinthians 12:9¹

Remember that God’s grace is sufficient. Let’s move forward with this hope!

Personal Questions for Prayerful Consideration!

Have I truly put on the “New Self” as Ephesians 4:17-24 calls us to do?

- Am I new creature in Christ? (2 Cor. 5:17)
- Is my lifestyle different now than before I gave my life to Jesus?
- Am I striving to be holy, but continually failing, perhaps because I have not been made right with God through faith in Jesus? (Titus 3:1-7)
- Am I quick to respond to spiritual conviction, or has my heart become cold and numb?
- Do I have the desire to be like Jesus and to please God in the things I do?

Do I always speak the Truth? (See Col. 3:9-10 and Eph. 4:25)

- Am I an honest person? (Be honest!)
- Am I deceiving anyone about anything in my home, in my family, in my church, or even in my work?
- Do I pretend to be something that I’m not, seeking to create a better image and impression with others, than I really have?
- Am I more worried about what others think of me, or about what God knows about me?
- Do I ever exaggerate, or twist the truth when telling stories?

¹ *Great Controversy*, p. 489

- Do I sometimes leave out certain details so I can lead people to believe something that is not completely accurate?

Have I put away Anger in my heart? (See Eph. 4:31)

- Am I holding anger or bitterness in my heart toward someone?
- Do I have a temper and easily fly off the handle when provoked?
- Am I easily irritated and prone to impatience with others?

Am I stealing from God or others? (See Eph. 4:28)

- Am I robbing God in tithes or offerings? (Mal. 3:8-10)
- Am I robbing God by spending money on myself that I promised to give Him or dedicate to His work?
- Have I taken something that didn't belong to me? Am I still holding on to something that I borrowed that should be returned?
- Am I an honest worker, or am I at times slothful and undisciplined? Do I always give my boss a full day's work, or am I wasteful of my time?
- Am I honest in completing my expense reports, my tax returns, or in taking exams in school?
- Have I ever stolen the affection of someone's spouse? Am I playing with the affections of someone of the opposite sex when I have no intention of giving them my heart? Have I ever stolen someone's sexual purity?

Am I keeping a guard over my Tongue? (See Eph. 4:29, and Eph. 5:4)

- Do I speak words that are true, pure, good and kind?
- When I speak to others, do I think before I speak? Do I ask myself—Are these words true, are they necessary, are they kind?
- Am I okay when those around me speak profanity or engage in crude course jesting? Do these type of words ever come out of my own mouth?
- Am I a gossip? Do I slander or defame other's character with my words?
- Am I a spiritual gossip—telling things about people that shouldn't be repeated under the pretense of, "Well, I need to tell you this so you can pray for them!"
- Do I ever tease people in a way that could be hurtful, or that they say is hurtful?
- Am I quick to give criticism with the excuse of "just being helpful."
- Am I known as an encourager, or as a sarcastic cynic? Do my words tend to build people up, or tear people down?
- Am I a person who speaks faith in God and His Word, or do I speak doubt?
- Am I a person who expresses thankfulness and appreciation often, or someone who does more complaining (to God and those around me)?

Am I sensitive to the Holy Spirit? (See Eph. 4:30)

- Am I sensitive to the things that grieve the Holy Spirit, or am I able to sin and not think too much about it until I hear a sermon on the topic?
- Am I quick to ask forgiveness of God and others when I sin?
- Is there anything in my heart attitude or behaviors right now that might not be pleasing to God that I've hesitated to deal with?

- When I read something convicting in God's Word, do I take action to follow the Holy Spirit's conviction?

Am I walking in Forgiveness and Love? (See Col. 3:12-13)

- Am I holding any bitterness or grudges in my heart against anyone?
- Am I holding any bitterness or grudges in my heart towards the church?
- Is there someone in my life who has wronged me that I have not forgiven?
- When people ask my forgiveness am I willing to give it?
- When people look at my life, would they describe me as someone who loves Jesus and loves others?

Does God's Peace fill my Heart? (See Col. 3:15, Ps. 37:37)

- Is my heart filled with God's peace, or do I often stress and worry about circumstances that are outside my control?
- Do I trust that God is good and is working all things together for my good?
- Do I trust that God is in control, and can I rest in His love even in the midst of storms?
- Am I a grateful person who often expresses gratitude to others?

Is my life Centered around God's Word? (See Col. 3:16-17)

- Am I daily seeking to fill my heart and mind with the Word of God?
- Do I enjoy talking with other believers about the Word and the things I'm learning?
- Do I seek to pattern my life after the Scriptures?
- When is the last time something in God's Word directly influenced my behavior or decisions?
- Am I living my life for my own glory or for God's glory?

Does God Stand as the Head of my Home? (See Col. 3:18-21)

- Are my family relationships patterned according to God's plan?
- *For the Husband:* Do I love my wife in the selfless, sacrificial way that Jesus loves the church? Do I treat her tenderly and kindly, seek to protect her, and make her feel secure in my love? Do I seek to speak the love language that she desires when I show her my affection?
- *For the Wife:* Do I submit to my husband as to the Lord, as the God ordained protective "house-band" and godly priest of our home? Do I respect him with my words, my actions, and my attitudes? Do I honor him and build him up with others, or do I tear him down? Do I seek to love him in the ways that are most meaningful to him, or just do as I please?
- *For Children:* Am I obedient and respectful to my parents? Even if my parents are not Christians, do I still seek to show them honor?
- *For Parents:* Am I giving godly leadership and instruction to my children? Am I showing them by my own example what it means to be a true follower of Jesus? Do I love them and seek to tenderly encourage them, or am I harsh and critical? Do my attitudes provoke respect and love or anger and rebellion? Am I leading my children spiritually in ways that motivate them to follow Jesus?
- *For Roommates or Others:* Am I an unselfish roommate? Do I seek to be accommodating and flexible with others needs? Or do I take advantage of others or inconvenience others by my carelessness? Am I a servant, or do I always expect to be served? Does my

Christianity affect how I interact with my roommates, or do I keep my walk with Jesus private?

Am I seeking Holiness in my Workplace? (See Col. 3:22-23, Col. 4:1)

- Am I working as unto the Lord, even in my workplace?
- Am I diligent in my work? Do I follow the instructions given and complete the assignments I've been asked to do?
- What are the motives that prompt me in my work? Am I seeking to get ahead and get recognition, promotion, or fame? Am I trying to impress my boss and coworkers, or am I more concerned about pleasing the Lord?
- Am I fair with how I relate to my fellow employees? Or if I am the boss, am I a good boss and supervisor?
- Am I treating those that work with in a way that is consistent with how God treats me?

Do I exhibit Godly Character? (Eph. 5:1)

- When people look at my life, do they recognize that I'm a Christian? Does my life bear a "family resemblance" to God's family?
- Is there anything in my life in my activities or actions, which if others followed, would lead them away from God?
- As I consider the standards of God's Word, is my conduct above reproach? Is my life, conduct and character patterned after the Scriptures?

Am I Morally Pure? (Eph. 5:3)

- Am I walking in moral purity and freedom? Is my thought life pure?
- Am I guarding my heart and eyes from things that might tempt me to sin morally?
- Am I chaste and guarded with members of the opposite sex? If my spouse, or if Jesus were watching, would they be honored by my behavior?
- Do I ever secretly fantasize about a relationship with another man's wife or another woman's husband? If a single, do I dream and fantasize about someone in inappropriate ways, ahead of God's timing—even if it seems God is leading us together?
- Are the things that I watch, listen to, look at, and read when I'm alone pure and godly?
- Do I have any secret or private habits that are morally impure?
- Do I tolerate any kind of nudity (even of the swimsuit version) or impurity of any kind to come across my computer, or phone screen, and just shrug it away, simply because it is in the social media feed of those I follow?

Am I avoiding all things of Darkness! (Eph. 5:8,11)

- Do I hunger for more of Jesus and more of heaven? Or do I have an appetite for things that I know are sinful and that pull me down spiritually?
- Do I ever talk and laugh with others about unholy and shameful things?
- Is my life a living contrast to the darkness of the world around me, or do I blend in with whatever environment I'm in?

Am I actively Walking in the Light? (Eph. 5:8-10)

- Is my greatest desire to seek to please the Lord and do His will?

- Is there any areas of my life that I would prefer to keep hidden from His searching spotlight?
- Is it evident by my life and lifestyle that I truly am a child of God?
- If I was put on trial for being a Christian and a follower of God's Word, would there be enough evidence to convict me?

As you've prayerfully considered the questions and Bible passages referenced,² let me leave you with some more hope courage as we turn our eyes to Jesus.

“Christ has pledged Himself to be our substitute and surety, and He neglects no one. There is an inexhaustible fund of perfect obedience accruing from His obedience. In heaven His merits, His self-denial and self-sacrifice, are treasured as incense to be offered up with the prayers of His people. As the sinner's sincere, humble prayers ascend to the throne of God, Christ mingles with them the merits of His own life of perfect obedience. Our prayers are made fragrant by this incense. Christ has pledged Himself to intercede in our behalf, and the Father always hears His Son.”³

The Bible tells us, “According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.” (2 Pet. 1:3-4 KJV)

Aren't you thankful there's an inexhaustible fund of perfect obedience just waiting to cover your lack? Cling to Jesus—one day at a time, He will give us victory!

² These questions have been taken and adapted by Melody Mason from the chapter “The Heart of Holiness” in the book *Holiness* by Nancy DeMoss Wolgemuth, pages 356-361

³ Atlantic Union Conference Record, June 1, 1900, Art. A, par. 14