

## Self Examination Sheet

This is meant to give you an example. Pray and ask the Holy Spirit to search your heart and reveal to you not just the sins you ARE aware of but also those secret sins that we are NOT aware of things that He sees.

We are hopefully not talking about gross sin (those things should have been taken care of already) but sins of omission or maybe some of those “little foxes” that creep into our lives.

- Anger
- Jealousy
- Envy
- Hatred
- Dishonesty
- Lying
- Stealing
- Gossiping
- Backbiting
- Laziness / Slothfulness
- Slander

And anything else the Holy Spirit reveals to you. This is between you and God and He is the only one other than yourself who will read this.

1 Corinthians 11:28-31, “Let a man thoroughly examine himself and only when he has done so should he eat of the bread and drink of the cup. (29) For anyone who eats and drinks without discriminating and recognizing with due appreciation that it is Christ's body, eats and drinks a sentence (a verdict of judgement) upon himself. (30.) That careless and unworthy participation is the reason many of you are weak and sickly, and quite enough of you have fallen into the sleep of death. (31.) For if we searchingly examined ourselves (detecting our own shortcomings and recognizing our own condition) we should not be judged and penalty decreed (by the divine judgement).”

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