

SELF EXAMINATION

Evaluate yourself based on the Scripture below. Read the Scripture first. Then, draw a face beside each point in the Scripture to describe how you are living it out in your situation.

We urge you, our brothers, to warn the idle, encourage the timid, help the weak, be patient with everyone. See that no one pays back wrong for wrong, but at all times make it your aim to do good to one another and to all people. Be joyful always. Pray at all times. Be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus.

1 Thessalonians 5:14-18, GNB



Wow! I'm making progress



Ouch! I'm not doing so well.



Huh? I don't understand



Warn the idle (I am learning how to deal with those who are "goofing off", going nowhere in their spiritual life.)



Be not resentful (I am learning how to react creatively when I am hurt—by finding something good in the one who hurt me.)



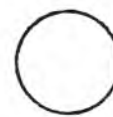
Encourage the timid (I am learning how to build up those with a low self image by affirming their strengths.)



Be joyful always (I am learning how to rebound with thanks in times of stress and pain.)



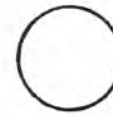
Help the weak (I am learning how to be supportive of anyone who is struggling and falling short of my expectations.)



Pray at all times (I am learning how to live my life as a prayer, turning over the daily decisions to God.)



Be patient (I am learning how to hold my tongue, to be calm, understanding and considerate of others.)



Be thankful in all circumstances (I am learning how to turn headaches over to God with thanksgiving.)

APPLICATION

Go back to the area where you have drawn the saddest face and write a prayer to God about this area. Simply start out with the words, "Dear God" and go from there.