

SELF-EXAMINATION WEEKLY REVIEW

CHECK-IN

I'm glad, sad, mad, afraid, other.

REVIEW

What did I do with the decisions I committed to last week?

OBSERVATION

What happened that was different from my routine this week?

When/where/how did I allocate time to personal spiritual development?

When/where/how did I allocate time to serve others?

When/where/how did I allocate time to share Christ?

REFLECTION

When this past week was I most encouraged? When was I most discouraged? Why then?

What actions/attitudes/omissions do I regret over the past week?

What happened in the past week that I'd like to see become a pattern?

What patterns/habits continued in the last week that I'd rather didn't?

INTERPRETATION

Where do I see God acting in my life over this past week?

How might God be using specific circumstances in my life to make me more like Jesus?

When/where/how am I not living the life God wants?

DECISION

What am I going to do this week to bring my priorities and time commitments into alignment with God's?

What am I going to change this week to pursue holiness and bring my character into alignment with God's expressed plan for my life?

What am I going to start or stop this week to improve the quality of my family interactions?

What am I going to do this week to ensure that my work aligns with my identity as a follower of Christ?

What else am I going to start/stop doing this week?

GOSPEL CHECK

With whatever changes I need to make this week, how am I relying on Christ to make that change?

What do I need to remember about the Gospel, the Father's love and grace, my identity in Christ, and/or the Spirit's presence in order to guard against Christless moral reformation?