

Daily Examinations

- *What were my thoughts today?*
 - Where they taken captive by Christ?
 - Did I meditate on Christ and Scripture?
- *How Were My Secret Prayers?*
 - Did I worship vainly?
 - Did I pray until I *prayed*?
 - Did I hear God out?
 - Did I pray as He would for others?
 - Did I ask Him to lead me and guide me today?
- *What were the motives for my actions today?*
 - Was it only to glorify God (go over each one chronologically)
 - Were they subject to God's authority?
- *Did I keep my heart with all diligence today?*
 - Was God first and foremost in my affections?
 - Was my heart continually aching and yearning for God's kingdom to come, His will to be done, and His name to be glorified?
- *Did I abide in Christ continually today?*
 - Giving thanks in all things?
 - Praising Him all day long?
 - Taking joy in Him continually?
 - Praying always?
 - In the fear of God?
 - In openness to the Holy Spirit?
- *Did I waste time today?*
 - By laziness?
 - In strife?
 - In sin?
 - In vanity?
 - In being out of God's will?
- *Was my testimony of love to others effectual today?*
 - Did I intend to see each person in every circumstance as God does?
 - Have I offended anyone and not made it right?
 - Was I vain or silly in the company of others?
 - Am I withholding forgiveness?
 - Was my heart modest and sincere seeking the good for others?
 - Was my conversation godly (wholesome, uplifting, holy, worthy, truthful?)

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 - Did God possess ALL my desires?
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