

Welcome To
Celebrate Recovery
Spiritual Inventory - Part 2
(June 9, 2010)

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Spiritual Inventory, Part 2

I. "Your mind"

A. Do I guard my mind?

- a. Do I make an effort to control what comes into my mind?
- b. Do I evaluate what I think about?
- c. Do I tend to be passive about what I think about?

B. Am I in denial?

- a. Do I refuse to acknowledge my problems?
- b. Do I ignore reality?
- c. Do I rationalize my behavior?
- d. Do I make excuses?
- e. Do I cover up?

C. Do I fill my mind with garbage?

- a. Do I regularly look at unhealthy materials?
 - Movies and TV programs.
 - Magazines.
 - Books.
 - Music, etc.
- b. This can cause unhealthy thinking.
- c. Unhealthy thinking causes unhealthy behavior.
- d. The Bible says *We CAN CONTROL* what we think.

"A wise person is hungry for truth, while the fool feeds on trash."
Proverbs 15:14.

"And now, dear brothers, let me say one more thing as I close this letter. Fix your thoughts (think about) on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise." Philippians 4:8

D. Do I spend regular time in the Scriptures?

- a. Do I do what the Scriptures say?
- b. Do I have daily quiet times?
- c. What is a daily quiet time?
 - It's spending time alone with God each day.
 - At a particular time and a particular place.
 - It's putting God's Word into our heads through Bible study.
 - It's talking to God in prayer.
 - It's spending time in self examination.
 - It's recording what you do and learn in your journals.
- d. Why is this important? Look at Romans 12:2.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do and you will know how good and pleasing and perfect his will really is."

- e. The Bible contains God's thoughts.
- f. As we put God's thoughts into our minds, God changes the way we think.

g. And this has the positive effect of changing our behavior.

E. OK, after you have reviewed this material answer the questions on pages 43-44.

a. This material will stimulate your thinking.

b. Also pray through Psalm 139:23-24 as you do this.

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

Psalm 139:23-24

c. Once you have done this record the information you have collected in your inventory worksheet.

d. Here are the steps to do this.

- Step 1 - Compare your answers with what you have already recorded in your inventory worksheet.
- Step 2 - Add any pertinent information to your worksheet that may not be recorded.
- Step 3 - If you identify something that has not been previously recorded, add it as a new item to your inventory worksheet.

II. "Your body"

A. Do I treat my body with reverence?

a. Look at 1 Corinthians 6:19-20.

"Or don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body."

- b. The Holy Spirit lives in our bodies.
- c. Our bodies are His home (His temple).

B. How do I treat my body?

- a. Do I abuse alcohol, tobacco, drugs, food, sex, etc.?
- b. Do I get enough sleep?
- c. How do I handle stress?
- d. Do I worry excessively?
- e. Do I exercise regularly?
- f. Do I eat nutritionally?
- g. Do I take regular vacations?

C. After you have reviewed this material answer the questions on pages 44-45.

a. And then record it in your inventory worksheet.

b. Here are the steps.

- Step 1 - Compare your answers with what you have already recorded in your inventory worksheet.
- Step 2 - Add any pertinent information to your worksheet that may not be recorded.
- Step 3 - If you identify something that has not been previously recorded, add it as a new item to your inventory worksheet.

III. "Your family"

A. Have I mistreated members of my family?

- a. Have I been physically abusive?
 - b. Emotionally abusive?
 - c. Have I engaged in excessive yelling?
 - d. Have I put family members down?
 - e. Have I distanced myself, i.e. have I been remote?
 - f. Have I manipulated anyone - used unhealthy methods to get what I want?
 - g. Have I been apathetic, exhibiting an, "I don't care attitude"?
 - h. Do I have resentment toward family members?
- B. As leaders of our families we are responsible to provide emotional and physical havens.
- a. Does my family feel safe at home?
 - b. Are they accepted?
 - c. Are they affirmed and protected and valued?
- C. After you have reviewed this material answer the questions on pages 45-46.
- a. And then record it in your inventory worksheet.
 - b. Here are the steps.
 - Step 1 - Compare your answers with what you have already recorded in your inventory worksheet.
 - Step 2 - Add any pertinent information to your worksheet that may not be recorded.

- Step 3 - If you identify something that has not been previously recorded, add it as a new item to your inventory worksheet.

IV. "Your church"

A. The Bible teaches that we need to meet together regularly.

"And let us not neglect our meeting together, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near." Hebrews 10: 25

- a. Do you regularly attend church?
- b. Do you help out - do you pitch in?
- c. Are you indifferent?
- d. Many Christians just sit on the sidelines and go to church on Sunday and do nothing else.
- e. God equips us with spiritual gifts to help us get involved.

B. Do you use your spiritual gifts?

- a. God has given each of us at least one spiritual gift.
- b. Look at Romans 12:5-11.

"We are all parts of his one body and each of us have different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others. God has given each of us the ability to do certain things well.

So, if God has given you the ability to prophesy, speak out when you have faith that God is speaking through you. If your gift is that of serving others, serve them well. If you are a teacher, do a good job of teaching. If your gift is to encourage others, do it! If

you have money, share it generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.

C. After you have reviewed this material answer the questions on page 47.

- a. And then record your answers in your inventory worksheet.
- b. Here are the steps.
 - Step 1 - Compare your answers with what you have already recorded in your inventory worksheet.
 - Step 2 - Add any pertinent information to your worksheet that may not be recorded.
 - Step 3 - If you identify something that has not been previously recorded, add it as a new item to your inventory worksheet.

V. Conclusion.

A. Here are some points to remember.

- a. Perform your inventory carefully and honestly.
- b. Talk to God continually.
- c. Meet regularly with your Sponsor.
- d. Record what you discover in your forms.

B. Remember to do this one event at a time.

- a. Alternate positive and negative events.
- b. Make sure you do this for the 8 categories of self examination.
- c. By way of review they are:

- Relationships
- Priorities
- Attitudes
- Integrities
- Our minds
- Our bodies
- Our families
- Our church