

Welcome To
Celebrate Recovery
Daily Inventory
(October 13, 2010)

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Daily Inventory

A. Introduction

B. Self examination

“Examine yourselves to see if your faith is genuine. Test yourselves. Surely you know that Jesus Christ is among you; if not, you have failed the test of genuine faith. 2 Corinthians 13:5

C. Fruit of the Spirit.

"But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. Here there is no conflict with the law." Galatians 5:22-23

D. When are the best times to do your inventory?

Checking my Faith Questions

1. What significant events happened to me recently?

- Think about your recent past.
- Look at your planner.
- Recall as many events as you can.
- Evaluate what you find.
- Was it good or bad?
- Was it helpful or unhelpful?
- Was it unproductive or productive?
- How did you react to it?
- What action (or non-action) did you take?
- What happened as a result of your action or non-action?
- Read about the life of Jesus in the gospels to get an idea of what Jesus might do in similar situations.
- Write this information in your journal.

2. Did I get an answer to prayer?

- Check the daily records of your “quiet times”.
- Specifically look at your prayer journals.
- See what you prayed about.
- Go back several days/several weeks.
- Have you received answers to prayer?
- If so, what were they?
- Did you give God the glory? In other words did you tell others about what God did?
- Did you thank God for His answers to your prayers?
- Look at Jesus’ prayers in the gospels to see how He prayed.
- Write down this information in your journal.

3. Am I following God’s will?

- How do we know God’s will?
- We can find out in the Scriptures.

- God has given us over 7000 promises in the Bible.
- They cover all kinds of subjects, and they ALL communicate His will.
- So if you want to know God's will about something, find a promise that pertains to it.
- And then implement it.
- Read the Gospels and see how Jesus followed God's will.
- Write this information down in your Journal.

4. Can I think of something that I am grateful for?

- Think about what God has done for you. He's given you:
 - Life
 - Salvation
 - Health
 - Comfort
 - Friends
 - Family
 - Church
 - Livelihood
 - Answered prayer
 - And so on
- Think about how God has protected you.
- Think about how God has provided everything you need.
- How did Jesus show gratitude?
- Write this information down in your journal.

5. Have I harmed someone?

- Think about people with whom you have had recent contact.
- Review what happened.
- Review conversations – past activities – past circumstances.
- Is there anything that you might have done to hurt others in deed or word?
- You may need to make amends or offer forgiveness.
- How did Jesus avoid harming others?

- Make a note in your journals to take action where necessary.

6. What areas of my life have not met expectations (mine, God's or others)?

- What areas of my life can be better?
- Am I totally satisfied with everything?
- Does anything need to change?
- Are there any new directions I would like to take?
- What do I want things to look like in 1 year? 5 years?
- How did Jesus manage His life?
- Write down this information in your journals.

7. Have I been putting something off which needs to be done?

- Procrastination is often called the thief of time.
- Are you allowing your time to be stolen?
- We only have so much time allotted to us, so we need to use it wisely.
- How did Jesus use His time?
- Write down this information in your journals.

8. Have I fallen into sin?

- This is an area we need to examine regularly.
- What were the circumstances?
- What was I thinking?
- What rationalizations did I use?
- What do I need to do differently?
- What do I need to avoid?
- What Scriptures can I use to fight Satan?
- How did Jesus fight temptation?
- Write down this information in your journals.

Galatians 5:22-23 Questions

1. Do I show love towards others in spite of how they treat me?
 - Does the way I am treated determine how I respond?
 - Jesus says we should love our enemies. (Matthew 5:44)
 - Do I love my enemies?
 - Do I ask the Holy Spirit for the fruit of love when I need it?

2. Am I joyful regardless of my situation?
 - Joy is not connected to our circumstances.
 - We can be joyful in the worst circumstances.
 - Do I ask the Holy Spirit to give me the fruit of joy when I need it?

3. Am I serene in the middle of trying circumstances?
 - Do I usually fly off the handle?
 - Do I ever feel justified in getting angry?
 - Do I feel like I am a victim?
 - Do I feel powerless?
 - Do I ask the Holy Spirit to give me the fruit of peace when I need it?

4. Am I patient?
 - Especially during difficult times?
 - Do I often take matters into my own hands?
 - Do I ask the Holy Spirit to give me the fruit of patience when I need it?

5. Am I kind toward other people?
 - Even when they are unkind or abusive to me?
 - Do I tend to invalidate other people?
 - Do I tend to judge other people?
 - Do I sometimes desire to take revenge?
 - Do I ask the Holy Spirit to produce the fruit of kindness when I need it?

6. Am I faithful?

- Do I keep my word?
- Do I do what I say I will do?
- Do I follow up when necessary?
- Do I ask the Holy Spirit to produce the fruit of faithfulness when I need it?

7. Am I gentle?

- Do I lose my temper?
- Am I abrasive?
- Am I rough with other people?
- Do I ask the Holy Spirit to produce the fruit of gentleness when I need it?

8. Do I possess self control?

- Do I control my appetites?
- Do my appetites control me?
- Do I ask the Holy Spirit to produce the fruit of self control when I need it?