

Welcome To
Celebrate Recovery
Spiritual Inventory, Part 1
(May 26, 2010)

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Spiritual Inventory, Part 1

Lesson 10

I. "Relationship with Others."

"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

II. "The Priorities of our Lives."

A. What is the definition of priorities?

- a. They are guidelines for living life.
- b. They establish levels of importance.
- c. If our priorities are right we will live happy, productive lives.
- d. However, if they are not, we will have all kinds of hurts, habits and hang-ups.
- e. Our priorities can often get messed up.
- f. This usually happens when we make poor choices.
- g. Here are some areas where we typically make poor choices.

B. The first area is ignoring God.

- a. Here are some questions you can ask yourself.
 - Do I normally try to solve my problems myself?

- Do I avoid spending regular time with God?
- Do I avoid regular time in prayer?
- Do I have a problem believing God is real or that He cares about me?
- Do I avoid self examination and confession?
- Do I ignore the Bible?

b. This is an important category, because ignoring God is one of the main reasons why people struggle today.

C. A second area where we make poor choices is in our marriages.

a. Here are some more questions.

- Do I love my spouse?
- Do I respect my spouse?
- Am I kind and patient?
- In other words do I follow 1 Corinthians 13?
- Do I only want the best for my spouse?
- Do I forgive easily?

D. A third area where we make poor choice is in our family.

a. Here are some more questions.

- Do I frustrate my children?
- Do I frustrate other members of the family?
- Am I loving, patient, kind?
- Do I buildup my family?
- Do I spend time with them?
- Am I available whenever they need me?

b. Can my family be described as loving?

c. Are they godly?

E. A fourth area where we make poor choices is in our work.

a. Here are some questions you can use in this area.

- Am I honest?
- Do I put in a full days' work?
- Do I work to the glory of God?
- In other words, is God my boss?

b. Do I steal from my employer?

c. Do I take pens, pencils, tools, etc.?

d. Do I make copies of personal materials?

F. A fifth area where we make poor choices is with other people.

a. Here are some more questions.

- Do I love others as Christ loves me?
- Do I help others who need help?
- Am I generous with my time - my money?
- Am I friendly?
- Do I put others down?
- Am I a gossip?

b. Am I willing to use my spiritual gifts to help build up the body?

G. Go back to the category, "Priorities in our lives", on page 36.

a. How do we use this category in our inventory process?

b. Here are the steps.

c. Step 1 - Answer the questions on pages 36-37.

- Answer each one as best as you can.
- Use the information from tonight's lesson to help you.

- Pray through Psalm 139:23-24.

- d. Step 2 - Compare your answers with what you have already recorded in your inventory worksheet.
- e. Step 3 - Add any pertinent information that may not be recorded.
- f. Step 4 - If you have something that has not been recorded, add it as a new item to your inventory worksheet.

III. The next area of life to examine is our "Attitudes".

A. It's on page 37 of the participant's guide.

a. Notice that this category also has self analysis questions on pages 37-38.

b. Before you answer these questions evaluate your attitude against the following checklist.

c. Do I tend to be:

- Angry?
- Bitter?
- Hateful?
- Anxious?
- Dissatisfied?
- Unhappy?
- Depressed?
- Overwhelmed?
- Ungrateful?
- Sarcastic?

d. Are these attitudes a key part of my lifestyle today?

e. If you are not sure as people who know and love you.

f. After you have done that answer the questions on pages 37-38.

- Use the information from the checklist we just discussed to help you.
- Pray through Psalm 139:23-24.

B. How do we use this information in our inventory process?

- a. We use it in a similar way to what we did in the "Priorities of life" category.
- b. Here are the steps.
- c. Step 1 - Compare your answers with what you have already recorded in your inventory worksheet.
- d. Step 2 - Add any pertinent information that may not be recorded.
- e. Step 3 - If you have something that has not been recorded, add it as a new item to your inventory worksheet.

IV. The next area of life to examine is our "Integrities".

A. It's on page 39 in your participant's guide.

- b. This category also has self analysis questions on pages 39-40.
- a. However, before you answer the questions evaluate your integrity against the following checklist.
- b. Do I have a problem with:
 - Dishonesty
 - Stealing.
 - Lying.
 - Hypocrisy.
 - Manipulation.

- Gossip.
- Being judgmental.

c. Are these life style habits?

d. Once again if you are not sure, you can ask the people who know you and love you.

e. After you have done that answer the questions on pages 39-40.

- Use the information from the checklist we just discussed to help you.
- Pray through Psalm 139:23-24.

B. How do we use this information in our inventory process?

a. We use it in a similar way to what we did in the preceding categories we just discussed.

b. Here are the steps.

c. Step 1 - Compare your answers with what you have already recorded in your inventory worksheet.

d. Step 2 - Add any pertinent information that may not be recorded.

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

V. The "My part" in column 5.

A. So far we have collected a lot of information about our relationships, our priorities, our attitudes and our integrities.

a. We have recorded this information in our inventory worksheet.

b. We have alternated between positive and negative events.

c. We have done this one event at a time.

B. Here is some additional help in identifying what you might put in the "My Part" column.

a. So here are some questions to ask yourself.

- Did I cause a financial loss?
- Other loss?
- Did I kill a relationship? How?
- Was I unfair?
- Was I dishonest?
- Did I manipulate others?
- Did I have an agenda?

b. Was I:

- Selfish?
- Mean?
- Controlling?
- Unkind?
- Impatient?

d. We have to be honest.

e. We may discover that we had no part in the event.

f. If so write down, "NO RESPONSIBILITY" or "NOT GUILTY" or "NO PART".