

Questions for self-examination during Lent

Use these questions throughout the forty days of Lent to examine your life in Christ. Be honest as you answer each question about where you currently stand. If you find yourself deficient in an area, first off, it's ok. We are not perfect but moving toward perfect by the grace of God. Also, God forgives you. Yet, take this recognition as an opportunity to grow in that particular area. Seek the Holy Spirit's empowerment and consider practical ways you can grow in your walk with Jesus.

Given there are 10 questions, consider two a week first the first 5 weeks of Lent, and on the last week, week 6, pick a question you see as your greatest growth area. Be sure to have a pen or pencil and paper/journal to write down your thoughts. Lastly, may these questions not simply be used for these six weeks but become part of your normal devotional life.

1. What progress am I making in sharing gladly what I have with others, particularly with the stranger and the poor?
2. What attitudes do I convey to those who irritate me? How can awareness of my own need of God's grace enable me to be more gracious to them?
3. How has my sense of interconnectedness in corporate worship grown as of late, how can I move ahead in appreciating the contributions and needs of other members in the congregation to which I belong?
4. Am I as charitable and thoughtful to family members as to others? Or do I "take it out" on my family when life at school or work gets hectic?
5. Can I redistribute my long-range personal budget in order to have more money to give away?
6. When I hear someone being unjustly maligned, do I speak up to correct the record, or am I a silent accomplice?
7. In devotional acts of prayer and reading, am I increasing in my attention span and discovering new ways of listening rather than of talking, of giving thanks rather than of complaining?
8. As I uncover and attempt to deal with one level of prejudice in my life, what other levels do I find lurking underneath, how can I confront them?
9. In addition to intercessory prayer, what habits can I develop that allow me to be more responsive to the sick, the distressed, and the bereaved, particularly when their needs emerge suddenly and require immediate attention? Can I plan spaces into my life to allow for such unanticipated opportunities to ministry to others?
10. Am I, by consistent attendance at worship, a witness to others of the worthiness of the God I follow? Or am I, by my sporadic attendance suggesting God is worth serving sometimes but not others? ¹

¹ Adapted from *Calendar: Christ's Time for the Church* by Laurence Hull Stookey (82-83).