22 QUESTIONS FOR REFLECTION

In 1729, John Wesley wrote twenty-two daily reflection questions for *The Holy Club*, a group of Oxford University students who desired to grow and mature in their faith.

22 SELF-REFLECTION QUESTIONS

The questions are as fresh, deep, and meaningful today as they were 200 years ago. As the Spirit leads, use these timeless questions as a helpful tool to go a little deeper in your relationship with Jesus.

1. Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words or do I exaggerate?
3. Do I confidentially pass on to another what was told to me in confidence?
4. Can I be trusted?
5. Am I a slave to dress, friends, work, or habits?
6. Am I self-conscious, self-pitying, or self-justifying?
7. Did the Bible live in me today?
8. Do I give it time to speak to me every day?
9. Am I enjoying prayer?
10. When did I last speak to someone else about my faith?
11. Do I pray about the money I spend?
12. Do I get to bed on time and get up on time?
13. Do I disobey God in anything?
14. Do I insist upon doing something about which my conscience is uneasy?
15. Am I defeated in any part of my life?
16. Am I jealous, impure, critical, irritable, touchy, or distrustful?
17. How do I spend my spare time?
18. Am I proud?
19. Do I thank God that I am not as other people, especially as the Pharisees who despised the publican (tax collector)?
20. Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?
21. Do I grumble or complain constantly?
22. Is Christ real to me?

ATTRIBUTES OF GOD

In the beginning was the Word, and the Word was with God, and the Word was God. (John 1:1)

Spend time getting to know God better by praying through His attributes found in His Word. Our relationship with God is the single most important relationship we will ever have. Relationships take time, curiosity, and intention. Let these verses help you step into a deeper relationship with the One who knows you completely and loves you perfectly.

GOD IS

LOVE: *Whoever does not love does not know God, because God is love.* (1 John 4:8)

COMPASSIONATE: *Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning: great is your faithfulness.* (Lamentations 3:22-23)

MERCIFUL: *The Lord is gracious and merciful, slow to anger and abounding in steadfast love.* (Psalm 145:8)

HOLY: *Exalt the Lord our God and worship at his holy mountain, for the Lord our God is holy.* (Psalm 99:9)

GOOD: *Give thanks to the Lord, for he is good; his love endures forever. (Psalm 107:1)*

HOPE: *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.* (Romans 15:13)

FAITHFUL: *For the word of the Lord is right and true; he is faithful in all he does.* (Psalm 33:4)

FORGIVING: *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* (Ephesians 4:32)

COMFORTER: *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort.* (2 Corinthians 1:3)

JUST: *He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he.* (Deuteronomy 32:4)

INFINITE: *And he is before all things, and in him all things hold together.* (Colossians 1:17)

UNCHANGING: *I am the Lord. I do not change.* (Malachi 3:6)