

One Page Examination of Conscience for the Ages

The Left Column depicts our fallen self without the Holy Spirit's help.

If you find yourself on the left side, ask the Spirit for help.

The Right Column depicts God's Character as revealed in Scripture.

Your characters should be like Jesus', your brother and first born of a new creation. Ask the Spirit to help you become like Jesus in virtue.

Jesus Is Not but my fallen self is	Jesus is and I was created to be
Without the cross I am	Jesus died so I could be
Without the Spirit I am	With the Spirit I can be
<i>abrasive.</i>	<i>gentle.</i>
<i>selfish.</i>	<i>thoughtful.</i>
<i>insensitive.</i>	<i>considerate.</i>
<i>hard hearted, ruthless.</i>	<i>merciful, compassionate.</i>
<i>frantic, worried.</i>	<i>peaceful, serene.</i>
<i>treacherous, devious.</i>	<i>faithful, trustworthy.</i>
<i>lustful, depraved.</i>	<i>chaste, pure.</i>
<i>partial, prejudiced.</i>	<i>just, fair.</i>
<i>irritable, moody.</i>	<i>gentle, balanced.</i>
<i>sarcastic, mocking, cynical.</i>	<i>affirming, respectful, believing.</i>
<i>mean, rude, cold.</i>	<i>kind, gracious, warm.</i>
<i>proud, arrogant, boastful.</i>	<i>humble, meek, modest.</i>
<i>quick to speak & misunderstand</i>	<i>quick to listen & understand</i>
Without the Holy Spirit I will	With the Holy Spirit I will
<i>delight in evil.</i>	<i>delight only in good.</i>
<i>seek revenge.</i>	<i>forgive.</i>
<i>expose others to harm.</i>	<i>protect.</i>
<i>create despair and alarm.</i>	<i>create hope and peace.</i>
<i>be suspicious of others.</i>	<i>trust (others can heal and grow).</i>
<i>be quick to anger.</i>	<i>Be slow to anger.</i>
<i>be lustful and depraved in word and deed and affirmed thought.</i>	<i>be chaste and pure in word and deed and affirmed thought.</i>
<i>give up doing good.</i>	<i>persevere in doing good.</i>
<i>demean the dignity and intrinsic worth even of my loved ones.</i>	<i>respect the dignity and intrinsic worth even of my enemies.</i>

Scriptures that Confirm the Battle and the Victory in Christ and in the Spirit

If you are guided by the Spirit, you won't obey compulsive urges. The Spirit and your compulsive urges are enemies of each other. The Holy Spirit is always inspiring you to fight against compulsive urges. Your compulsiveness—your lack of control over your thoughts, tongue and actions—drives you to do even what you know to be wrong and against God's ways, the way of being fully and truly human. However, when you follow the promptings of the Holy Spirit, you stop compulsive urges in their tracks [and become ever more fully human as you were created and redeemed to be].

Your compulsive pursuit of pleasures makes you reject the Spirit and instead entertain filthy thoughts, and shameful deeds. Your urge to speak before thinking makes you impossible to get along with as do your fits of unregulated anger. You are prone to argue all the time and have quick deadly retorts when provoked.

On the contrary if you obey the gospel inspired promptings of the Holy Spirit, you will be known as loving, happy, peaceful, patient, kind, good, faithful, gentle, and self-controlled. Clearly if you follow the Holy Spirit, you belong to Christ Jesus and have stopped urges in their tracks by countering them with Jesus' teachings. You choose gospel life over following your self-destroying urges. God's Spirit has given us power, light and life to put to death our urges. Let us follow the promptings of the Holy Spirit and be self-controlled and able to love 24/7. **[Galatians 5:16-25]**

For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord! **[Romans 7:22-25]**

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh—for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. ¹⁵ For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him. **[Romans 8: 12-17]**

In all these things we are more than conquerors through him—Christ Jesus—who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. **[Romans 8: 37-39]**