

CHECKLIST -for DAILY SELF EXAMINATION

MKZ

Establish the daily HABIT of GOAL SETTING and monitoring, evaluation, progression towards those goals: by using this CHECKLIST and RECORDING.

1. BIBLE STUDY \longrightarrow MEDITATION (internalisation) \longrightarrow APPLICATION

WHY do I study the bible? WHAT?.. WHEN?.. HOW?..

To build a closer, more meaningful and personal relationship with God;

Thru: a better understanding of his revelation of HIMSELF in SCRIPTURE

To fully INTERNALISE this understanding of Gods mind + spirit (esp. as revealed by)

To live in complete harmony with God's mind/spirit and in total SUBMISSION to HIS WILL

2 Daily EXAMINATION of CONSCIENCE re. $\begin{matrix} \rightarrow \text{GOD} \\ \rightarrow \text{OTHERS} \\ \rightarrow \text{SELF} \end{matrix} \longrightarrow \text{PRAYER} \leftarrow \begin{matrix} \text{confession} \\ \text{repentance} \end{matrix}$

Daily PRAYER focussed on a) Praise to God and HIS will b) for forgiveness of sins and for power to overcome c) intercessory prayer d) for personal needs (physical, spiritual)

Daily reflection on our personal behaviour and example to monitor where it was inconsistent with Gods Spirit and attitude. Monitoring strategies for producing repentance: their effectiveness

3 BUILDING Righteous CHARACTER - through the exercise of SELF DENIAL

Taking every opportunity to overcome the LUSTS of the FLESH, Lust of EYES and PRIDE of LIFE. Controlling - exercising moderation, temperance in all behaviours effectively. BODY-health: regarding food, drink, cleanliness. Also controlling TONGUE

Especially PATIENT ENDURANCE of TRIALS and PERSECUTION

4. MONITORING MOODS, ATTITUDES, -VE MENTAL States ^{esp.} in REACTION to TRIALS

Striving to control, maintain and display a cheerful, positive, quiet, calm and contented spirit - in keeping with the gratitude and thankfulness inspired by our FAITH and our HOPE in the promise of the RESURRECTION to ETERNAL life; AND, from our understanding of the need and purpose of PERSONAL TRIALS + TESTS in building character, and purifying our FAITH.

5. FINANCIAL STEWARDSHIP and MANAGEMENT of RESOURCES

Being faithful stewards of the 'little' we've been given. Eliminating all unexpenditure and wastage - and striving to be wise stewards and managers of all our physical goods and blessings. Simplifying our needs and our lives - living frugally; staying out of debt. Avoiding materialism and self indulgence. Maintaining TITHING and free WILL offerings. Being generous to those in NEED. Monitoring and BUDGETING all expenditure. Maintenance

6. PRODUCTIVE Management of TIME (both WORK and LEISURE)

Wisely organising and managing TIME (the essence of life) to maximise and facilitate PRODUCTIVITY, SERVICE, GOOD WORKS and FRUITS, and to minimise inefficiency, idleness, wastage and purposeless activity. PRE-PLANNING each DAY, each ACTIVITY: 'He who fails to plan, - plans to fail.' Having fully CLARIFIED ones values time is planned to realise those values as efficiently as possible. MONITOR all use of TIME to avoid fruitless WORLDLY Pursuits and DISTRACTIONS.