

A Practice of Confession

READ PSALM 51 SLOWLY

**PAUSE FOR 1 MINUTE AND
SIT WITH YOUR THOUGHTS**

**READ THE QUESTIONS OF
SELF-EXAMINATION**

**WHEN YOU FEEL LED,
PAUSE AND CONFESS**



QUESTIONS OF SELF-EXAMINATION

INSPIRED BY JOHN WESLEY'S 22 QUESTIONS

1. Where am I lying to myself or God about the state of my heart?

2. In what ways have I exaggerated, whether my successes or hidden my failures to look better than I am?

3. Who have I betrayed with my words, actions, or silence?

4. What habits, possessions, or relationships have I made into idols controlling me instead of God?

5. Where has pride, envy, or bitterness caused me to hurt others or avoid truth?

6. When was the last time I truly listened to God in prayer or Scripture instead of just going through the motions?

7. How have I avoided confronting sin in my life and who have I scolded for calling me out?

8. Where have I ignored the Spirit and done what I knew was wrong, or justified my actions?

9. Who do I need to make it right with before God, who is supposed to be getting my forgiveness?

10. Am I living like Christ is real in my everyday choices, or am I just pretending faith in public?

11. What other things have come to mind in this time that I should confess?