Personal Revival Checklist
Praying Through the Sermon on the Mount
Matthew 5 – 7

Jesus’ Sermon on the Mount (Matthew 5-7) clearly reveals the essential elements for personal revival. If you will live in light of these truths, you can experience daily, continuous revival. To fail to heed Christ’s words will lead to fruitlessness and despair. Carefully read each Scripture and search your heart in the light of Christ’s words, that they might bring you to greater repentance and a hunger to be conformed to the image of Christ. As you proceed, circle the areas of greatest need and seek God for cleansing and revival.

Chapter 5

1. Do I have a genuine poverty of spirit? Do I recognize my own inability and the critical need for God in my life? (5:3) _____Yes _____No
2. Do I mourn over my sin? When I sin, is there a godly sorrow that leads to a repentance without regret? (5:4; 2 Cor. 7:10) _____Yes _____No
3. Am I meek? Am I willing to be governed by God alone? Is the quality of brokenness clearly visible in my life? (5:5) _____Yes _____No
4. Am I hungry and thirsty for rightness in every realm of my life? With God? With others? in every situation, circumstance, decision? (5:6) _____Yes _____No
5. Am I merciful toward others? Do I exhibit a spirit of forgiveness? (5:7) _____Yes _____No
6. Am I pure in heart? Are my motives pure? Have I laid down other allegiances and affections that I have cherished more than Jesus? Do I have a single-minded devotion to Jesus Christ? (5:8; 2 Cor. 11:3) _____Yes _____No
7. Do I seek to be at peace with all men without compromising my convictions? Do I make peace when it is within my power to do so? (5:9; Rom. 12:18) _____Yes _____No
8. Am I standing so visibly for Christ that I am in opposition to the world, the flesh, and the devil and, because of that, suffering persecution? Do I rejoice when men revile me and say all kinds of evil against me falsely for Christ’s sake? (5:10-12) _____Yes _____No
9. Does my life create a hunger and thirst for God in the lives of others? Am I being used of God to preserve and maintain the truth? (5:13) _____Yes _____No
10. Does my life illuminate the truth about God and man before others? Do people see my good works (the fruit of the Spirit) and glorify God? (5:14-16; Gal. 5:22-23) _____Yes _____No
11. Are there any commandments, even the smallest ones, which I do not regard as binding on my life? Am I teaching others to do the same either by expression or example? (5:17-19; Deut. 8:3b) _____Yes _____No
12. Is my righteousness merely external, like that of the Pharisees, instead of coming from my heart? (5:20; 22:36-38) _____Yes _____No
13. Am I angry with my brothers? Am I guilty of calling others names, criticizing others, or wrongly accusing others? (5:21-22) _____Yes _____No
14. Is there anyone, anywhere, who has some-thing against me whom I have not approached to seek reconciliation? (5:23-24) _____Yes _____No
15. Am I overcoming lust daily? Are my eyes focused on Christ alone as my source of satisfaction? Do I have a single-minded devotion in my marriage to my spouse? (5:27-32) _____Yes _____No
16. Do I make oaths? Do I feel the necessity to make up for a lack of integrity by assuring people that what I’m saying is really true? Do I ever fail to speak with honesty and integrity? Do I exaggerate or “stretch the truth”? (5:34-37) _____Yes _____No
17. Am I taking revenge on anyone by my words or actions? even subtly? Am I failing to love them aggressively, merely tolerating them? (5:38-39) _____Yes _____No
18. Am I giving to my enemies, loving them, praying for them, greeting them? (5:40-47) _____Yes _____No
19. Am I seeking to be “perfect” or complete in every realm of my life even as my heavenly Father is perfect? (5:48) _____Yes _____No

Chapter 6

20. Am I practicing my righteousness before men? Am I anxious to let people know, one way or another, how spiritual I am what religious activities I’m involved in? (6:1) _____Yes _____No
21. When I give, do I make sure others know about it? Am I secretly pleased when they discover it? (6:2-4) _____Yes _____No
22. When I pray, am I anxious to impress others? Do I love to pray publicly so that others can hear me and be impressed? (6:5) _____Yes _____No
23. When I pray, do I go into the inner room of my heart and shut the door? Do I pray to my Father? Am I experiencing genuine communion and intimacy with Him? (6:6) _____Yes _____No
24. Do I use meaningless repetitions in prayer? Do I secretly think I can impress God with my many words, or long moments spent in prayer? Am I resting and depending on my own efforts and abilities to gain God’s attention rather than the merits of Christ alone? (6:7) _____Yes _____No
25. Am I acknowledging and praising God in prayer? Am I hallowing His Name? Am I praying for His honor and glory? Do my requests reflect a desire for His glory, not just a desire for my own comfort, pleasure, and good will? (6:9) _____Yes _____No
26. Am I aggressively praying for God’s kingdom to be established? (6:10) _____Yes _____No
27. Am I praying for God’s will to be done not merely interested in my selfish desires being granted? (6:10) _____Yes _____No
28. Am I depending upon Christ alone as the source of my every need—my daily bread? Do I come to Him with every need of life? (6:11) _____Yes _____No
29. Am I consistently dealing with sin in my life, seeking God’s cleansing and forgiveness? (6:12) _____Yes _____No
30. Am I praying for and depending on God’s protection from temptation and deliverance from evil? (6:13) _____Yes _____No
31. Is there anyone who has sinned against me, offended me, or harmed me in any way that I have not truly and fully forgiven? (6:14-15) _____Yes _____No
32. Am I fasting? Am I abstaining from worldly issues that cloud my spiritual vision? Have I surrendered every material thing in my life that I felt I cannot do without? that I couldn’t or wouldn’t give up on a moment’s notice? (6:16) _____Yes _____No
33. When I fast, am I anxious for others to know? (6:16-18) _____Yes _____No
34. Do I have an over-attention to storing up material wealth? Do I own a lot of unnecessary things? Are material possessions seen as “treasures” to me? (6:19) _____Yes _____No
35. Am I so investing my life and resources that I am laying up treasures and rewards in heaven? (6:20-21) _____Yes _____No
36. Do I have anything that is a master to me other than the Lord Jesus Christ? Am I holding on to anything in my life that is causing me in some way to treat Christ and the things of God lightly? Causing me to despise Christ or give Him less than His rightful place? (6:24) ____Yes ____No
37. Am I worrying about material things? about what I will eat or drink or wear? Am I worried unduly about my physical appearance? Am I exhibiting a lack of faith by worrying about anything material? (6:25-31) ____Yes ____No
38. Am I seeking first of all His kingdom and His righteousness in everything? Am I investing my life and time in eternal, kingdom business (i.e., the Word of God and the lives of others)? (6:33) ____Yes ____No
39. Am I worrying about the future on any level—worrying about myself, my family, my job, my income, my physical comfort? (6:34) _____Yes _____No

Chapter 7

40. Am I judging others in a critical, condemning, or hypocritical way? (7:1-2) ____Yes ____No
41. Am I more concerned about changing others than I am about dealing with my own spiritual deficiencies? (7:3-4) ____Yes ____No
42. Do I try to correct others without first humbly correcting myself? (7:5) ____Yes ____No
43. Am I asking, seeking, and knocking before the Lord? Am I consistently and continually looking to Him with dependency and expectation, realizing that “He is, and that He is a rewarder of them that seek Him”? (7:7-11; Heb. 11:6) ____Yes ____No
44. Am I treating others as I would desire them to treat me? Do I give others as much honor, respect, understanding, and attention as I give myself? (7:12) ____Yes ____No
45. Have I entered the narrow gate that leads to true eternal life? (7:13-14) ____Yes ____No
46. Am I wary of false prophets? Do I have such a relationship with God and His Word that I am sensitive and discerning regarding that which is really true and that which is false—not naive and gullible regarding spiritual deception? (7:15-20) ____Yes ____No
47. Am I trusting in my religious activities to make me right with God? Am I vainly believing that external righteousness alone will make me right before God? (7:21-23) ____Yes ____No
48. Am I consistently in a position to hear the Word of God? Am I listening intently to what God is trying to say to me, not merely paying casual attention? (7:24) ____Yes ____No
49. Am I actively and immediately obeying God as He speaks to my heart through His Word? Is my life being built upon God’s Word through instant obedience to Him? (7:24-27) ____Yes ____No

Your sins may have put a barrier between you and someone else. Go now and ask forgiveness of those you have wronged, whatever the causes. If necessary, make needed restitution. Let nothing keep you from a clear conscience. No price is too high to pay.

Finally, determine to live in immediate obedience to the promptings of the Spirit of God and directives of His Word. Trust God to use you as a powerful instrument of revival.

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Love Life Check-Up

Lover of Money

“\textit{The love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith.}”
(1 Timothy 6:10)

"\textit{Men will be . . . lovers of money.}"
(2 Timothy 3:2)

- Measure success by material gain
- Strive for material riches more than for spiritual riches
- Compromise God’s principles, for financial gain or to avoid financial loss
- Neglect giving to your church and the needs of others
- Gamble
- Are discontent with what you have and always wanting more
- Are concerned primarily with retirement ease rather than building the kingdom of God
- Build God, family, and church around your job

Lover of Self

"\textit{Men will be lovers of self.}"
(2 Timothy 3:2)

- Feel as though you are the center of attention
- Talk a lot about yourself, your problems, your accomplishments, etc.
- Get upset when others take the focus off of you
- Get upset when you don’t get your way
- Are reluctant to sacrifice for others when it involves discomfort to you
- Feel the need to always be shown appreciation for your service to others
- Don’t receive criticism well
- Want to do everything your way

Lover of Pleasure

\textit{Men will be “lovers of pleasure rather than lovers of God.”}
(2 Timothy 3:4)

- Have time for hobbies while neglecting God’s Word
- Go to church dinners but not church prayer meetings
- Let sports, hunting, activities, and programs take precedence over eternal matters
- Go to church for “fellowship” and “fun” while avoiding deeper spiritual interaction with others
- Enjoy television, music, movies, sports, etc., but get bored listening to sermons
- Get upset when church “goes long” because it interferes with your plans

Lover of the World

"\textit{For Demas, having loved this present world, has deserted me.}"
(2 Timothy 4:10)

- Are more concerned about how you look to others than to God
- Live to climb the ladder of success rather than to glorify God
- Don’t have time for church or spiritual disciplines (time in the Word, prayer, fellowship with God and others)
Focus more on your earthly future than living in light of eternity
Are more interested in current events than in talking about the Lord
Spend your off time doing things that will be meaningless in eternity

“But I have this against you, that you have left your first love. Therefore remember from where you have fallen, and repent and do the deeds you did at first; or else I am coming to you and will remove your lampstand out of its place—unless you repent.”

(Jesus in Revelation 2:4-5)
Evidences of a Backslidden Condition
Richard Own Roberts

"The backslider in heart shall be filled with his own ways: And a good man shall be satisfied from himself." (Proverbs 14:14, KJV)

Backsliding is present when....
1. When prayer ceases to be a vital part of a professing Christian’s life
2. When the quest for biblical truth ceases and one grows content with the knowledge of eternal things already acquired
3. When the biblical knowledge possessed or already acquired is treated as external fact and not applied inwardly
4. When earnest thoughts about eternal things cease to be regular and gripping, is should be like a warning light to the backslider.
5. When the services of the church lose their delight..
6. When pointed spiritual discussions are an embarrassment
7. When sports, recreation and entertainment are a large and necessary part of your lifestyle
8. When sins of the body and of the mind can be indulged in without any uproar in your conscience.
9. When aspirations for Christlike holiness cease to be dominant in your life and thinking
10. When the acquisition of money and goods becomes a dominant part of your thinking.
11. When you can mouth religious songs and words without heart.
12. When you can hear the Lord’s name taken in vain, spiritual concerns mocked, and eternal issues flippantly treated and not be moved to indignation and action.
13. When you can watch degrading movies and television and read morally debilitating literature.
14. When breaches of peace in the brotherhood are of no concern to you.
15. When the slightest excuse seems sufficient to keep you from spiritual duty and opportunity.
16. When you become content with the lack of spiritual power and no longer seek repeated enduements of power from on high.
17. When you pardon your own sin and sloth by saying the Lord understands and remembers that we are dust, you may have spoken gospel truth but
18. When these is no music in your soul and no song in your heart, the silence testifies ...
19. When you adjust happily to the world’s lifestyle, your own mirror with tell the truth...
20. When injustice and human misery exist around you and you do little to nothing to relieve the suffering.
21. When your church has fallen into spiritual declension and the word of God is not longer preached there with power and you are still content.
22. When the spiritual condition of the world declines around you and you cannot perceive it
23. When you are willing to cheat your employer
24. When you find yourself rich in grace and mercy and marvel at your own godlikeness, then you are fallen far
25. When your tears are dried up and the hard cold spiritual facts of your existence cannot unleash them, see this as an awful testimony to both the hardness of your heart and the depth of your backsliding
Rediscovering Sexual Purity

Few areas in our Christian pilgrimage require more care and attention than the matter of our sexual lives. This exercise is intended to provide practical instruction on how to walk in sexual purity and victory. We suggest our readers set aside a concentrated period of time to process and internalize these application questions and their corresponding Scripture references.

Note: An asterisk next to the question indicates our recommendation for the reader to seek the assistance of a qualified biblical counselor or pastor regarding this area.

1. How do I know if I am struggling with lust?

Men
- Do I “surf” through T.V. channels looking for immodesty? (Job 31:1)
- Do my eyes tend to look inappropriately at the bodies of women? (Matthew 5:28)
- Do I purposely drive by illicit billboards or adult shops just to glance? (Proverbs 4:14-15)
- Do I “roam” near lingerie sections of the mall? (Proverbs 4:25-27)
- Am I hiding a sexual habit (masturbation, pornography, etc.)? (1 Corinthians 6:18-19)
- Do I justify a “little” exposure to nudity because I am an adult, even though I know it stimulates lustful thoughts and desires? (Song of Solomon 2:15)
- Do I read reviews of sexually explicit movies, books, or plays in order to satisfy unhealthy desires? (1 John 2:16)
- Are there areas of sexual activity that I would engage in if I knew no one would find out? (Proverbs 14:3)
- Do I find myself looking for opportunities to counsel women on intimate issues instead of directing them to a godly female? (James 1:14)
- Am I in a relationship with a woman that is “too close” and makes me vulnerable to sexual sin? (Genesis 39:7-12)
- Do I care more about the body of my wife than the soul and spirit of my wife? (1 Peter 3:3-4, 7)
- Do I pressure my wife into sexual practices that I know do not please God? (1 Peter 3:7; Hebrews 13:4)
- Do I fantasize about other women while being intimate with my wife? (Matthew 5:28; Proverbs 5:18-20)
- Is there anything I purposely keep from my wife because it would limit my ability to engage in immoral activity? (James 5:16)
- Do I maintain a subscription to a cable or satellite service that affords the opportunity to act on lustful desires? (Romans 13:14)
- Do I try to “hide” my sin via deletion maneuvers on my computer? (Proverbs 28:13)
- Is the degree of conviction and guilt over my sexual failures less than it once was? (Ephesians 4:30)
- Has the loss of the power of God in my life become of secondary concern to the continuation of a lustful lifestyle? (Psalm 32:3-4)

Women
- Do I fantasize about men? (Proverbs 12:2; 2 Corinthians 10:5)
- Would I rather talk about “personal issues” with a man other than my husband? (Proverbs 11:22)
- Do I read books or articles that stimulate wrong passions? (Romans 6:13-21)
- Do I watch soap operas or movies to satisfy desires that only my marriage should? (Philippians 4:8)
- Do I dress in a way that I know will attract inappropriate attention from men? (1 Timothy 2:9-10)
- Do I use “smooth talk” to lead men into conversations that I know will entice them sexually? (Proverbs 5:3; 7:21)
- Do I ever look at men in ways that I think will arouse sexual desires in them? (Proverbs 6:25; 7:13b-15)
- Do I justify being around men that I know I should stay away from? (Romans 12:9)
- Is there anything I purposely keep from my husband because it would limit my ability to engage in immoral activity? (James 5:16)
• Do I find myself competing for the attention of a man who is not my husband? (Proverbs 31:11-12)
• Do I join clubs or attend events with the thought that I might form relationships with men other than my husband? (Proverbs 7:11-12)
• Do I look forward to my husband being gone so I can explore opportunities to develop a relationship with another man? (Proverbs 7:18-19)
• Do I see how far I can go with a man without actually becoming physically involved? (Ephesians 5:3)
• Do I excuse inappropriate relationships at work or at church because of the importance of my role? (Luke 12:48b)

2. Have I taken the necessary steps to thoroughly deal with the sin of sexual impurity . . .

With God? (Psalm 51)
• Have I considered the grievousness of my moral impurity to God? (vv. 3-4a)
• Have I acknowledged that I have defiled His “temple” by allowing moral impurity to enter my mind, soul, and body? (v. 6)
• Have I admitted the pride and selfishness that is foundational to moral sin? (v. 2)
• Have I acknowledged my lack of surrender to His will for my life? (v. 4)
• Have I confessed my failure to maintain an intimate relationship with the Lord and to rely on His grace? (vv. 11-12)
• Have I asked God to bring deep brokenness and genuine repentance over my sin? (v. 17)

With my family?
• Have I confessed my sexual sin to my spouse (without details)? (Acts 24:16)*
• Have I sought forgiveness from my spouse for breaking our marriage vows? (Ecclesiastes 5:4-5)
• Have I assumed 100% responsibility for my sin, casting no blame on my spouse? (1 Samuel 15:19-21)
• Have I shared with my spouse in a spirit of brokenness, contrition, and humility? (1 Peter 5:5b)
• Have I been honest with my spouse, admitting the hypocrisy of pretending to be pure when I wasn’t? (Acts 5:3-4)
• Have I expressed my unworthiness to receive forgiveness from my spouse? (Luke 15:19)
• Have I sought forgiveness from my children individually for the effect my sexual sin may have had upon them? (Luke 17:1-2)*

With my local church?
• Have I confessed my sin to a pastor or elder (in the presence of a godly woman, if you’re a female) from my local church and asked for prayer and accountability? (Hebrews 13:17)*
• Have I submitted myself to whatever restorative steps my church leadership has suggested? (Matthew 18:15-17)
• Have I sought my pastor’s counsel regarding any steps that may need to be taken to clear my conscience with the broader church family? (1 Corinthians 12:12, 26)

With others?
• Have I asked forgiveness from others who were directly or indirectly hurt by my sin? (1 Timothy 1:19)
• Have I asked forgiveness from anyone I lied to or deceived about how I was doing morally? (1 Peter 1:15-16)

3. Am I being intentional about maintaining a sexually pure lifestyle . . .

Through cultivating my relationship with the Lord?
  _ Am I spending time daily reading the Bible and praying? (Psalm 119:9, 11)
  _ Am I looking to the Lord as my true source of fulfillment and joy? (Psalm 16:11)
  _ Am I developing a proper view of God that would increase my ability to trust Him with every aspect of my life? (Psalm 46:1, 10)
  _ Am I daily expressing my love to the Lord by both words and deeds? (Psalm 34:1)
Am I generously giving my resources (time and money) to the Lord, realizing that “where my treasure is, there my heart will be also”? (Matthew 6:19-21)

Through cultivating my relationship with my spouse?
- Am I working diligently to strengthen my relationship with my spouse? (Ephesians 5:22-25)
- Am I meeting the emotional and physical needs of my spouse? (Ephesians 5:28-29)
- Are there any secrets that I am keeping from my marriage partner? (Ecclesiastes 12:14)
- Have I asked my mate to keep me accountable in all areas of sexual temptation? (1 Corinthians 7:4)
- Am I misleading or deceiving my mate in any way? (Ephesians 4:25)
- Have I invited my spouse to regularly ask tough questions about my sexual practices and to hold me accountable in my sexual life? (John 3:20-21)
- Do I wait to be asked how I am doing sexually, or do I voluntarily share my needs out of love and respect for my mate? (Proverbs 28:13)
- Am I regularly asking my spouse tough questions of accountability about his/her sexual life? (Proverbs 27:5-6)
- Am I willing to forgive and extend grace to my spouse? (Ephesians 4:26-27, 32)
- Am I praying with my spouse and for my spouse? (Colossians 4:2; 1 Peter 3:7)
- Do I consistently praise my spouse in the presence of others? (Ephesians 4:29)

Through cultivating godly relationships with others?
- Am I developing healthy relationships in the body of Christ? (Ecclesiastes 4:9-10)
- Have I sought a meaningful relationship with a godly mentor who encourages me in my walk with the Lord? (Hebrews 6:11-12)
- Am I meeting regularly with a godly person of the same gender who is holding me accountable in areas related to sexual purity? (Proverbs 27:17; Hebrews 3:13)
- Have I requested prayer for moral purity? (James 5:16)
- Am I harboring any bitterness toward anyone? (Hebrews 12:15-16)
- Is there anyone that is harboring bitterness or hurt toward me? (Matthew 5:23-24)

Through establishing “guardrails” of protection?
- Am I avoiding every “appearance of evil” and “making no provision for the flesh”? (1 Thessalonians 5:22; Romans 13:14)
- Am I praying for protection from the temptations of the “world, flesh, and devil”? (Matthew 6:13; 26:41)
- Am I refusing to go to places of temptation? (Proverbs 7:8; 2:11; Psalm 1:1)
- Am I cutting off every relationship that is a source of temptation? (Psalm 101:7)
- Am I memorizing and meditating on the Scriptures? (Psalm 119:97)
- Have I installed a filter on my computer, and am I allowing my mate to have complete access to my Internet usage? (Ephesians 5:11)
- Am I taking whatever steps are necessary to ensure that I will not commit sexual sin when alone on trips? (1 Corinthians 9:24-27)
- Am I guarding my conversation? (Proverbs 21:23)
- Am I opening my life up to “witnesses” who hold me accountable to a blameless life? (1 Thessalonians 2:10)

4. Are my mate and I enjoying sexual freedom in our marriage?
- Do we see sex as a gift from God? (Genesis 2:18, 24)
- Have we brought God into our physical union through prayer? (1 Thessalonians 5:17)
- Do we view each other as God’s perfect physical provision for each other? (1 Corinthians 7:2)
- Have we sought forgiveness for any sexual immorality that took place prior to marriage? (1 Timothy 1:5)*
- Do we still “date” and make physical intimacy a culmination of an emotional bond? (Song of Solomon)
- Do we discuss sexual issues and respect each other’s desires and conscience? (Matthew 7:12)
• Do we deal with conflict openly and lovingly? (1 Peter 4:8)
• Do we see sex as an act of giving? (1 Corinthians 7:5)
• Are we willing to surrender our rights and expectations? (Philippians 2:4)
• Are we putting time and effort into keeping our sexual intimacy fresh and exciting? (Proverbs 5:15-19)
• Do we avoid sexually explicit instructional resources? (1 Thessalonians 4:4-7)
• Do we express appreciation for our spouse’s willingness to meet our sexual needs? (1 Timothy 4:3)
• Do we protect the sanctity of our relationship by not sharing intimate details with friends? (Ephesians 4:29b; Psalm 141:3)
• Do we motivate each other through praise? (Proverbs 25:11)
• Do we value the joy that comes from lifelong faithfulness to one person? (Ecclesiastes 9:9)