

### Heart Examination (Your own!)

1. **Pride** – Do I focus on how much I’ve been wronged?  
Have others challenged my “need to always be right” or my sense of entitlement?
2. **Faultfinding** – Do I ruminate and brood on - even mentally rehearse the faults of others?
3. **Avoidance** – Do I avoid contact, phone calls and being around people with whom I have conflict?
4. **Silence** – Do I refuse to share my feelings in a healthy way?  
Does my spouse/others think I punish them with my silence?
5. **Isolation** – Do I withdraw emotionally, even physically?
6. **Unfaithfulness** – Do I share exaggerated and unnecessary information about my spouse/others?  
Am I quick to pile on additional accusations when others are criticizing them?
7. **Hopelessness** – Do I often expect or imagine the worst results when things go bad?  
Do I lack faith that God can work in any situation?
8. **Resentment** – Do I hold onto my anger for days and even weeks?  
Do I hold it until it turns to bitterness?
9. **Assumption/Presumption** – Do you assume or presume you know what others think or feel? Without actually asking them.
10. **No believing the best**? Do you believe the best of every person?

The Bible says, “Pursue peace...looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble” Heb. 12:14-15.

**Pro 6:2** Thou art snared with the words of thy mouth, thou art taken with the words of thy mouth.

**Pro 17:27** He that hath knowledge spareth his words: *and* a man of understanding is of an excellent spirit.

We cannot hold people accountable for their wrongs or we will reap this as our own harvest.

#### **Eph 4:26 - 31**

Be ye angry, and sin not: let not the sun go down upon your wrath:

Neither give place to the devil. Let him that stole steal no more: but rather let him labour, working with *his* hands the thing which is good, that he may have to give to him that needeth. Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.