

- 1 Am I daily, Praying, Reading scripture, and Worshiping?
- 2 Is there anyone I need to forgive?
- 3
- 4 Expectations:
Expectations of God (I only expect what he has promised and what is clear in scripture)
Expectations of others (I only expect what they have promised, not what I want or imagine)
Expectations of myself (I have high standards for myself)
- 5 Anger:
Good Anger (I get angry at wrongs and injustice, and quickly act to resolve them)
Distorted Anger (I ask kind questions to clarify the actions of others – to know if I misunderstood them and their true intentions.
Implusive Anger
Explosive Anger
(1) I can acknowledge that I am angry
(2) I restrain my immediate response
(3) I locate the cause of this frustration, hurt, wrong or shame
(4) I analyze options (or talk it through with another until I can)
(5) I take constructive action to resolve how I feel and remove those things that contribute to anger and plan my responses in certain circumstances.
- 6 Discouragement & Depression
(1) I repeat, 1 & 2, and share my feelings with God.
(2) I understand the meaningfulness of my work (study) at this present point. I know what I am contributing towards.
(3) I work on meaningful connections. I have 2-3 trusted people who I can share and confide in, share my thoughts and feelings.
(4) I have meaningful values (boundaries / standards) active around, my physical health, my work, relationships, social, and spiritual life.
(5) I deal with past negative experience, grief, and trauma.
(I believe everyone should go through some inner healing, forgiveness, grief, trauma course to be healthy)
(6) I understand my Status and Respect in society
(7) I am not disconnected with the natural world and nether am I afraid of it, I know God has these big issues in hand (global warming, disease, etc.).
(8) I have hope in my future here on earth for: development, growth, achievement, relationship and ministry – God will take care of me.
- 7 Am I, Asking, Seeking, and Knocking for God's presence and activity in my life?
Am I Surrendered, Enjoying where God has me, and I am Available?

History

Context

Self

God