

DAILY SELF-EXAMINATION SHEET

Read 1 Corinthians 13:4-8a and ask yourself, "How did I do over the past 24-hours?" by answering the following questions.

Was I impatient with anyone? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Was I unkind to anyone? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Was I jealous? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Did I brag? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Was I arrogant/proud with anyone?
Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Was I rude/did I act unbecomingly with
anyone? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Was I selfish/seeking my own way with
anyone? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Did I allow myself to be provoked with
anyone? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Have I been keeping score/a record of
wrongs with anyone? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

Did I rejoice when someone did wrong?
Yes/No
Did I seek forgiveness from God? Yes/No
From others? Yes/ No

Did I rejoice when truth & right
prevailed? Yes/No
If not, did I seek forgiveness from God?
Yes/No
From others? Yes/ No

Did I bear all things? Yes/No
If not, did I seek forgiveness from God?
Yes/No
From the other person? Yes/ No

Did I believe the best of others? Yes/No
If not, did I seek forgiveness from God?
Yes/No
From others? Yes/ No

Have I been hopeful? Yes/No
If not, did I seek forgiveness from God?
Yes/No
From others? Yes/ No

Have I endured all things? Yes/No
If not, did I seek forgiveness from God?
Yes/No
From others? Yes/ No

Did I give up and stop doing my part
with anyone? Yes/No
Did I seek forgiveness from God? Yes/No
From the other person? Yes/ No

With which characteristic did I have the
most problem? _____

