

Selfview Questions

One day a month take some time to ask yourself these questions about the last month of your life. Take time to pray and journal through what you have learned about yourself, and what you want to open up to God about.

1. How did I spend my time? How much, and to what extent, did the worldview influencers play a part in my life, compared to things like TV, the Internet, and entertainment in general? What does my time spent tell me about what I believe to be true about the world and reality? What made me angry, sad, happy, anxious, lonely, and fearful? What do my emotions tell me about what I believe? (For example, I have found that a central belief I have is that I should never be cut off on the freeway, and I justify my anger as righteous because of that.).
2. What did my prayer life look like? How often did I pray/think about God? Are there any areas of my life that I did not share with God, or areas I find uncomfortable to talk about with God? What do my prayer life and my feelings about prayer tell me about what I believe about God? (For example, my prayer has lately had to do with how little I want to pray. I find it easier to do work than to talk with God, which points very clearly to where I tend to find my identity).
3. What is my private thought life like? What do I daydream about? Is there a lifestyle that I find myself coveting? If I could daydream about “the good life,” what would it be, and would I refer to it as a “Christian” way to see the world? Why or why not? (I remember daydreaming about being a professional athlete, and coming to realize that I believed that was the good life).
4. If I could imagine God showing up and saying something to me, what would he say? What do I assume God feels when I come to mind?¹ (I sometimes worry that God won’t show up at all, which is the very thing I should be talking with him about).

¹ David G. Benner, *Surrender to Love: Discovering the Heart of Christian Spirituality* (Downers Grove, IL: InterVarsity Press, 2003), 15.