

DOCTOR DODDRIDGE'S SELF EXAMINATION QUESTIONS

EXAMINE YOUR HEART TOWARD GOD.

1. Do you find God's love, on the whole, advancing in your soul?
2. Do you discern not only the necessity, but the reasonableness, the beauty, and the pleasure of obedience?
3. Is your heart habitually in humble submission to God?

EXAMINE YOUR HEART TOWARD OTHER PEOPLE.

4. Do you find your heart overflowing with love and service towards others?
5. Do unfriendly feelings die and wither in your soul and kindness grow and strengthen it?
6. When temptation toward self-love rises up, do you more quickly recognize it and strive to mortify it?
7. What is the disposition of your mind toward those you have a hard time with [believers and unbelievers]?
8. Do you love the image of God in a person who lives and/or worships in a different manner than you? [Not something that is a sin, but a differing preference.]

EXAMINE YOUR HEART TOWARD OFFENSES.

9. How do you bear injuries, hurts, offenses? Do you have a heartiness of soul because of your devotion to Christ and reflecting His image?

10. Do offenses ruffle you and make you want to seek revenge or disgrace & expose the offender? Or can you stand the shock calmly and easily divert your mind to other things (when tempted to play it over in your head again & again)?

11. Do you pray for those who have the worst tempers and views toward you?

12. Even farther, can you love and honor the things that are truly good and excellent in those who have much that is defective? Or love those who have slighted, falsely accused or misunderstood you?

13. Can you love fellow disciples and servants of Christ, who may even try to warn others against you?

14. Pay attention to your spirit and tongue when injuries are cast at you. Are you ready to meditate on them, complain about them, and aggravate yourself over them? Or, can you give the person the benefit of the doubt and forgive them even before any apology is made? And even more can you seek to benefit the person?

EXAMINE YOUR HEART TOWARD EVILS AND CALAMITIES OF LIFE.

15. Is your soul gathering strength to face uncertainties, calamities, and evils?

16. Have you less fears and worries than you used to have toward what may happen in life?

17. Are you growing in trust of God to care for and order your life for your

good and His glory? Are you content and cheerful about it?

18. Are you able to carefully consider your present circumstances & figure out what you need to do in them now, even though you don't know what will come next?

19. When you feel the pain of affliction, can you more easily transfer your thoughts toward heaven & God, whether the affliction ends or continues or even increases?

20. Do you seek to sanctify all affliction to help you grow in fellowship with God and glorify Him through it?

EXAMINE YOUR HEART REGARDING HUMILITY.

21. Do you find yourself less prone to think highly of yourself?

22. Are you less prone to look back on past success and rest there? Instead can you look toward what still remains before you and the help you'll need from God?

23. Do you more carefully observe the daily slips and failures that you previously would have excused as small matters, and take them to the Lord?

24. Are you more frequently appealing to the righteousness and blood of Christ, seeing how unworthy you are to appear before God without Christ?

25. Does the remaining corruption in your heart humble you before Him?

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26. Are you more aware of your need of the enlivening power of the Holy Spirit?

27. Are you asking for more of His grace to help your weakness?

28. At the end of your best, most productive and spiritual days, do you still realize the deficiencies of them?

29. Are you coming to the blood of Christ to free you from the guilt that mingles itself with even your best days?

30. Do you accept the blessings of God with thankfulness and an awareness that you don't deserve them, and that you usually take them for granted?

31. Do you accept God's providence in afflictions and disappointments, even when others around you seem to be flourishing?

EXAMINE YOUR HEART TOWARD SERVICE.

32. Are you serving with joy and love towards God and the happiness and blessing of others?

33. Do you view the sorrows of others with compassion and seek to relieve them?

34. Do you not only pray for the gospel's advance in the world, but also work towards it?

EXAMINE YOUR HEART TOWARD THIS WORLD AND THE ONE TO COME.

31. Are you more deeply convinced at the emptiness of the things of this world?

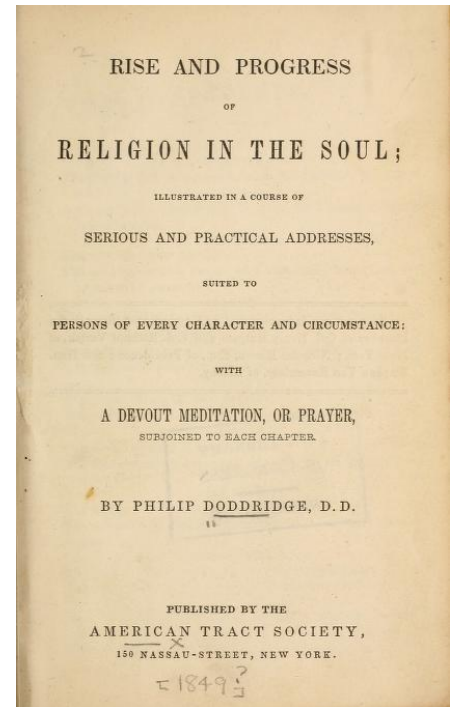
32. Do you feel your attachment and expectation from the world diminishing?

33. Can you think with habitual calmness that if God should determine that you are no longer able to walk, or see, or have good health, you would submit to that decision with contentedness?

34. Do you find that however heavy the burdens of life are, you are willing to bear them, in humble submission to the will of your loving Father? Even if it be many years? Even if the burden is greatly increased?

35. Can you calmly & steadily agree with Scripture that says "But as for me, I am in your hands, do with me as is good and right in your sight."

36. Can you agree that your will is melted into His; to be lifted up or laid down, to be carried out or brought in, to be here or there, in this or that circumstance, just as He pleases.



"These, if I understand matters aright, are some of the most substantial evidences of growth and establishment in Christianity.

"Search after them. Bless God for them, so far as you discover them in yourself. Study to advance in them daily, under the influences of divine grace, to which I heartily recommend you, and to which I entreat you to frequently recommend yourself."

Adapted from Dr. Doddridge's book: *The Rise and Progress of Religion in the Soul*. Published in 1832.