

THE M.E.S.S. TEST

1 Tim 4:16a "Keep a close watch on yourself..."

MONEY

Is my spending under control?

Am I stressed about money?

Do I have a working budget, and am I sticking to it?

Have I been giving to the church, to missions, to the poor?

Have my purchases been good stewardship of the money God's given me?

Have I made purchases on impulse or to make myself feel better?

Have I been looking to money to make me feel secure?

Have I been saving?

EMOTIONS

How do I feel right now?

Have I been angry, anxious, stressed, lonely, feeling hurt, guarded?

Have dealt with my emotions in a godly, helpful way?

Am I offended at anyone?

What am I afraid of?

How is my relationship with my spouse, kids, friends, or parents?

Have I been fighting with anyone; what about?

SEX

Is my conscience clear regarding my sexual thoughts, feelings and behavior?

Have I seen any sexually explicit material, how did I respond?

Have I been drawn to relate to some in an inappropriate way?

Am I enjoying my relationship with my spouse; are they enjoying their relationship with me?

Have my eyes been pure?

Have my thoughts been pure?

Who is the person I talk to openly about my struggles and failures?

Do I have scriptures memorized to fight with?

SPIRITUAL LIFE

Is Christ the treasure of my life?

Do I have real peace with God?

Have I been reading and enjoying the Bible?

Have I been enjoying times alone in prayer with God?

Am I too busy?

Do I have an area to serve Jesus in the church or the world?

What has God been speaking to me lately?

Is there a sin in my life that I have not been dealing with?

What are my three biggest temptations or challenges; how am I planning on facing these?