

Self-Inventory: Love of Comfort, Control, Popularity, Blessing

from Lisa Whittle's I Want God: How to Love Him with Your Whole Heart and Revive Your Soul.

1. I think about how I will be affected before I do what God asks me to do. T/F
2. I base at least 50 percent of my decisions on how comfortable something is. T/F
3. I have neglected to do something for God because it felt too costly. T/F
4. I quit using my gift when it stretched me further than I wanted. T/F
5. I have a tendency to serve my immediate needs rather than willingly be uncomfortable while I wait. T/F
6. I have used people or things as Band-Aids for a period of time in my life. T/F
7. Sometimes I feel like I will always be who I am now and won't ever change. T/F
8. I have sometimes felt guilty or sad because I haven't done the things for God I felt led to do. T/F
9. God is not as vibrant in my life as He could be because I am too settled in. T/F
- 10. I want revival and freedom from being comfort-driven. T/F**
11. It's very important to me that things make sense. T/F
12. I have a tendency to live in the great in-between – wanting God but also wanting life as I know it. T/F
13. I base at least 50 percent of the way I respond to something God asks me on calculated risk. T/F
14. I get frustrated with God when I can't figure Him out or He doesn't make sense. T/F
15. My intellect keeps me from a childlike faith in God. T/F
16. Control holds a significant position in my life. T/F
17. I am more eager to do something for God if it seems to be a good idea. T/F
18. I am convinced I can properly prepare myself for a God-sized undertaking. T/F
19. I fear being ridiculed, misunderstood, or judged for doing something God wants me to do that seems radical. T/F
- 20. I want revival and freedom from being logic-driven. T/F**

21. I think about how people will accept me before I do something God prompts me to do.
T/F
22. I base at least 50 percent of my decisions off other people's input and influence. T/F
23. I have neglected to do things for God because other people didn't endorse it. T/F
24. I quit using my gift when people critiqued it or I felt like it wasn't well received. T/F
25. I have something God has put on my heart to do, but my fear of what other people think is currently holding me back. T/F
26. There have been times I have not been completely vocal or passionate about my love or loyalty to God because it wasn't popular to do so at the time. T/F
27. When people praise me, I don't feel as much of need to turn to God to be my strength and comforter. T/F
28. I feel like I can't stop wanting to please people, even though I know my life is not to be about popularity. T/F
29. I tell God He is enough, but I still try to get people to like me. T/F
- 30. I want revival and freedom from the chains of the opinions of others. T/F**
31. If I'm honest, I want what God can do for me more than just wanting Him. T/F
32. I base at least 50 percent of my decisions on how much I will be blessed. T/F
33. I have done things for God so He would do something for me in return. T/F
34. I have neglected to do things for God when I didn't know the payoff. T/F
35. I get mad or lose faith when God doesn't bless me like I think He should. T/F
36. Things in my life don't change because I have been stuck in the same position. T/F
37. I often resent other people who appear to have more blessings than me. T/F
38. I make assumptions about how God should come through for me. T/F
39. God is not as vibrant in my life as He could be because I'm too focused on what He will do for me. T/F
- 40. I want revival and freedom from being blessing-driven. T/F**

Forty Daily Fasts

from Lisa Whittle's I Want God: How to Love Him with Your Whole Heart and Revive Your Soul.

1. I will prayerfully resist from casting any *judgment* today.
2. Today I will seek to not settle for *comfort* by doing something that stretches me.
3. I will fast from *isolation* today and reach out to a friend.
4. I choose to fast from *control* and will surrender my day to God.
5. Today I will set aside *denial* and embrace what is real.
6. I will take a break from *people-pleasing* today by telling someone no.
7. Today I will fast from *avoidance* and tackle a challenge head-on.
8. I will say *no* to fear today and ask God for boldness.
9. I will choose to fast from being *stuck* and *stagnant* today.
10. Today I will lay down *depletion* and be filled afresh.
11. I will fast from *striving* today and rest in God's enough-ness.
12. I choose to surrender *shame* today in favor of grace.
13. Today I will give up *certainty* and accept the unknowable.
14. I will fast from a *be better* strategy today and rest in a confidence in faith.
15. I choose to set aside the *pursuit of wealth* today and instead be overwhelmed by gratitude for God's blessing.
16. Today I will release my grasp on *logic* and embrace mystery.
17. I will step out of *heaviness* today and abide in lightness.
18. I choose to fast from *turmoil* today, knowing God is a God of peace.
19. Today I will say no to *ashes* and yes to beauty.
20. I will resist the lure of *complacency* today.
21. Today I choose to take a break from *drama*.
22. I choose to fast from fear-based *inaction* today as I choose trust.
23. I will turn from *ingratitude* today and offer thanks.
24. Today I will prioritize a hunger for God over *physical hunger*.

25. I choose to fast from *short-term desires* today, asking God for a desire for spiritually more.
26. Today I will take a break from *scrolling* on my phone.
27. I will fast from *harboring anger* in my heart today.
28. I choose to lay aside *overworking* today.
29. Today I say no to *social media envy*.
30. I will seek to avoid unnecessary *noise* today as I choose spiritual solitude.
31. Today I choose to fast from dry, loveless *rule-keeping*.
32. I lay down *self-worth* and abide in my worthiness in God today.
33. I choose to fast from *image building* today, remembering that I was made in the image of God.
34. Today I set aside *worry* in favor of peace and calm.
35. I surrender an obsession with *safety* and *security* today.
36. Today I say no to *distance from God* and embrace intimacy with Him.
37. I choose to fast from the *need for attention* from others today.
38. Today I fast from fixating on *physical appearance* in myself and others.
39. I will resist *perfectionism* today and trust that God loves me perfectly.
40. I choose to set aside *pride* today and pursue humility.