

## **Examining The Christian Heart through Spiritual Formation**

### **Spiritual Formation – Liberty University**

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Examining our hearts to ensure we are honoring God with our actions is an important aspect of spiritual growth and self-reflection. Here are some ways you can do that:

1. Study and meditate on God's Word: Regularly spend time reading and studying the Bible. Seek to understand God's commandments, teachings, and principles. Meditate on His Word and allow it to shape your thoughts, attitudes, and actions.
2. Prayer and reflection: Set aside time for prayer and reflection, where you can speak to God honestly and listen for His guidance. Ask Him to reveal any areas of your life that are not aligned with His will. Be open to His leading and correction.
3. Examine your motives: Evaluate your motives behind your actions and decisions. Are you seeking to please God and serve others, or are you driven by selfish desires, pride, or worldly ambitions? Align your intentions with God's purposes and seek to glorify Him in all that you do.
4. Seek accountability: Surround yourself with trusted individuals who can provide spiritual guidance and hold you accountable. Share your struggles, doubts, and areas of growth with them. Allow them to point out areas where you may need to align your actions with God's will.

5. Cultivate a humble and teachable spirit: Recognize that none of us are perfect, and we all fall short at times. Be open to correction and willing to learn from your mistakes. Humbly submit yourself to God's authority and seek His wisdom and guidance.
6. Regular self-examination: Periodically evaluate your actions, attitudes, and habits. Consider whether they align with the teachings of Jesus and the principles of the Bible. Identify areas where improvement is needed and take intentional steps to make necessary changes.
7. Seek the Holy Spirit's guidance: Invite the Holy Spirit to work in your life. Ask for His help in convicting, guiding, and empowering you to live a life that honors God. Rely on His strength and guidance to transform your heart and align your actions with God's will.

Remember, examining our hearts is an ongoing process. It requires continual effort, surrender, and reliance on God's grace. Stay committed to growing in your relationship with Him and seek to honor Him with your thoughts, words, and actions.