

# A QUESTION A DAY

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# HELPS KEEP US ON THE WAY

Questions of accountability, discipleship, growth,  
holiness & encouragement for Jesus followers today

All Things Good Church • Springfield, Oregon  
[springfieldchurch.org](http://springfieldchurch.org)

## 30 Questions for Spiritual Growth, Accountability, Discipleship and Self Examination for the 21<sup>st</sup> Century

- 1) In an age of artificial intelligence (AI) where the lines of what is real and fake are becoming increasingly blurred, am I being genuinely authentic with myself and with others, both in person and online, or do I create the impression that I am someone who I am really not?
- 2) Am I honest in all my acts and words, or do I exaggerate, distort, and “spin” the truth?
- 3) Do I pass on anything that was told to me in confidence, including in texts, emails, or social media messages, or am I a gossip?
- 4) Can I be trusted with money, information, responsibilities, and relationships (family, friendships, coworkers, neighbors), or do I lack integrity?
- 5) Am I a slave to reputation, dress, technology, work, money, or habits, rather than a servant of Christ?
- 6) Am I self-pitying or self-justifying when confronted, or do I receive correction with humility and attentiveness?
- 7) Do I depend more on my gifts and productivity, or the gift of the Holy Spirit in me as evidenced by the fruit of the Spirit?
- 8) When I fail, do I confess, apologize, repent sincerely, and seek concrete change, or dwell on my stubbornness?
- 9) As I read or listen to the Bible, am I allowing its message and timeless wisdom to speak to me and live in me every day, shaping my attitudes, words, and decisions, or is the Bible on the shelf collecting dust and my Bible app never opened?
- 10) Am I enjoying prayer as real communion with God, or merely “getting through” a religious duty, if I even pray at all?
- 11) When did I last speak to someone of my faith in Christ with clarity, love, and humility?
- 12) Am I praying about the money I spend, the media I consume, and the commitments I make?
- 13) Am I getting enough sleep and eating healthy so that my body and mind are able to love God and serve others, or am I neglecting to take care of myself physically and mentally?
- 14) Did I knowingly disobey God in anything, excusing it as “normal,” “necessary,” or justifying it as “this is just how I am”?
- 15) Do I insist on doing what troubles my conscience rather than seeking counsel and submitting to God’s will?
- 16) Do I think of others better than I think of myself, or do I look down on anyone?

17) Do I gossip, complain, criticize, or tear down others, either in person (or behind their back) or online, or am I blessing and praying for them?

18) Have I been angry, resentful, or bitter toward anyone, and have I sought reconciliation where possible?

19) Do I carry hidden grudges, secret envy, or quiet contempt for certain people or groups?

20) Am I cultivating emotional honesty before God and trusted believers, or do I hide behind busyness, humor, cynicism and sarcasm?

21) Have I allowed sexualization, racism, politicization and any other bias or stereotype shape how I see other people who are made in God's image?

22) Am I prioritizing issues that are most important to God in my day to day life and making the most of each day, or am I wasting precious time on frivolous things?

23) When I am stressed or discouraged, where do I instinctively turn first: God and His people, or distraction and self-medication?

24) Am I faithful in my calling, work, family, marriage, church, and neighborhood, or am I half-hearted where God has placed me?

25) Do I use my time and technology in ways that help me love God and neighbor, or do they fragment my attention and dull my soul?

26) Am I attentive to the poor, the lonely, the marginalized, and the oppressed in my community, or do I live functionally insulated from their needs?

27) Do I regularly invite other believers to speak truth into my life, asking hard questions and welcoming their counsel?

28) Do I actively participate in the life of Christ's body, worship, sacraments, fellowship, and service, or do I treat church as optional?

29) In the choices I made this week, would a discerning observer conclude that Jesus - not comfort, or success, or approval, is my Lord?

30) Is Christ real to me?

## John Wesley's Original 22 Questions

1. Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass on to others what has been said to me in confidence?
4. Can I be trusted?
5. Am I a slave to dress, friends, work or habits?
6. Am I self-conscious, self-pitying, or self-justifying?
7. Did the Bible live in me today?
8. Do I give the Bible time to speak to me every day?
9. Am I enjoying prayer?
10. When did I last speak to someone else of my faith?
11. Do I pray about the money I spend?
12. Do I get to bed on time and get up on time?
13. Do I disobey God in anything?
14. Do I insist upon doing something about which my conscience is uneasy?
15. Am I defeated in any part of my life?
16. Am I jealous, impure, critical, irritable, touchy or distrustful?
17. How do I spend my spare time?
18. Am I proud?
19. Do I thank God that I am not as other people, especially as the Pharisees who despised the publican?
20. Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard?
21. Do I grumble or complain constantly?
22. Is Christ real to me?