



In Pursuit of Spirit-Filled Hearts

Taking Spiritual Inventory

Even a child makes himself known by his acts,
by whether his conduct is pure and upright.

Pro. 20:11

We destroy arguments and every lofty opinion raised against
the knowledge of God, and take every thought captive to obey Christ,
being ready to punish every disobedience, when your obedience is complete.

2 Cor. 10:5-6

Keep your heart with all vigilance,
for from it flow the springs of life.

Pro. 4:23



THISTLEBEND
MINISTRIES

Taking the Gospel to Heart and Bringing It to Life

Heart of a Woman
Observation Chart for Fasting

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. Col. 3:1-3

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Instructions:

Use the inventory checklist to help you seek the Lord for your fast. There is no right or wrong way to fill it out. Keep Martyn Lloyd-Jones commentary on fasting in mind.

“Fasting, if we conceive of it truly, must not be confined to the question of food and drink; fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose. There are many activities which are right and normal and perfectly legitimate, but which for special peculiar reasons in certain circumstances should be controlled. That is fasting.”

As you prepare to fast ask the Lord to help you see your heart and your mind in a new light. How do you spend your days, your thoughts, your energies, your strength? Ask Him: Where is my focus? How do I spend the resources the Lord has given to me? What about my thoughts? My passions? How do I talk to myself? What do I fixate upon? What are my recurring thoughts? What am I "feasting" upon? What do I treasure? Am I willing to sacrifice to know the Lord more?

The following list became a helpful tool for me to consider what adjustments might I make in my life as I continue to seek to love the Lord with all of my heart, soul, mind, and strength. It also has served me well as I determined my fast.

Note in the **Current Column** how you think about these areas in your life, how you approach different times of the day, responsibilities, etc. Are there things or people that have taken a place of importance or comfort instead of on Christ? What do you give your time, energy, talent, and gifts to?

In the **Adjustment/Fast Column**, write the adjustments you might want to make either for your fast, for an extended period of time, or for going forward. Star the things you are considering for your fast. Then, finally, choose what your fast will look like.

Observation Chart

Category	Current	Adjustments/Fasts
Foods		
Beverages		
Waking Up		
Going to Bed		
Your Words		
Your tone or body language		
Praying		
Work		
School		
Time (How you view it; how you spend it)		

T.V.		
Social Media		
Texting/Emails		
Phone calls		
Activities		
Thoughts		
Feelings/Attitudes		
Weaknesses		
Strengths		
Distractions/ Discouragements		
Finances		
Additions/ Subtractions?		

Hebrews 12:1-17

1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

3 Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. 4 In your struggle against sin you have not yet resisted to the point of shedding your blood. 5 And have you forgotten the exhortation that addresses you as sons?

“My son (daughter), do not regard lightly the discipline of the Lord,
nor be weary when reproved by him.

6 For the Lord disciplines the one he loves,
and chastises every son whom he receives.”

7 It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? 8 If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. 9 Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? 10 For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. 11 For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

12 Therefore lift your drooping hands and strengthen your weak knees, 13 and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. Strive for peace with everyone, and for the holiness without which no one will see the Lord. 15 See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled; 16 that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. 17 For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.

Spirit-Filled Living with a New Heart

For you have died, and your life is hidden with Christ in God. Col. 3:3

The frailty of our flesh and sin remain, *but* Christ our loving Savior, Shepherd, and Redeemer reigns!

Christ
is in us!

We are in
Christ!

1. Rejoice in Christ! Set your mind on things above! You have been raised with Christ. You have died and your life is hidden with Christ in God. You no longer live—Christ lives in you. He took your sin, your unrighteousness, and the penalty you deserved; He died in your place and gave you His righteousness. Be thankful. Col. 3:1-3 Gal. 2:20

2. Reject sin! Put off sin. Put to death what is earthly in you. Col. 3:5
Ask the Lord to help you see your sin, see it for what it is, and give you godly sorrow over your sin. Identify it, but *do not* identify with it. Have zero tolerance for it. Abhor it. Reject it. Be repulsed by it. Refuse to give into it—mortify it.
Keep the gospel in view: Jesus took your sin and was condemned for it.
There is now no condemnation for sin in Christ. Rom. 8:1

3. Confess your sin! Look to God for mercy. Confess your sins to one another, pray for one another, that you may be healed. Js. 5:16 God is faithful and just to forgive you your sins and to cleanse you from all unrighteousness. 1 Jn 1:9

4. Repent! Put on Christ. Put on, as God's chosen ones, holy and beloved, compassionate hearts. Col. 3:12 Look to God by faith to grant you the grace to repent of sin. Acts 11:18

5. Repeat! Live in Christ. Delight in Christ.
We walk in Christ according to the Spirit,
not the flesh! Sin remains,
but Christ reigns!
Col. 3:12-17

Colossians 3:1-17 ESV

1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 When Christ who is your life appears, then you also will appear with him in glory.

5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. 6 On account of these the wrath of God is coming. 7 In these you too once walked, when you were living in them. 8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. 9 Do not lie to one another, seeing that you have put off the old self with its practices 10 and have put on the new self, which is being renewed in knowledge after the image of its creator. 11 Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, 13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. 14 And above all these put on love, which binds everything together in perfect harmony. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. 16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.