

**SPIRITUAL FUEL FOR EVERY
DAY...**



RATIONS



RATIONS GUIDE

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RATIONS GUIDE

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INTRO

We want to stay close to Jesus. For some of us, that requires GETTING close, first. For all of us, it demands a daily dedication to God, time alone with Him in prayer and with the Scriptures.

In The Salvation Army we call this essential discipline RATIONS. Just as a military soldier gets daily nutritional intake of food and drink to fuel his/her military efforts for king and country, a salvation soldier needs daily spiritual intake of PRAYER and the WORD to fuel his/her spiritual efforts for the Lord. Nothing replaces rations. Corporate worship is fantastic, discipleship accountability is solidifying, authentic Christian community is enriching, evangelizing is invigorating, serving is fulfilling, study is rewarding, fasting is revealing, advocating is bracing, but none of these can act as a substitute to rations.

Salvationists are SAVED TO SAVE. And this guide, containing Scripture memory and prayer and Bible reading, is intended to be used in combination with discipleship accountability, cell group community, corporate worship, intentional evangelism, extraordinary prayer, and regular service to round out your relationship with God and optimise your effectiveness as a soldier of Jesus Christ. Rations Guide provides you with a text to read each day. If you follow it, you'll finish the Bible by the end of the year. And if everyone in your corps follows it each day, you are all on the same page spiritually opening yourselves corporately to the revelation of God. It can be a powerful experience.

William Booth, founder of The Salvation Army, described the Bible this way: God has put His heart on paper. This Rations Guide is invented to help you make the most of your time with God each day. It is structured to facilitate daily disciplines, track God's interaction with you, deposit His Word in your spirit, and help transform you from glory to glory into the image of God.

Remember, our goal is not head knowledge or self-imposed discipline. We're seeking intimacy with God and the purity and power that flows out of it. This inward-outward transfer will affect the world in which we live. As General Booth asserted in 1885, 'I want to see a new translation of the Bible into the hearts and conduct of living men and women.' Just as the Bible is God's heart on paper, we want our lives to be the spiritual canvas on which He translates His heart.

HOW TO

It is almost unfathomable that God has made it possible for us to communicate with Him. Yet, through the death and resurrection of Jesus, the way has been opened for us to approach His throne of grace with confidence. This is certainly facilitated by repentance and a clean heart (if we hide iniquity in our hearts He will not hear). So, confession of our sin is an essential component of conversation with God.

Like any conversation with our best friend, we bounce things off Him, get things off our chest, tell what's on our mind, and heart. But also, like any conversation with our best friend, we need to be good listeners.

This can be the most difficult aspect of communicating with God. And yet, He uses all kinds of ways to speak to us: His written Word, a voice, someone else, dreams, visions, pictures, impressions, physical sensations!

God loves it when we intercede for other people too, and not just ask things for ourselves.

What or who are you being prompted to pray for right now?

Often Holy Spirit will prompt you to pray for someone or something, at the strangest times. Go for it. Pray boldly and pray Biblically. Usually it is effective to pray straight Scripture right back to God. There are all kinds of types of Biblical prayers that can put words to your emotions and heart's desires. Praying the Bible increases faith, too, as you know you are praying God's will.

Often when you're speaking with someone, God will be speaking with you, giving you insight into that person's needs, hurts, sin, or bondage. If you are listening, you can use what He tells you to help them.

God is worthy of our worship. When we worship God we are most satisfied in Him. So, we worship God for His attributes, and we praise Him for what He's done. Prayer is what can make your relationship with Jesus evolve from that of servant/Master to best friends. Determine to lock in to a daily, set time with the Lord, with a purpose. Find a good place where God will not be interrupted.

So, Rations includes Bible and prayer. Here are some ways to read the Bible and pray.

... **INSPECT**

The Salvation Army Bible reading method – INSPECT, provides a simple, customised means of optimizing your time in God’s Word. Each letter in the word INSPECT represents something for which you’ll look in today’s passage:

- I - Insight to gain
- N - nugget of the passage
- S - sin to avoid or confess
- P - promise to claim
- E - example to follow
- C - command to obey
- T - truth to know

Invent your own legend (map) so that whenever you come across one of these components, you mark your Bible appropriately. For example, you might decide that whenever you find a promise to claim, you will double underline it; a sin to avoid/confess might be marked by a circle; an example to follow could be identified by a squiggly underline; a command to obey with a box. Work out your own legend and mark the chart above.

First you pray. Ask God to reveal His will in this passage. Then, you take a short passage and read it. Then read it again, looking for an insight to gain - mark it (according to your legend - circle or underline or...). Read it again for each of the other components. Then pray it through.

For example, here are a couple of passages broken down by INSPECT to give you a taste of how it will look.

MARK 7:20-36

I - 34 He looked up to heaven and with a deep sigh said to him, “Ephphatha!” (which means, “Be opened!”).

N - 37 People were overwhelmed with amazement. “He has done everything well,” they said. “He even makes the deaf hear and the mute speak.”

S - 20 He went on: “What comes out of a man is what makes him ‘unclean.’ 21 For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, 22 greed, malice, deceit, lewdness, envy, slander, arrogance and folly. 23 All these evils come from inside and make a man ‘unclean.’”

P - 29 Then he told her, “For such a reply, you may go; the demon has left your daughter.”

E - 28 “Yes, Lord,” she replied, “but even the dogs under the table eat the children’s crumbs.”

C - 36 Jesus commanded them not to tell anyone. But the more he did so, the more they kept talking about it.

T - 37 “He has done everything well,”

This enables you to get deep into short passages of Scripture (don’t attempt it with the handful of

chapters outlined for you to read each day!) and to extract something to apply TODAY. In a short passage you may not always have an excellent example of each of the components of INSPECT. But you will surely have some. And you can grasp hold of at least one of them for yourself.

As you scribble notes of your conversations with God, INSPECT, your questions and His answers, special prayer requests, memory verses, and other highlights of your times with Him, you are crafting a spiritual diary that you can refer to regularly as part of your rations and see how God is nurturing your relationship and cultivating fruit of the Spirit in you. It will definitely develop into a spiritual autobiography and cherished keepsake.

... ONE WORD WONDER

There is an old tradition in which we camp out on just one word or one verse during our rations. It's been described like eating a piece of food.

First you take a bite. You pick a portion of today's reading – usually just a verse – and read it. Read it several times. God will often highlight a word or phrase or you. Scribble down the word and other words that come to mind related to it.

Then you chew it. You ask Holy Spirit enlighten you; you're looking for revelation as to what God is saying in this word or phrase and what He is saying to you. You might find other verses with complementary perspectives on your word. You might get fuller understanding of God's heart.

Then you savour it. You pray this word or phrase over your current situation – your pressures and hurts and hopes and sin – back to God. Our experience is translated through this word or phrase and we can see it from God's perspective.

Then you swallow it. You take your enhanced understanding of God and focus on Him through the lens of this word or phrase and rest in His presence.

Then you digest it. Scribble a note to yourself about how you see this revelation applied to your life.

... THANK GOD

There are all kinds of ways to pray. Here is one that we like. It encompasses some important regular practices in your conversation with God. And it is easy to remember, being called THANK.

T – Talk to God:

H – Hear: listen to God (we show you how)

A – Adore: worship God – express your affection and love to Him; use Scripture, your own words, song, dance, art...

N – Need God: intercede with God on behalf of those in need; place Your needs at His feet

K – Confess: repent of your sins to God; His blood covers what you uncover – don't hide anything from Him.

And all of this happens within a context, THANK GOD– thankfulness for God's love and mercy and grace and provision and forgiveness and support and companionship and equipping and direction and ...

... LISTEN

Helps on listening...

Prayer is meant to be a two-way conversation (two or more!). As conversationalists in general, most of us are usually pretty good on the talking part, and less eager to listen.

But in prayer we're listening to the Creator of the Universe! It's worth it!

It's prophetic! God speaks to us specifically through the Bible, through other people, through pictures,

words, visions, dreams, tongues & interpretations and impressions. And the Bible commands us to 'eagerly desire the gift of prophecy' (1 Corinthians 14:1).

So, worship the Lord for awhile. Focus in on Him. Repent of your sin. Then stop talking for a bit of the conversation with heart and Bible open, ready to sense the impression or direction from God. Sometimes it helps to ask specific questions. You might start with questions that require 'yes' or 'no' answers. Then you only have to listen for one word. And you might want to progress to questions like the Test for Self-Examination that we've included at the end of the book.

Scribble it down.

... HIGHLIGHT

Bible Highlight Reading Record

It's a good practice to actually record what you read and what the most significant thing was and what God has said and how you will respond... It's really quite simple - just take this tool and apply it daily!

Date: _____ All I read today: _____

The most significant thing I read today? _____

What does God want me to do in response? _____

... PRAY THE BIBLE

One of the most powerful exercises in prayer is to Pray The Bible (see the book PRAYING THE BIBLE by Campbell and Campbell for details). The Biblical text gives you vocabulary to express your heart's desires to God; it provides you guaranteed God's will on the subject you are addressing. It works great in groups but also blesses when you are alone with God. Here are some examples of topical texts to help you pray:

God-sightings: Ezekiel 1:1-28; Exodus 33:15-19; 10:1-22; Isaiah 6:1-8

Protection Prayers: Psalm 23; 91; 18:1-14

Wisdom Prayers: Ecclesiastes 3:1-8,11; Proverbs 2:1-6; 9:10-11; 7:4; 23:12; 4:7'

Proverbs 24:30-34; 23:4; 14:23; 10:4-5; 26:13-14; 18:9; 22:29

Apostolic Prayers: Ephesians 1:15-20; 3:14-21; 6:18-20; Philippians 1:3-4,9-11

Colossians 1:2-4,9-12; 4:2-4,12; 1 Thessalonians 3:9-13; 5:23-25

We can also pray songs from The Salvation Army Song Book to great effect. To help, we've included a number of them at the end of this book.

What is the greatest hindrance to rations success? Samuel Logan Brengle says, "Too great haste. Rushing to the penitent form and into God's presence and running away. WAIT ON GOD. BE STILL. LISTEN. Let God talk to you."

William Booth says this: "The Holy Spirit will come down on all the Lord's people if they seek Him."

"In the last days, God says, I will pour out my Spirit on all people, Your sons and daughters will prophesy, your young men will see visions and your old men will dream dreams - even on my servants both men & women." Acts 2:17

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- 6 Job 30, Psalm 120, Galatians 3 & 4
- 7 Job 31 & 32, Galatians 5 & 6
- 8 Job 33, 1Corinthians 1-3
- 9 Job 34, 1Corinthians 4-6
- 10 Job 35 & 36, 1Corinthians 7 & 8
- 11 Psalm 122, 1Corinthians 9-11
- 12 Job 37 & 38, 1Corinthians 12
- 13 Job 39 & 40, 1Corinthians 13 & 14
- 14 Psalm 149, 1Corinthians 15 & 16
- 15 Job 41 & 42, 2Corinthians 1 & 2
- 16 2Corinthians 3-6
- 17 2Corinthians 7-10
- 18 Psalm 124, 2Corinthians 11-13
- 19 Matthew 1-4
- 20 Matthew 5-7
- 21 Matthew 8-10
- 22 Matthew 11-13
- 23 Matthew 14-16
- 24 Matthew 17-19
- 25 Matthew 20-22
- 26 Matthew 23-25
- 27 Psalm 125, Matthew 26 & 27
- 28 Matthew 28, 1Thessalonians 1-3
- 29 1Thessalonians 4 & 5, 2Thessalonians 1-3
- 30 Romans 1-4

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- 1 Romans 5-8
- 2 Romans 9-12
- 3 Romans 13-16
- 4 Ephesians 1-4
- 5 Ephesians 5 & 6, Psalm 119: 1-80
- 6 Philippians 1-4
- 7 Colossians 1-4
- 8 1Timothy 1-4
- 9 1Timothy 5 & 6, Titus 1-3
- 10 2Timothy 1-4
- 11 Philemon, Hebrews 1-4
- 12 Hebrews 5-8
- 13 Hebrews 9-11
- 14 Hebrews 12 & 13, Jude

- 15 James 1-5
- 16 1Peter 1-5
- 17 2Peter 1-3, John 1
- 18 John 2-4
- 19 John 5& 6
- 20 John 7 & 8
- 21 John 9-11
- 22 John 12-14
- 23 John 15-18
- 24 John 19-21
- 25 1John 1-5
- 26 Psalm 117 & 119: 81-176, 2John, 3John
- 27 Revelation 1-4
- 28 Revelation 5-9
- 29 Revelation 10-14
- 30 Revelation 15-18
- 31 Revelation 19-22

ONE YEAR'S WORTH OF MEMORIZATION

We've included 40 Bible verses, 11 Salvation Doctrines, and a Junior Soldier Pledge for you to memorise this year – one per week. The list is here. You can write each week's text in your daily notes as well as reviewing previous verses on different days. We deposit the Word of God within us to help us become like Him.

Scripture:

Week 1: For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

Week 2: I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it. Mark 10:15

Week 3: The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10

Week 4: But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8

Week 5: Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved. Acts 4:12

Week 6: Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. Acts 3:19

Week 7: I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes: first for the Jew, then for the Gentile. Romans 1:16

Week 8: In this world you will have trouble. But take heart! I have overcome the world. John 16:33b

Week 9: And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

Week 10: Pray continually. 1 Thessalonians 5:17

Week 11: As the body without the spirit is dead, so faith without deeds is dead. James 2:26

Week 12: For all have sinned and fall short of the glory of God. Romans 3:23

Week 13: There is a way that seems right to a man, but in the end it leads to death. Proverbs 14:12

Week 14: But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear. Isaiah 59:2

Week 15: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23

Week 16: For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive by the Spirit. 1 Peter 3:18

Week 17: Just as man is destined to die once, and after that to face judgement. Hebrews 9:27

Week 18: Yet to all who received him, to those who believed in his name, he gave the right to become children of God. John 1:12

Week 19: People were overwhelmed with amazement. "He has done everything well," they said. "He even makes the deaf hear and the mute speak." Mark 7:37.

Week 20: Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation. Col 1:15.

Week 21: He who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work. 1 John 3:8

Week 22: May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 1 Thessalonians 5:23

Week 23: Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! 2 Corinthians 5:17

Week 24: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:22-23

Week 25: And this is the testimony: God has given us eternal life, and this life is in his Son. He who has the Son has life; he who does not have the Son of God does not have life. 1 John 5:11-12.

Week 26: I am sending you to them to open their eyes and turn them from darkness to light, and from the power of satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in Me. Acts 26:17b-18.

Week 27: So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. Memorise this verse this week. Colossians 2:6-7

Week 28: He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. 1 Peter 2:24

Week 29: A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another. John 13:34-35

Week 30: I tell you the truth, whoever hears My word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life. John 5:24

Week 31: Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:38

Week 32: Then he called the crowd to him along with his disciples and said: "If anyone would come after me, he must deny himself and take up his cross and follow me. Mark 8:34

Week 33: Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord. Hebrews 12:14

Week 34: If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Week 35: As you go, preach this message: 'The kingdom of heaven is near.' Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give. Matthew 10:7-8.

Week 36: Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Week 37: Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. Ephesians 3:20-21

Week 38: Jesus gave them this answer: "I tell you the truth, the Son can do nothing by Himself; He can do only what He sees His Father doing, because whatever the Father does the Son also does." John 5:19

Week 39: Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." Matthew 9:37-38

Week 40: "Come, follow Me," Jesus said, "and I will make you fishers of men." Mark 1:17

Week 41: The harvest is the end of the age. Matthew 13:39b

Junior Soldier's Promise

Children who join The Salvation Army as junior soldiers make the following promise:

'I know that Jesus is my Saviour from sin.

I have asked him to forgive my sins, and I will trust him to keep me good.
By his help, I will be his loving and obedient child, and will help others to follow him.

I promise to pray, to read my Bible, and to lead a life that is clean in thought, word and deed.

I will not use anything that may injure my body or my mind, including harmful drugs, alcohol and tobacco.'

Salvation Army Doctrine

We believe that the Scriptures of the Old and New Testaments were given by inspiration of God, and that they only constitute the Divine rule of Christian faith and practice.

We believe that there is only one God, who is infinitely perfect, the Creator, Preserver, and Governor of all things, and who is the only proper object of religious worship.

We believe that there are three persons in the Godhead – the Father, the Son and the Holy Ghost, undivided in essence and co-equal in power and glory.

We believe that in the person of Jesus Christ the divine and human natures are united so that He is truly and properly God and truly and properly man.

We believe that our first parents were created in a state of innocency but by their disobedience they lost their purity and happiness and that in consequence of their fall all men have become sinners, totally depraved and as such are justly exposed to the wrath of God.

We believe that the Lord Jesus Christ has, by His suffering and death, made atonement for the whole world so that whosoever will may be saved.

We believe that repentance toward God, faith in our Lord Jesus Christ, and regeneration by the Holy Spirit are necessary to salvation.

We believe that we are justified by grace through faith in our Lord Jesus Christ, and that he that believeth hath the witness in himself.

We believe that continuance in a state of salvation depends upon continued obedient faith in Christ.

We believe that it is the privilege of all believers to be wholly sanctified and that their whole spirit and soul and body may be preserved blameless unto the coming of our Lord Jesus Christ.

We believe in the immortality of the soul, in the resurrection of the body, in the general judgement at the end of the world, at the eternal happiness of the righteous, and in the endless punishment of the wicked.

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SASB 512

1.
My life must be Christ's broken bread,
My love his outpoured wine,
A cup o'erfilled, a table spread
Beneath his name and sign.
That other souls, refreshed and fed,
May share his life through mine.

2.
My all is in the Master's hands
For him to bless and break;
Beyond the brook his winepress stands
And thence my way I take,
Resolved the whole of love's demands
To give, for his dear sake.

3.
Lord, let me share that grace of thine
Wherewith thou didst sustain
The burden of the fruitful vine,
The gift of buried grain.
Who dies with thee, O Word divine,
Shall rise and live again.
Albert Orsborn (1886-1967)

SASB 283

1.
And can it be that I should gain
An interest in the Saviour's blood?
Died he for me who caused his pain,
For me who him to death pursued?
Amazing love! how can it be
That thou, my God, shouldst die for me?

2.
He left his Father's throne above,
So free, so infinite his grace,
Emptied himself of all but love
And bled for Adam's helpless race.
'Tis mercy all, immense and free,
For, O my God, it found out me.

3.

Long my imprisoned spirit lay
Fast bound in sin and nature's night;
Thine eye diffused a quickening ray;
I woke; the dungeon flamed with light.
My chains fell off, my heart was free,
I rose, went forth, and followed thee.

4.

No condemnation now I dread;
Jesus, and all in him, is mine.
Alive in him, my living head,
And clothed in righteousness divine,
Bold I approach the eternal throne
And claim the crown, through Christ, my own.
Charles Wesley (1707-88)

SASB 132

1.

There is a fountain filled with blood,
Drawn from Immanuel's veins;
And sinners plunged beneath that flood
Lose all their guilty stains.

Chorus

I do believe, I will believe,
That Jesus died for me;
That on the cross he shed his blood,
And now he sets me free.

2.

The dying thief rejoiced to see
That fountain in his day;
And there have I, as vile as he,
Washed all my sins away.

3.

Dear dying Lamb, thy precious blood
Shall never lose its power,
Till all the ransomed host of God
Be saved, to sin no more.

4.

E'er since by faith I saw the stream
Thy flowing wounds supply,
Redeeming love has been my theme,
And shall be till I die.

5.

Then in a nobler, sweeter song
I'll sing thy power to save,
When this poor lisping, stammering tongue
Lies silent in the grave.

William Cowper (1731-1800) (verses)

SASB 819

1.

We are sweeping through the land,
With the sword of God in hand,
We are watching and we're praying while we fight;
On the wings of love we'll fly
To the souls about to die,
And we'll lead them to behold the precious light.

Chorus

With the conquering Son of God
Who has washed us in his blood,
Dangers braving, sinners saving,
We are sweeping through the land.

2.

O the blessed Lord of light,
We will serve him with our might,
And his arm shall bring salvation to the poor
They shall lean upon his breast,
Know the sweetness of his rest;
Of his pardon he the vilest will assure.

3.

We are sweeping on to win
Perfect victory over sin,
And we'll shout the Saviour's praises evermore;
When the strife on earth is done,
And the final victory's won,
We'll rejoin our conquering comrades gone before.
George Scott Railton (1849-1913)

SASB 488

1.

How can I better serve thee, Lord,
Thou who hast done so much for me?
Faltering and weak my labor has been;
O that my life may tell for thee!

Chorus

Here at the cross in this sacred hour,
Here at the source of reviving power,
Helpless indeed, I come with my need;
Lord, for thy service, fit me I plead.

2.

Dull are my ears to hear thy voice,
Slow are my hands to work for thee,
Loath are my feet to conquer the steeps
That lead me to my Calvary.

3.

Strength for my weakness, Lord, impart;
Sight for my blindness give to me;
Faith for my doubtings, Lord, I would crave,
That I may serve thee worthily.

Bramwell Coles (1887-1960)

TEST FOR SELF-EXAMINATION

The following are questions taken from The Salvation Army ORDERS AND REGULATIONS FOR SOLDIERS.

1. Am I habitually guilty of any known sin? Do I practise or allow myself in any thought, word, or deed which I know to be wrong?
2. Am I so the master of my bodily appetites as to have no condemnation? Do I allow myself in any indulgence that is injurious to my holiness, growth in knowledge, obedience, and usefulness?
3. Are my thoughts and feelings such that I should not be ashamed to hear them published before God?
4. Does the influence of the world cause me to act, feel, or say things that are unlike Christ?
5. Do my tempers cause me to act, or feel or say things that I see afterward are contrary to that love which I ought to bear always to those about me?
6. Am I doing all in my power for the salvation of sinners? Do I feel concern about their danger and pray and work for their salvation as if they were my children?
7. Am I fulfilling the vows I have made to God in my acts of consecration or at the Penitent Form?
8. Is my example in harmony with my profession?
9. Am I conscious of any pride or haughtiness in my manner or bearing?
10. Do I conform to the fashions and customs of this world or do I show that I despise them?
11. Am I in danger of being carried away with worldly desires to be rich or admired?