

WHAT DOES IT LOOK LIKE TO LOVE G-D FROM ONE'S SOUL? ©

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This assessment grows out of our study of what it looks like to love G-d from out of our deepest affections, conscious thought life, mind, & bodily powers (Mark 12:28-34). This assessment is a tool designed to both probe & motivate us to reflect upon our intimacy with G-d by specifically examining the condition of our thought-life. Please take this assessment prayerfully, answering the questions honestly. Be sure to avoid excessive self-criticism & self-congratulation. To be sure, the following indicators are “road-signs” & not necessarily absolute statements. Some of the questions are not only similar, but are also dynamically related.

Key:**1 = equaling never/true evident****2 = seldom true/evident****3 = occasionally true/evident****4 = usually true/evident****5 = consistently true/evident**

You are loving G-d from out of your conscious thought-life when...

- | | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. My thoughts throughout the day consistently return to the Lord Jesus Christ: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 2. I do not allow my circumstances to control the biblical integrity of my thought-life: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 3. My inward thoughts conform to the external fulfillment of my Christian actions, duties, and obligations: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 4. My thoughts throughout my day naturally drift toward the G-d of the Bible: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 5. I find myself delighting in G-d through praying throughout my day: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 6. I have long, fervent periods of prayer: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 7. I am grieved in situations where blasphemy against G-d occurs: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 8. I “capture” ungodly thoughts that enter into my mind: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 9. I safeguard my thought-life from carnal distractions & worldly temptations: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 10. I refuse to engage in activities that may degenerate, compromise, pollute, divide, or influence my Godward directed thought-life: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 11. I resist those old patterns of thoughts that found expression in my life when I didn't know personally know G-d. | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 12. I control my thought life so as to think in ways that better honor G-d: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 13. I refuse to engage in false pleasures that will mar, scar, & numb my intimacy with G-d: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 14. I intentionally strive to cultivate a “Christ-like thought-life”: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 15. I purposefully memorize Scripture because of its transformational power: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 16. I recognize that G-d is perfectly aware of my every thought: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 17. I refuse to allow my emotions to control my thought-life: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 18. I strive to cultivate a thought-life that accurately reflects <i>what</i> is true: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 19. I promote a thought-life that cultivates humility, courage, & fidelity: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 20. I protect my intimacy with G-d: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 21. My outward worship sincerely flows from a thought-life of worship: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 22. I contemplate the beauty and mystery of G-d: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 23. I dwell upon the “excellencies” of the G-d of the Bible: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 24. I regularly reflect upon <i>why</i> I think about what I think about: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 25. I consistently offer my thought-life to G-d as an expression of worship: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| 26. I am sorrowful for sinful thoughts that hinder my intimacy with G-d: | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |

27. I do not allow my mind to be controlled by substances that alter my consciousness or generate addictions, or dependencies contrary to G-d: 1 2 3 4 5
28. I consistently mortify, that is, put to death, evil thoughts (Romans 8:13): 1 2 3 4 5
29. I discipline my thought-life to be G-dwardly directed: 1 2 3 4 5
30. I delight in G-d's promises: 1 2 3 4 5
31. I am very leery of the world's use of images and sounds that seek to undermine a holistic thought-life of worship to God: 1 2 3 4 5
32. My thought-life is single-minded & not double-minded: 1 2 3 4 5
33. My mind is not divided by the sacred & the profane: 1 2 3 4 5
34. I operate my thought-life with an eternal perspective: 1 2 3 4 5
35. I bear my sinful though-besetting sins unto God for help, enablement, & forgiveness: 1 2 3 4 5
36. I regularly examine myself to see how I my thought-life might better used by G-d: 1 2 3 4 5
37. I yield my thought-life to the control of the Holy Spirit: 1 2 3 4 5
38. G-d's Word is the standard I use to measure my thoughts: 1 2 3 4 5
39. I truly recognize that my thought life becomes what I behold: 1 2 3 4 5
40. I recognize that my thought-life is to be sacred before G-d: 1 2 3 4 5
41. I do not struggle with anxiety: 1 2 3 4 5
42. I refuse to dwell upon past hurts: 1 2 3 4 5
43. I will not allow my thought-life to be controlled by others: 1 2 3 4 5
44. I refuse to dwell upon those past wrongs of which I have received forgiveness: 1 2 3 4 5
45. My thought-life accurately reflects who I am in Christ: 1 2 3 4 5
46. I do not meditate on how I might manipulate others for personal gain: 1 2 3 4 5
47. I do not focus on thoughts that grieve the Holy Spirit of God: 1 2 3 4 5
48. I do not allow my thought-life to be controlled my false pleasures rooted in the imagination: 1 2 3 4 5
49. I refuse to flirt with pornography: 1 2 3 4 5
50. I do not prostitute my soul to something else other than G-d: 1 2 3 4 5
51. I will not allow Satan to have a foot-hold in my thought-life: 1 2 3 4 5
52. I continually praise G-d for His Person, His activities, & His blessings: 1 2 3 4 5
53. I regularly invite G-d to scrutinize my thought-life that I may better love Him: 1 2 3 4 5
54. Indifference and apathy towards G-d is foreign to my thought-life: 1 2 3 4 5
55. I choose to be environment that will assist me in cultivating a thought-life of moral and intellectual excellence unto the glory of G-d: 1 2 3 4 5

Total: _____

A thought-life that truly & deeply honors G-d begins with the decision to offer your soul to G-d for His glory. But a G-dwardly thought-life is not merely a decision, a point in time that you willfully submit your thought-life to Him, but a decision to qualitatively consecrate your thought-life unto Him by the way you live, move, & have your becoming. This type of consecration involves a (1) continual, moment-by-moment refusal to allow the "world" with all of its false pleasures to "mold" your thought-life, & (2) a continual, moment-by-moment yielding to the Holy Spirit whereby you allow Him to transform your thought-life. See, the Holy Spirit uses the Word of G-d to transform, change, & cultivate a thought-life that brings out His best for your life. Intimately and passionately pursue the knowledge & application of His Word; see the world through the lens of Scripture; live a life by His enablement that truly reflects Jesus Christ; proactively pursue intellectual & moral habits that point people to the person and work of Jesus Christ. Jesus Christ is always available, necessary, & sufficient (John 15).