

Self-Exploration 5

Follow God and Not Your Earthly Desires

By John J. Liptak, Ed.D.

The Word of God contains examples of love, service, and faithfulness. However, the Bible also suggests that people are imperfect and live in an imperfect world. So, the Bible provides warnings and instructions for living in a collaborative relationship with God. In James 4:4 (NIV), the Bible says, “Anyone who chooses to be a friend of the world becomes an enemy of God.”

Complete the following evaluation of your Heavenly progress by counting in your mind how many of the items below you currently engage in.

When I encounter challenges in life....

- ☐ I do not give in to the temptations of the flesh.
- ☐ I believe the Holy Spirit guides and helps me through daily life.
- ☐ I remain obedient to God even when tempted by the devil.
- ☐ I ensure God takes precedence over my passions and interests.

- ☐ I dare to say “no” when my ego wants me to go against God’s wishes.
- ☐ I can curb my appetites that lead to disobedience of the word of God.
- ☐ I pray to God daily and confess that I need His help.
- ☐ I trust God to help me see the light despite suffering.
- ☐ I sacrifice unhealthy pleasures because Jesus suffered on the cross for me.
- ☐ I set my attention on God when I face challenges.

What Does My Total Mean?

The more items you check in your mind, the more you appear to live a life of Christian attitudes, beliefs, and choices.

Please see my book *Calculating the Essentials of Christian Life* for tips and journaling prompts on living a Christian life. You can think about them or write about them in your journal. You are doing great! Please keep up your excellent work.

For More Information, Contact John Liptak at jjliptak1@verizon.net or go to: www.calculateyourfaith.com