

SPIRITUAL DISCIPLINES • HEART EXAMINATION

A Spiritual Cleanse

This is a guided time of prayer and honest self-examination — not a task to rush through. Set aside a block of time where you truly won't be interrupted: phone away, door closed. Before you begin, ask God plainly to bring things to mind. He is not trying to shame you — He is inviting you into freedom.

"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting." — Psalm 139:23–24

AS YOU PRAY, ASK GOD TO REVEAL THREE THINGS:

1. Times when people offended me
2. Times when I offended people
3. Ways I've offended God

As each memory surfaces, don't rush past it. Sit with the detail — who, what, when, how it felt — and use the pages ahead to work through it fully: forgive where you were wronged, repent where you did wrong, and restore where restoration is needed and possible.

When you've finished, there's a closing page to help you release what you've worked through — including the option to symbolically burn this worksheet as a physical act of letting go.

PART ONE • FORGIVE

When Others Have Offended Me

"Forgive as the Lord forgave you." — Colossians 3:13 · List every instance that comes to mind, then work back through each one.

WHO, AND WHAT HAPPENED	FORGIVEN
01	☐
02	☐
03	☐
04	☐
05	☐
06	☐
07	☐
08	☐
09	☐
10	☐
11	☐
12	☐
13	☐
14	☐
15	☐
16	☐
17	☐
18	☐
19	☐
20	☐
21	☐
22	☐
23	☐
24	☐
25	☐

PART TWO • REPENT & RESTORE

When I Have Offended Others

"Confess your sins to each other and pray for each other so that you may be healed." — James 5:16

WHO, AND WHAT I DID	REPENTED	RESTORED
01	☐	☐
02	☐	☐
03	☐	☐
04	☐	☐
05	☐	☐
06	☐	☐
07	☐	☐
08	☐	☐
09	☐	☐
10	☐	☐
11	☐	☐
12	☐	☐
13	☐	☐
14	☐	☐
15	☐	☐
16	☐	☐
17	☐	☐
18	☐	☐
19	☐	☐
20	☐	☐
21	☐	☐
22	☐	☐
23	☐	☐
24	☐	☐
25	☐	☐

PART THREE • REPENT

Ways I Have Offended God

"If we confess our sins, He is faithful and just to forgive us." — 1 John 1:9 · There is no condemnation here — only an open door.

WHAT COMES TO MIND	CONFESSED
01 _____	☐
02 _____	☐
03 _____	☐
04 _____	☐
05 _____	☐
06 _____	☐
07 _____	☐
08 _____	☐
09 _____	☐
10 _____	☐
11 _____	☐
12 _____	☐
13 _____	☐
14 _____	☐
15 _____	☐
16 _____	☐
17 _____	☐
18 _____	☐
19 _____	☐
20 _____	☐
21 _____	☐
22 _____	☐
23 _____	☐
24 _____	☐
25 _____	☐

CLOSING • RELEASE

Free

You've brought what was hidden into the light. Now comes the release.

A CLOSING PRAYER OF THANKS

Thank the Lord by name for each thing He revealed, for His forgiveness, and for the freedom you're stepping into. Speak it out loud if you're able — there's something different about saying it, not just thinking it.

"So if the Son sets you free, you will be free indeed." — John 8:36

AN OPTIONAL SYMBOLIC ACT

Some find it meaningful to burn this worksheet as a physical sign that what was written here no longer holds you — you've already dealt with it before God. If you do, please do so safely: outdoors or in a fireproof container, away from anything flammable, with water nearby.

Released, and free.