

A SELF

EXAMINATION



Using the Beatitudes

**Anglican
Fellowship of
Prayer (Canada)**

Anglican Fellowship of Prayer (Canada)
Pamphlet P-12 (2017)

READ MATTHEW 5: 3-10, the Beatitudes.

Many of the lists of gifts, strengths, virtues, admonitions in the Gospels lead themselves to the *self-inventory technique*. Read over the Beatitudes and give yourself a grade for each one, based on the scale:

1. 1 Very weak in this area;
2. 2 Weak but improving;
3. 3 Moderately strong in this area; or
4. 4 Very strong in this area.

HAPPY ARE THOSE WHO KNOW THEY ARE SPIRITUALLY POOR.

(Admit that you have needs and are open to change. Realize you don't have it all.)

Have you come to the place where you can admit to others that you don't have all the answers? – That you have needs? That you need God and others? Are you able to let others know that you are “spiritually poor”?

† SCORE ____

HAPPY ARE THOSE WHO MOURN.

(Feel the hurt of others; empathize with others because you know what it means.)

Are you able: to show your emotions? – To express your feelings? To feel deeply your own and others' needs? Do you release others to show their emotions? Are you really free of “grave clothes” in your emotional life?

† SCORE ____

HAPPY ARE THE MEEK.

(Enable others to be themselves and to open up; be quiet enough to hear others.)

Are you the kind of person who enables other persons to come forth because of your gentle spirit? Are you able to lead from weakness? –To affirm another's strengths?

† SCORE ____

HAPPY ARE THOSE WHOSE GREATEST DESIRE IS TO DO WHAT GOD REQUIRES.

(Spiritual hunger - to have priorities in spiritual perspective; to have spiritual goals, motivations.)

Are you excited about God's leading in the daily decisions of your life as you ought to be? What really motivates you? In the hard-nosed decisions of your professional life, where does God come in? Do you really put people above things?

† SCORE ____

HAPPY ARE THOSE WHO SHOW MERCY TO OTHERS.

(Have compassion without conditions; be sensitive and responsive; give freely and unconditionally of yourself.)

Are you a caring kind of person? – Sensitive to others needs? Giving yourself without thought of return? A “grace giver” like Christ?

† SCORE ____

HAPPY ARE THE PURE IN HEART.

(Be in touch with your inner self, unencumbered by false images; be honest with yourself, God and others.)

Have you come to terms with yourself to the extent that you are able to be yourself? – The same person in church and the world, using the same language? Are you transparent – open – honest – willing to let others know you deeply?

† SCORE ____

HAPPY ARE THOSE WHO WORK FOR PEACE AMONG PEOPLE.

(Bridge differences without destroying others' uniqueness - harmonize; bring togetherness.)

Are you able to reconcile differences without destroying the uniqueness of others? Is your own manner disarming? Do you bridge differences? Can you accept genuinely and sincerely those who do not agree with you?

† SCORE ____

HAPPY ARE THOSE WHO SUFFER PERSECUTION BECAUSE THEY DO WHAT GOD REQUIRES.

(Endurance - ability to accept hostility and anger without fighting back; to act rather than react to circumstances.)

Are you able to take criticism from those nearest to you without reacting defensively? How about criticism from children? Do personal attacks tend to destroy your own self-image? Are you able to 'take the heat' in your home, church community, or place of business.

† SCORE ____

For further information or pamphlets please contact your AFP Diocesan Representative or the Resources Coordinator for AFP Canada.
Internet Web Site: www.anglicanprayer.org.

Self Examination - Beatitudes



AFP Canada

P/G-12-2017