



Covenant Prayer in our Wesleyan Tradition

I am no longer my own, but yours.

*Put me to what you will,
place me with whom you will.*

Put me to doing, put me to suffering.

*Let me be put to work for you
or set aside for you.*

Praised for you or criticized for you.

Let me be full, let me be empty.

*Let me have all things,
let me have nothing.*

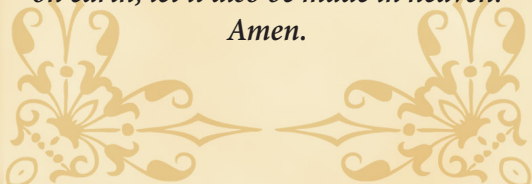
*I freely and fully surrender all things
to your glory and service.*

*And now, O wonderful and holy God,
Creator, Redeemer, and Sustainer,
you are mine, and I am yours.*

So be it.

*And the covenant which I have made
on earth, let it also be made in heaven.*

Amen.



John Wesley's 22 Questions of Self-Examination

1. Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass on to another what was told to me in confidence?
4. Can I be trusted?
5. Am I a slave to dress, friends, work, or habits?
6. Am I self-conscious, self-pitying, or self-justifying?
7. Does the Bible live in me today?
8. Do I give it time to speak to me everyday?
9. Am I enjoying prayer?
10. When did I last speak to someone else about my faith?
11. Do I pray about the money I spend?
12. Do I get to bed on time and get up on time?
13. Do I disobey God in anything?
14. Do I insist upon doing something about which my conscience is uneasy?
15. Am I defeated in any part of my life?
16. Am I jealous, impure, critical, irritable, touchy, or distrustful?
17. How do I spend my spare time?
18. Am I proud?
19. Do I thank God that I am not as other people, especially as the Pharisees who despised the tax collector?
20. Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?
21. Do I grumble or complain constantly?
22. Is Christ real to me?