

Inventory of the Heart Guide

Ask yourself these questions as you journey Fasting and Prayer journey.

NOTES FROM

The Power of Prayer and Fasting

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Day 1

**1. In everything give thanks; for this is the will of God in Christ Jesus for you.
(1 Thess. 5:18 NKJV)**

Do we worry about anything? Have we forgotten to thank God for all things, the seemingly bad as well as the good? Do we neglect to give Him thanks for our breath, our health, and for life itself?

2. Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us. (Eph. 3:20 NKJV)

Do we shy away from attempting to do things in the name of our heavenly Father because we fear we are not talented enough? Do feelings of inferiority keep us from our desire to serve God? When we do accomplish something of merit, do we choose to give ourselves, rather than God, the glory?

Day 2

- 3. You shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in and in all Judea and Samaria, and to the end of the earth. (Acts 1:8 NKJV)**

Have we been hesitant to thank God for the miracles He has performed in our lives? Have we believed it's good enough to live our Christianity in a casual manner and that it's not all that important to share the good news of our deliverance with others? Are we sharing the gospel? Are we involved in advancing the message of Christ in our region, in America, and across the world?

- 4. I say . . . to everyone who is among you, not to think of himself more highly than he ought to think. (Rom. 12:3 NKJV)**

Are we overly proud of our accomplishments, our talents, our families? Do we have difficulty putting the concerns of others first? Do we have a rebellious spirit at the thought that God may want to change us and rearrange our thinking? Do we brag or boast to others about what we have? Do we swell up with pride when we receive compliments?

Day 3

5. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. (Eph. 4:31 NKJV)

Do we complain, find fault, argue? Do we nurse and delight in a critical spirit? Do we carry a grudge against believers of another group, denomination, or theological persuasion because they don't see the truth as we see it? Do we speak unkindly about people when they are not present? Do we find that we're often angry with ourselves? With others? With God? Are we in harmony in all of our relationships? Am I willing to let it go and start over again? Am I right with everyone?

6. "Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? (1 Cor. 6:19 NKJV)

Are we careless with our bodies? Do we defile our bodies with unholy sexual acts? Do we overeat? Do we take care of our bodies? Do we desire to be fit physically?"

Day 4

7. **“Let no corrupt word proceed out of your mouth” (Ephesians 4:29 NKJV)**

Do you use language that fails to edify or build up others, tell off-color jokes or stories that demean another person’s race, habits, or culture? Do we condone these comments when guests are in our home or when our colleagues share them with us at work? Do we curse?

8. **“Do not....give place to the devil.” (Eph 4:26-27 NKJV)**

Do we close our eyes to the possibility that we may be a landing strip for Satan when we open our minds to him through ungodly practices, psychic predictions, occult literature, and violent, sex-driven, sexually perverted movies and DVD’s? Do we seek counsel for daily living from horoscopes in the paper, on TV, or on the Web; rather than from God, our true and ultimate source for living? Do we let Satan use us to set up barriers that inhibit the cause of Christ in our churches and in our homes through criticism and gossip?

Day 5

9. “Not slothful in business.” Romans 12:11 KJV

Are we chronically late in paying our debts, sometimes choosing not to pay them at all? Do we charge more on our credit cards than we can honestly afford to pay? Do we neglect to keep honest income tax records? Do we engage in shady business deals? Do we inflate our financial worth? Do we get in business partnerships with unbelievers?

10. “Beloved...abstain from fleshly lusts which war against the soul.” 1 Peter 2:11 NKJV

Are we guilty of lustful eye toward the opposite sex? Do we fill our minds with sexually oriented internet sites, television programs, lewd movies, unsavory books and magazines? Their covers? Centerfolds? Especially when we sense no one is watching? Do we indulge in lust filled activities that God’s Word condemns, such as fornication, adultery, or perversion? Do we have relationships improperly on the internet? Do we enter “chat rooms” we do not need to be in? Are we engaged in pornography in any way? Are we practicing gambling or betting or playing the lottery in any way?

Day 6

- 11. “Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.” (Colossians 3:13 NKJV)**

Have we failed to forgive those who may have said or done something to hurt us?
Have we written off certain people as not worthy of our friendship?

- 12. “Even so you also outwardly appear righteous to men, but inside you are full of hypocrisy and lawlessness.” (Matthew 23:28 NKJV)**

Do we know in our hearts that we are often not what people see? Are we possibly hiding behind being active in our churches to cover for our activities away from the body of Christ? Are we mimicking the Christian faith for social status, acceptance in our church or our community? Are we authentic? Are you real?

Day 7

- 13. “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of a good report, if there is any virtue and if there is anything praiseworthy---meditate on these things.” (Philippians 4:8 NKJV)**

Do we enjoy listening to conversations that hurts others? Do we pass it on? Do we believe rumors or partials truths, especially about an enemy or a competitor? Do we choose to spend little or no time each day allowing God to speak to us through His Word?