

## A Condemnation Survey

Condemnation is not the same for everyone though it functions under the same lie.

Answer the following questions to expose any condemnation themes in your life.

Based on your answers, read the corresponding *Steps To Freedom* for help.

1. Have you experienced God in a personal way, where you knew He was communicating and connecting with you? No \_\_\_\_\_ Yes \_\_\_\_\_
2. Are your prayers formal or do you speak from your heart to God in a real person-to-Person exchange? Formal \_\_\_\_\_ Real \_\_\_\_\_
3. Do you struggle with a particular, ongoing sin in your life—something, no matter how hard you try, you just can't change? Yes \_\_\_\_\_ No \_\_\_\_\_
4. Have you experienced specific answers to your prayers, or does prayer feel like a monologue? Monologue \_\_\_\_\_ Received Answers \_\_\_\_\_
5. Are you likely to give up something for Lent or make a New Year's resolution? Yes \_\_\_\_\_ No \_\_\_\_\_
6. Have you made "deals" with God to secure His favor on some area of concern? Yes \_\_\_\_\_ No \_\_\_\_\_
7. Did you experience unconditional love from your father as a child? No \_\_\_\_\_ Yes \_\_\_\_\_
8. Did you experience unconditional love from your mother as a child? No \_\_\_\_\_ Yes \_\_\_\_\_
9. What do you do with sin in your life? Hide or fake it? Tell someone, apologize or ask for help? Hide/Fake \_\_\_\_\_ Tell/Get Help \_\_\_\_\_

10. Have you experienced unconditional love on a consistent basis from others besides your parents? No\_\_\_\_\_ Yes\_\_\_\_\_

11. Are you hard on yourself or others when something is not done to your standards? Yes\_\_\_\_\_ No\_\_\_\_\_

12. Do you accept blame that belongs to another? Do you apologize even when it is not necessary or appropriate? Yes\_\_\_\_\_ No\_\_\_\_\_

13. Are you in the small group of people at church who do all the work? Yes\_\_\_\_\_ No\_\_\_\_\_

14. Did you grow up in a family with high standards and expectations, and parents who seemed like perfect people? Or did you grow up with parents who showed you their process of growth including their failures?

Parents/Perfect\_\_\_\_\_ Parents/Showed Process\_\_\_\_\_

15. Do you feel God's approval only when you have done great things for Him? Yes\_\_\_\_\_ No\_\_\_\_\_

16. Do you have unforgiveness, resentment, or bitterness toward anyone? Yes\_\_\_\_\_ No\_\_\_\_\_

17. Are you secretly mad at God? Do you feel that He is not doing a good job of being God? Yes\_\_\_\_\_ No\_\_\_\_\_

18. How does Scripture affect your view of God's character? Does it build a view of God's amazing love, or do you cringe under a God of judgment? God of Love\_\_\_\_\_ God of Judgment\_\_\_\_\_

19. Do you live an exhausting lifestyle of over-commitment? Do you try to be all things to all people? Yes\_\_\_\_\_ No\_\_\_\_\_

20. If you and Jesus were in the same room would you want to embrace him or fall on the floor? Fall down\_\_\_\_\_ Embrace\_\_\_\_\_

Summary: If you have 3 or more checks on the left, you may be living under the lie of condemnation. Check out *Steps To Freedom*.