

22 Questions of Self-Examination

By John Wesley

John Wesley (1703-1791) is generally considered to be the founder of the Methodist movement. In 1738 he had an intense religious experience where his “*heart was strangely warmed*” at a meeting on Aldersgate Street in London. Following this experience, and as the Spirit led him, he began preaching throughout the country and forming small groups called "classes" and “bands" where members met regularly for learning and personal accountability.

The following 22 Questions were used by Wesley and others for prayerful self-examination. We trust that they are still relevant and convicting for each of us today.

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. **Did the Bible live in me today?**
8. **Do I give it time to speak to me every day?**
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 publican?**
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?**