

FAITH CHECK REFLECTION GUIDE



A weekly self-check tool to help men examine their heart, habits, spiritual health, and walk with Christ honestly.

*“Examine me, O God,
and know my heart;
test me and know
my anxious thoughts.”*

PSALM 139:23



THE WHY

God invites honesty.
Growth begins
with truth.



HOW TO USE

Set aside intentional time each week.
Pray. Reflect honestly. Make a plan.
Take one faithful next step.



REMEMBER

You are not measured by
perfection, but by progress
and faithfulness.

WEEKLY REFLECTION

Rate yourself honestly (1–5)

1 = Need Growth 3 = Steady 5 = Strong



HEART

What's going on inside?
Am I walking in love, humility,
and purity?

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What's going well? _____

What can improve? _____



HABITS

How are my daily habits?
Am I disciplined in the
things that matter?

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What's going well? _____

What can improve? _____



SPIRITUAL HEALTH

How is my connection
with God?
Am I spending time in
His Word and prayer?

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What's going well? _____

What can improve? _____



RELATIONSHIPS

How am I doing with others?
Am I building up, forgiving,
and showing up?

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What's going well? _____

What can improve? _____



MISSION & INFLUENCE

Am I living on mission?
Am I making an impact
where God has placed me?

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What's going well? _____

What can improve? _____



WEEKLY TRUTH TO HOLD ON TO

God is more concerned with my heart than my performance.
He is not done with me. He is for me.



WEEKLY PRAYER

Use this simple guide to lead
your time with God.

PRAISE – Thank God for who He is.

CONFESS – Be honest about sin
and areas of weakness.

ASK – Ask God for help, strength,
and wisdom.

LISTEN – Take time to be still
and listen to His voice.

YIELD – Surrender your plans and
trust Him for the week ahead.



NEXT STEP PLAN

Pick 1–2 areas to focus on this week.

1. What is one area God is calling me to grow in? _____
2. What is one specific action I will take this week? _____
3. Who will I invite to walk with me in this? _____

I will take this step by: _____

“Being confident of this, that He who began a good work in you will carry it on to completion.”

PHILIPPIANS 1:6



DEEPER. STRONGER. FAITHFUL.
KEEP CHECKING. KEEP GROWING.

KEEP WALKING WITH HIM.

