



Habit Audit

"Who has spoken and it came to pass, unless the Lord has commanded it? Is it not from the mouth of the Most High that good and bad come? Why should a living man complain, a man, about the punishment of his sins? Let us test and examine our ways, and return to the LORD!"

- Lamentations 3:37-40

"Right judgment reminds us that we ever fall short and are not 'holier than thou.' We also learn our strengths and the burdens we are best equipped to carry, enabling us to serve more effectively."

- R.C. Sproul

The Necessity of Self-Examination

To live a Christian life is to live an intentional life. In the Scriptures, our every thought matters to God (2 Cor 10:5), our every moment and how we spend our time matters to God (Eph 5:15-16), our relationships matter to God (Heb 12:14), and how we use our money matters to God (Luke 12:21).

So it is worth pausing as we consider what it means to follow Jesus - to be His disciple or apprentice - by first considering how we are going about our lives. All of us are constantly experiencing formation. The conversations we have, the media we consume, the places we go, the habits we live out - are all forming us into particular people.

As we consider what it means to "do what Jesus did" and live lives of intentionality, self-sacrifice, and surrender to Jesus - we must first stop to ask - "how am I currently living?"

In the words of Megan K. McNally, "Self-examination should not be an introspective self obsession, but a humble, clear-minded assessment of ourselves through the gospel. It means looking to Scripture and seeing God's commands as the Holy Spirit points out the sins we harbor that are contrary to the Truth."

A helpful step in self-examination for a disciple is to do a habit audit.

A Habit Audit

A habit audit is a tool to examine how we currently live. We recommend getting alone in a quiet place, and setting aside one hour to reflect with God. Honesty is crucial here. The gospel frees us to be open before the Lord and ourselves on how we truly live out our days. If we're willing to be honest, vulnerable, and open - the Spirit will lead us into proper repentance and change.

PRACTICE

1. Assess your current habits, rhythms, and routines.

Start with an audit of your current habits, routines and rhythms using the box below. Take note of how much time you spend doing each one.

Some categories to include in your audit might be:

- Media - TV, Socials, Podcasts, Etc.
- Hobbies
- Work
- Relationships - Family, Spouse, Friendships
- Spiritual Practices - Bible, Prayer, Community, Church
- Money - how and where and when are you spending your finances?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon							
Evening							

2. Ask Questions.

Next, ask some questions about your habits, to get a sense for how they are shaping you.

These questions could include:

- What rituals and habits are shaping you?
- Who are you going to become if you do these habits for the rest of your life?
- Do you have some habits that you should stop doing because they are hindering your walk with Jesus?
- What do these habits, rhythms, and routines show you value?
- How are your habits, rhythms, and routines different from a non-Christian friend or neighbor? Are there ways they should be more different or unique?

3. Identify barriers and temptations.

24 Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. 25 For whoever would save his life will lose it, but whoever loses his life for my sake will find it.

- Matthew 16:24-25

As you consider the invitation of Jesus to "come and die", what are some barriers you have to that invitation?

If you were honest with God, yourself, and others, what are some parts of your life you struggle to change or surrender to Jesus?

4. Bring to Community.

Spend some time discussing your habit audit with your community. Here's some suggested steps:

- Ask them for feedback on areas of your life they see that you are not addressing, such as habits you might have missed or areas of discipleship they are concerned about in your life.
- Ask them for suggestions on how you could better reorient your life around Jesus.
- Let them pray for you as you seek to surrender your life more and more to CHrist.

RESOURCES

The following are recommended resources if you would like to journey further into this practice:

- **Rule of Life Workbook** by Bridgetown Church
- **You Are What You Love** by James K.A. Smith
- **The Great Omission** by Dallas Willard