

## **eBlessings International Daily Devotional Archives**

enrich, inspire, encourage, bless, and empower spiritual warriors for end-time battles!  
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### **Each One! Bless One!**

#### **You Make a Difference!**

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*It is imperative for us Christians to die daily; here is a way to do just that.*

**“Then he said to them all:**

**“If anyone would come after me, he must deny himself and take up his cross daily and follow me.**

**For whoever wants to save his life will lose it, but whoever loses his life for me will save it.””**

**LUKE 9:23-24 (NIV)**

**S**piritual Development Tool. As a new or older Christian you may have asked someone, “How do I grow spiritually?” You may or may not have received the answer which you wanted or needed. Reading the Bible and listening to your pastor’s sermons may not be giving you the day-to-day spiritual growth you are expecting. Or you may not understand what you are reading or you may have forgotten what the pastor’s sermon was about 15 minutes after you get home from church.

This is a handy tool which you can use daily to track your progress as a Christian. It is a Christian training exercise to get you to the point in your spiritual development where you will have Christ Confidence to do those things which the LORD requires of us daily.

Let me explain to you how this works. You want to print this page and take it with you daily. In the space provided either place a number there or a “1” to signify “one” notation of the negative attribute or the positive attribute. At the end of the day, at night before you read your Bible, add them up and see which category has the highest number of notations. It is obvious that the negative attribute which has the highest number needs the most work. The positive attribute which has the most notations is the one which you exhibit the most. And that is the way it goes. Try it and email it to your friends to let them try it too. It is a tool for spiritual development. It works if you use it.

To keep it simple, I will not give you a rating chart; you only add the number of times per day you see the exhibited behavior on the day in question. Read the entire list before starting.

**DEFECT (NEGATIVE)**  
**(POSITIVE)**

**REPLACE DEFECT WITH**

**SUNDAY**

\_\_\_\_\_ self-pitying

\_\_\_\_\_ self-confidence

\_\_\_\_\_ self-centeredness

\_\_\_\_\_ God/other-centeredness

\_\_\_\_\_ smug

\_\_\_\_\_ open-minded

\_\_\_\_\_ prideful, arrogant

\_\_\_\_\_ humble

\_\_\_\_\_ panicky

\_\_\_\_\_ stable

\_\_\_\_\_ violent

\_\_\_\_\_ peace, non-violent

**MONDAY**

\_\_\_\_\_ lustful

\_\_\_\_\_ God's love (agape)

\_\_\_\_\_ stubborn

\_\_\_\_\_ gracious

\_\_\_\_\_ greed generosity,

\_\_\_\_\_ charity

\_\_\_\_\_ inconsistent

\_\_\_\_\_ consistent

\_\_\_\_\_ perfectionist

\_\_\_\_\_ understanding

\_\_\_\_\_ envious

\_\_\_\_\_ content

**TUESDAY**

\_\_\_\_\_ hedonistic

\_\_\_\_\_ awareness of the needs  
of others

\_\_\_\_\_ discourteous

\_\_\_\_\_ courteous

\_\_\_\_\_ self-indulgent

\_\_\_\_\_ helpful to others

\_\_\_\_\_ unkind

\_\_\_\_\_ kind

\_\_\_\_\_ selfish

\_\_\_\_\_ generous

\_\_\_\_\_ fearful,

\_\_\_\_\_ confident,

**TUESDAY**

\_\_\_\_\_ indifferent

\_\_\_\_\_ loving, caring

\_\_\_\_\_ domineering

\_\_\_\_\_ cooperative

\_\_\_\_\_ lacking discretion

\_\_\_\_\_ discreet

\_\_\_\_\_ judgmental

\_\_\_\_\_ constructively critical

\_\_\_\_\_ insincere

\_\_\_\_\_ sincere

\_\_\_\_\_ impatient

\_\_\_\_\_ patient

**WEDNESDAY**

\_\_\_\_\_ dishonest  
\_\_\_\_\_ intolerant  
\_\_\_\_\_ ungrateful  
\_\_\_\_\_ unrealistic  
\_\_\_\_\_ lazy  
\_\_\_\_\_ unreasonable

\_\_\_\_\_ honest  
\_\_\_\_\_ tolerant  
\_\_\_\_\_ thankful  
\_\_\_\_\_ realistic  
\_\_\_\_\_ industrious  
\_\_\_\_\_ reasonable

### THURSDAY

\_\_\_\_\_ withdrawn  
\_\_\_\_\_ aimless  
\_\_\_\_\_ worrisome  
\_\_\_\_\_ irresponsible  
\_\_\_\_\_ tense  
\_\_\_\_\_ resentful, angry

\_\_\_\_\_ outgoing  
\_\_\_\_\_ purposeful  
\_\_\_\_\_ calm  
\_\_\_\_\_ responsible  
\_\_\_\_\_ relaxed  
\_\_\_\_\_ forgiving

### FRIDAY

\_\_\_\_\_ suspicious  
\_\_\_\_\_ apprehensive  
\_\_\_\_\_ prone to gossip  
\_\_\_\_\_ despondent  
\_\_\_\_\_ pessimistic  
\_\_\_\_\_ disagreeable  
\_\_\_\_\_ depressed

\_\_\_\_\_ trusting  
\_\_\_\_\_ having faith  
\_\_\_\_\_ trustworthy  
\_\_\_\_\_ hopeful  
\_\_\_\_\_ optimistic  
\_\_\_\_\_ agreeable  
\_\_\_\_\_ cheerful

### SATURDAY

\_\_\_\_\_ living in the past  
\_\_\_\_\_ rigidity  
\_\_\_\_\_ insecurity  
\_\_\_\_\_ procrastinating  
\_\_\_\_\_ self-righteous  
\_\_\_\_\_ disinterested in self  
\_\_\_\_\_ using talents and abilities

\_\_\_\_\_ living for today  
\_\_\_\_\_ spontaneity  
\_\_\_\_\_ trust in God  
\_\_\_\_\_ prompt  
\_\_\_\_\_ willing to admit  
\_\_\_\_\_ willing to seek emotional  
and spiritual balance

If you have trouble with any of the words in this list, go to a dictionary to look up the definition. If the positive attribute or the negative one doesn't match for you, then you put the one in that does.

Try it and email it to your friends to let them try it too. It is a tool for spiritual development. It works if you use it. Have a blessed week!

## **SPIRITUAL DEVELOPMENT TOOL**