

MARK SPENCE



Questions

Every Christian Woman Should Ask Herself Each Week

If even one of these
scares you, that's the one
you most need to answer.

Used with permission from
https://www.instagram.com/mark_spence

Walk With God

- Where are you at in God's Word?
- Have you spent adequate time in the Bible and in prayer?
- What have you been learning in God's Word?
- What books or commentaries are you reading right now?

1

The Tongue

- Did you gossip about anyone this week, even disguised as a prayer request?
- Did you complain or grumble in a way that pulled others down?
- Did you slander another woman, to her face, behind her back, or in your own thoughts?
- Did you lie, even small ones?
- Did you speak harshly to your husband, your kids, a coworker, or a stranger?

2

Phone & Feed

- How many hours did you spend on your phone this week?
- What did you scroll past that you didn't need to see?
- Whose life did you envy on social media?
- Did you compare yourself to women on a screen and walk away discontent?
- Did you post anything just to be seen and admired?
- Could you put your phone in a drawer for 24 hours without anxiety?

What You Watch & Read

- What images and videos did you view this week?
- What books, shows, or movies fed your imagination, and what did they feed it?
- Did you read romance novels, fanfiction, or content that stirred up sexual fantasy?
- Have you been watching shows or videos that normalize what God calls sin?
- Could you tell the women in your church what you watched and read without flinching?

The Heart's Wandering

- Did you look at any man longer than necessary, inciting lust?
- Did you entertain a sexual fantasy?
- Did you nurture an emotional attachment to a man you shouldn't be attached to?
- Are you texting or confiding in a man you'd hide from your husband, or your future one?
- Have you been alone with a man in any setting that could look compromising?
- What struggle is weighing on your mind that you haven't told anyone?

Body, Beauty & Vanity

- How did you steward the body God gave you with sleep, food, and exercise?
- Did you dress to honor God, or to draw eyes that aren't yours to draw?
- Did you obsess over your appearance, your weight, or how you compare to other women?
- Did you shame or hate the body God gave you?
- Did vanity drive any of your decisions this week?

Idolatry:

What You Ran to Instead of God

- What did you run to this week instead of God?
- When you felt anxious, where did you turn first?
- When you felt empty, what did you reach for?
- Whose approval mattered more to you than God's this week?
- Is there anything you would be more devastated to lose than your walk with Christ?

The Inner Life

- What fear ruled you this week?
- What anxiety did you carry that you never brought to God?
- Did you despair, even briefly, about your circumstances or your soul?
- What lies have you been believing about yourself, about God, or about your future?
- Did your emotions rule you, or did the truth?

Work

- What sins in your work life need confession?
- Did any of your dealings lack integrity?
- Were you faithful with your time at work, in the home, or in your calling?
- What steps did you take to excel at the work God gave you?

Money

- Did you give to your local church and to missions?
- Did you take real steps to get out of debt, or did you spend frivolously?
- What purchase this week did you not actually need?

Sisterhood

- Who is currently sharpening you as a woman of God?
- Who are you sharpening?
- Have you isolated yourself from your sisters this week?
- Have you envied, slandered, or competed with another woman?
- Is there a sin you are hiding from others in your life?

If You Are Married

- How did you respect your husband this week?
- Did you speak well of him, to his face, and to others?
- How did you encourage him by name?
- Did you fulfill his needs: physical, emotional, spiritual?
- Have you communicated honestly with him about your own needs?
- Did you pray for him by name?

If You Are Single

- Are you pursuing purity in your relationships with men: physical, emotional, digital?
- Are you using your singleness for the Lord, or wasting it?
- Are you content in this season or grasping?
- If you are dating, are you holding him to a Biblical standard, and yourself as well?
- Are you preparing spiritually, financially, and in character to one day be a godly wife and mother?

If You Are a Mother

- Did you give priority to your children?
- Were you consistent with family worship?
- Did you disciple your children in the Word?
- Did you discipline your children in love?
- Did your tone with your children reflect the gospel?

Hospitality & Home

- Did you open your home or your life to someone in need this week?
- Did your space reflect peace, or contempt and chaos?
- Did you cultivate a place where others could come and rest?
- Did you tend the household God gave you with diligence, whether you live alone, with roommates, or with a family?

Entitlement & Pride

- Is there any area where you feel mistreated or misunderstood?
- Are you jealous of someone's possessions, position, or success?
- Are you angry with anyone?
- Have you struggled with pride? Have you put it down?
- Do you feel justified in your envy, anger, or bitterness?
- Have you been breaking the law and justifying it?
- Have you been slow to forgive or refusing to forgive someone?

Vision, Witness & Service

- How are you moving forward with your short-term goals?
- How are you moving forward with your long-term goals?
- Did you share the gospel this week?
- Whose life did you influence for Christ?
- How did you use your gifts to serve someone who couldn't repay you?
- Are you seeking to please God over man?

Most Importantly

- Are you willing to repent over every sinful action you committed this week?
- Are you willing to confess them to another believer?
- Did you just lie when answering ANY of the questions above?



www.WOMEN *of* GRACELIFE.COM

Used with permission from
https://www.instagram.com/mark_spence