Moral And Spiritual Inventory Exercise
Developed by Rick Warren at Saddleback Valley Community Church in Lake Forest, California for Celebrate Recovery

*Note: An inventory should not be done without a mentor or a strong accountability partner. It is also important to keep your inventory balanced by listing a negative, then a positive. This exercise will help you get started on your inventory as you search your heart.

Relationships With Others
1. Who has hurt you?
2. Against whom have you been holding a grudge?
3. Against whom are you still seeking revenge?
4. Are you jealous of someone?
5. Who have you been critical of or gossiped about?
6. Have you tried to justify your bad attitude by saying it is “their fault”?

Priorities in Your Life
1. After making the decision to turn your life and will over to God, in what areas of your life are you still not putting God first?
2. What in your past is interfering with you doing God’s will? Your ambition? Your pleasures?
3. What have been your priorities in your job? Friendships? Personal goals?
4. Who did your priorities affect?
5. What was good about your priorities? What was wrong about them?

Your Attitude
1. Do you always have an “attitude of gratitude” or do you find yourself always complaining about your circumstances?
2. In what areas of your life are you ungrateful?
3. Have you gotten angry and easily blown up at people?
4. Have you been sarcastic?
5. What in your past is still causing you fear or anxiety?

Your Integrity
1. In what past dealing were you dishonest?
2. Have you stolen things?
3. Have you exaggerated yourself to make yourself look better?
4. In what areas of your past have you used false humility?
5. Have you pretended to live one way in front of your Christian friends and another way at home or work?

Your Mind
1. How have you guarded your mind in the past? What did you deny?
2. Have you filled your mind with hurtful and unhealthy movies, music, or books?
3. Have you failed to concentrate on the positive truths of the Bible?

Your Body
1. In what ways have you mistreated your body?
2. What activities or habits caused harm to your physical health?

Your Family
1. Have you mistreated anyone in your family? How?
2. Against whom in your family do you have resentment?
3. To whom do you owe amends?
4. What is the family secret you’ve been denying?

Your Church
1. Have you been faithful to your church in the past?
2. Have you been critical instead of active?
3. Have you discouraged your family’s support of their church?