

Questions for reflection:

- Am I engaged in any form of physical, mental, online or phone immorality?
- Have I compromised by viewing anything unclean via movies, television or Internet?
- Do I have habits that abuse or neglect my body?
- Do I commit idolatry by placing anyone or anything over loving and serving God?
- Have I dabbled in any form of gambling or new ageism?
- Am I doing anything about which I do not have perfect peace?
- Am I in any way harsh or unkind to others?
- Do I often confess the same sins but fail to fully forsake them?
- Have I abused God's grace by taking sin lightly?

Be very specific in your confession and repentance. List your actual steps for making the changes.

Day 5: Overcoming Sins of Omission

Scriptures: James 4:17, Proverbs 28:13 and Luke 12:47.

Sins of omission are those areas in which we consistently fail to do things God has commanded. In short, it is not doing or being what God tells us to do and be. Fully confess and forsake any patterns of omission. After each of the following questions, pause and listen for God's impressions.

Questions for reflection:

- Am I failing to abide in Jesus by neglecting time in His Word and prayer?
- Do I neglect consistent times of deep Scripture-based examination and confession?
- Have I confessed certain sins but failed to fully repent and make restitution?
- Do I neglect to be a daily witness and fail to generously support evangelism and missions?
- Have I neglected to discern and use my spiritual gifts?
- Am I allowing any point of spiritual bondage to remain in my life?
- Have I failed to support and respect my spiritual leaders?
- Am I failing to daily pursue holiness?
- Am I robbing God by failing to tithe and give generous offerings beyond the tithe?
- Have I neglected to work at improving my marriage and family life?
- Do I fail to regularly pray with and disciple my family?

For prayer and repentance, resolve now to put off your specific sins of neglect and put on full obedience. List the specific ways you will repent.

Renewing Our Hearts

A 5-Day Heart Preparation Guide for the Solemn Assembly

Adapted from "Praying God's Heart in Times Like These" by Greg Frizzell

Frequently Asked Questions

1. What is a solemn assembly?

A special time of seeking God in prayer and corporate repentance.

2. Why are we having a solemn assembly?

We want to glorify God by renewing our hearts through fasting, repentance, intercession (prayer), and by obeying the Great Commandment (Mark 12:29-31) and the Great Commission our Lord Jesus (Matthew 28:18-20) to a better and greater degree.

The solemn assembly was a prominent feature in the revivals of the Old Testament (see Exodus 33:7-11; Deut. 29:10-29; Judges 10:10-19; 1 Samuel 7:5-6; 1 Kings 8:1-66; 2 Kings 11:17; 1 Chronicles 13-18; 2 Chronicles 5-7; Ezra 6:6-12; Ezra 8:21-23; Ezra 9:5-15; Nehemiah 8; Esther 4:5-17; Joel 1:13; 2:12-17).

Throughout the history of the church, gatherings of solemnity have been a vital part of local, regional, and national revivals, although not necessarily termed a *solemn assembly*.

3. Can my child participate?

Yes! In fact, children will help in leading the assembly.

Day 1: Pure Thoughts and Attitudes

Scriptures: Psalm 139:23-24, Proverbs 23:7a, Matthew 22:37, Matthew 6:33, Matthew 5:28, Psalm 19:14, 2 Corinthians 10:5 and 1 Peter 5:5b.

Prayerfully work through the following reflective questions. Fully confess and forsake whatever God brings to mind. Trust God to fill and empower you with His Spirit. After each question, pause and allow God to speak.

Questions for reflection:

- Does the focus of my thoughts often indicate a love for Jesus?
- Do I spend more time on recreation than God's Word and prayer?
- Do I have any patterns of unclean or lustful thoughts?
- Have I opened the door to impurity by anything I see?
- Do I frequently have thoughts that are envious or jealous?
- Am I overly competitive and self-exalting?
- Am I interested in serving God only if I can have a preeminent role?
- Am I determined to get my way?
- Do I often have thoughts that are angry or resentful?
- Am I frequently dominated by thoughts of doubt instead of trust?
- Do I consistently harbor thoughts of bitterness?
- Do I frequently brood about harsh things I would like to say to certain people or groups?

Day 2: Holy Speech and Godly Communication

Scriptures: Proverbs 18:2, Proverbs 29:11, Matthew 12:36, Ephesians 4:29, Ephesians 5:4, Colossians 3:9, 1 Thessalonians 5:18 and James 1:19.

Sins of speech are epidemic among believers. The current generation has witnessed a virtual explosion in everything from gossip and slander to angry outbursts and ungodly e-mailing. Little affects fellowship and spiritual power like unyielded tongues and reckless keypads. Fully confess and forsake all sins of speech. Trust God to fill and empower you by His Spirit. Pause and give God time to speak.

Questions for reflection:

- Have I uttered any inappropriate or slang speech?
- Do I have patterns of cursing or off-color words?
- Am I prone to exaggeration or lying?
- Do I have patterns of complaining and griping?
- Am I guilty of any form of divisive speech?
- Have I in spread criticism or lack of support for my spiritual leaders?
- Do I have any patterns of critical, judgmental speech?
- Have I blogged, e-mailed or forwarded anything that grieved the Spirit?
- Have I said things when alone that would cause great shame if made public?

Day 3: Right Relationships and Biblical Reconciliation

Scriptures: Matthew 5:23-24, Matthew 6:14-15, John 13:34-35, John 17:20-22, Ephesians 5:25-26, Ephesians 6:4, Ephesians 5:22, Ephesians 6:1-2 and 1 Thessalonians 5:12-13.

With God, everything is about relationship. At its heart, spirituality is about loving God and one another (Matthew 22:37-39, 5:23-24, 6:14-15). Virtually nothing grieves God's Spirit or blocks prayers like ignoring broken or damaged relationships. For this reason, it is vital that believers continually confess and forsake all relationship sins.

Questions for reflection:

- Is there anyone (past or present) that I have offended but have not asked forgiveness?
- Have I failed to seek full reconciliation and make restitution to anyone I have offended or in some way harmed?
- Do I harbor the slightest unforgiveness and anger toward anyone?
- Do I privately rehearse angry things I would like to say to certain people?
- Have I in any way cooled off spiritually because of disappointments with God or people?
- As a father, am I leading and training my family spiritually?
- As a mother, am I sacrificially and joyfully serving my family and guiding them spiritually?
- Have I in any way failed to honor, respect or give adequate attention and time to my parents?
- Have I spoken or e-mailed negatively about anyone?
- Have I publically criticized or maligned a fellow believer without first talking to them about the issue?
- Have I forwarded items when I was not certain of their source?
- Am I involved in any form of gossip or negative, critical speech?
- Is there any pattern of failing to respect and support my spiritual leaders?

Resolve to be utterly honest with yourself and resist the human tendency to rationalize sin. If people are coming to mind with whom you need to make a contact for reconciliation, that is likely God speaking to your heart. Take time to write out specific steps for obeying God in relationships.

Day 4: Victory Over Sins of Commission

Scriptures: Psalm 51:3 and 2 Corinthians 7:1.

Put simply, sins of commission are doing, saying or thinking anything God has forbidden. These can be anything from actions and words to thoughts or relationships. After each question, pause to hear God speak.