

## **A PRAYER SEQUENCE FOR EXAMINATION**

Search me, O God, and know my heart;  
Try me and know my anxious thoughts;  
And see if there be any hurtful way in me,  
And lead me in the everlasting way. (Psalm 139:23-24)

Watch over your heart with all diligence,  
For from it flow the springs of life. (Proverbs 4:23)

### **The Ten Commandments**

You shall have no other gods before Me.  
You shall not make for yourself an idol.  
You shall not take the name of the Lord your God in vain.  
Remember the sabbath day, to keep it holy.  
Honor your father and your mother.  
You shall not murder.  
You shall not commit adultery.  
You shall not steal.  
You shall not bear false witness against your neighbor.  
You shall not covet.

### **The Lord's Prayer**

Our Father who is in heaven,  
Hallowed be Your name.  
Your kingdom come,  
Your will be done,  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts, as we also have forgiven our debtors.  
And do not lead us into temptation,  
But deliver us from evil.  
For Yours is the kingdom and the power and the glory forever.

### **The Beatitudes**

Poverty of spirit (nothing apart from God's grace)  
Mourning (contrition)

Gentleness (meekness, humility)  
Hunger and thirst for righteousness  
Merciful to others  
Purity of heart (desiring Christ above all else)  
Peacemaking  
Bearing persecution for the sake of righteousness

### The Seven Deadly Sins

Pride  
Avarice  
Envy  
Wrath  
Sloth  
Lust  
Gluttony

### The Four Cardinal and Three Theological Virtues

Prudence (wisdom, discernment, clear thinking, common sense)  
Temperance (moderation, self-control)  
Justice (fairness, honesty, truthfulness, integrity)  
Fortitude (courage, conviction)  
Faith (belief and trust in God's character and work)  
Hope (anticipating God's promises)  
Love (willing the highest good for others, compassion)

### The Fruit of the Spirit

Love  
Joy  
Peace  
Patience  
Kindness  
Goodness  
Faithfulness  
Gentleness  
Self-control