

HEART CHECK



How to work through this worksheet:

- ✓ Print this out and write in your answers or use a journal or notebook.
- ✓ Take the time to write out honest answers to each one of these questions. (Don't rush.)
- ✓ Take a day for each question or work through it all in one sitting.
- ✓ Revisit your answers in a month and work through the questions, again.

These are just a few questions we could ask ourselves to expose racism and classism in our hearts.

+When I see someone's skin color what, if anything, do I automatically think or feel?

- Black Brown Skin: _____
- Dark Brown Skin: _____
- Light Brown Skin: _____
- Olive Skin: _____
- Pale/Fair Skin: _____

++Are any of these thoughts or feelings rooted in things you have been taught about certain ethnicities? If yes, what were you led to believe about them?

+Do I say things like they and them when talking about a group of people? If yes, what group of people? A certain color of people? A certain class of people?

+Do I tell or tolerate jokes about black, white, Latino, Asian, or indigenous people? If yes, which group(s) of people and why?

+Do I believe that I am inferior or superior in any way to a particular group of people? (black, white, Latino, Asian, indigenous people, poor, rich) If yes, which group(s) of people and why?

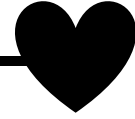
+Did I choose the neighborhood I live in because there are less of "those types of people" here? and/or When I see a person of a different color in my neighborhood what is my initial thought about them?

FOR CHRISTIANS ONLY

If after answering the questions you are dissatisfied or discouraged by your answers, take some time to confess aloud anything you feel falls short of Jesus' command to love others the way He has loved you. Ask a friend to work through these questions and talk about your answers, together. (Use the verses on page 2 to guide your prayer and action steps.)

HEART SURGERY

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12 (NIV)



Let these verses guide you as you work through the biases, attitudes, false beliefs, etc. that are being exposed in your heart.

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” John 13:34-35 (NIV)

And he said, “What comes out of a person is what defiles him. For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.” Mark 7:20-23 (ESV)

There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. Galatians 3:28 (NIV)

So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now! 2 Corinthians 5:16 (NLT)

God does not see as humans see. Humans look at outward appearances, but the LORD looks into the heart.” 1 Samuel 16:7b (GWT)

If anyone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. 1 John 4:20 (ESV)

