

Hypocrisy Worksheet

Mark if true either in the present or in the past.

- I have pretended to obey my parents while being inwardly rebellious.
- I have criticized other's failures when my spiritual problems are similar.
- I have pretended to care for others while being bitter, resentful, and angry.
- I have said one thing with my lips outwardly but think differently in my heart.
- I have only told things about myself that I want others to know, instead of the truth.
- I am afraid of what others will think of me if they know what I am like on the inside.
- I project myself as having it all together (no problems) out of fear of rejection by others.
- I am dishonest about sharing my weaknesses with others for fear of being rejected.
- I lie about things that happen to cover up what I do.
- I lie to gain the acceptance of others.
- I identify other people's problems but not see my own. (Matthew 7:5)
- I ask others to do things I am unwilling to do.
- I pretend to be close to God when not desiring or enjoying relationship with Him.
- I practice religious activities to be seen and praised by men. (Matthew 6:2, 5, 16)
- I pretend to be excited about fellowship with other believers, when only wanting to impress them with my religion.
- I give money to gain the praise of men. (Matthew 6:2)
- I pray to impress others. (Matthew 6:5)
- I fast to impress others. (Matthew 6:16)
- I pretend to be excited about service for the Lord, while doing it out of obligation.
- I pretend to live a holy life but, in my heart, wish I didn't have to.
- I pretend to be a spiritual person when I am really not.
- I say that I love God but I do not obey His commandments. (Luke 6:46)
- I say that I have an intimate relationship with God but seldom pray.
- I obey God for fear of what other will think of me if I don't.
- I make spiritual decisions based on what others expect of me.
- I pretend to have pure moral thoughts while yielding to lustful thoughts.
- I tell my spouse that I am morally pure while being unfaithful in desires, thoughts, or actions.

Jesus, I have been living a lie through hypocrisy. I now renounce that hypocrisy as sin against you. Will you forgive me? Thank you for your forgiveness. Jesus, please take back all of the place that I have given to the enemy, I now yield it back to your control.