

This is a practical exercise to reveal our sinful tendencies to manipulate life and our daily need to return to Christ. This exercise will humble you, which is one of the first steps in serving Christ and others. Read through each bulleted description from left to right. Note the tendencies you see in yourself. Underline the words that most apply.

\*All content is adapted and borrowed from *The Gospel-Centered Life* by Robert H. Thune and Will Walker.

### Christian Foster Syndrome

Lacks a vital daily intimacy with God  
Anxious about friends, money, school, grades, etc.  
Feels as if no one cares about you  
Lives on a success/fail basis  
Needs to look good  
Feels guilty and condemned  
Struggles to trust things to God  
Has to fix your problems  
Not very teachable  
Is defensive when accused of error  
Needs to be right  
Lacks confidence  
Feels discouraged and defeated  
Strong-willed with ideas, agendas and opinions  
Solution to failure: try harder  
Critical spirit (complaining & bitter)  
Tears others down  
Compare yourself to others  
Feels powerless to overcome sin  
Needs to be in control of situations and others  
Looks for satisfaction in positions  
Looks for satisfaction in possessions  
Tends to be motivated only by obligation and duty

### Adopted Child

Feels freed from worry because of God's love  
Learning to live in a daily partnership with God  
Not fearful of God  
Feels forgiven and totally accepted  
A daily trust in God's sovereign plan for your life  
Prayer is first resort  
Content in relationships b/c you are valued by God  
Freedom from making a name for yourself  
Is teachable by others  
Open to criticism b/c you rest on Christ's perfection  
Able to examine your deeper motives  
Able to take risks – even to fail  
Encouraged by the Spirit working in you  
Able to see God's goodness in dark times  
Content with what Christ has provided  
Trusting less in self and more in the Holy Spirit  
Aware of inability to fix life, people, and problems  
Doesn't always have to be right  
Does not gain value from man-made props  
Experience more and more victory over sin  
Prayer is a vital ongoing part of the day  
Jesus is more the subject of conversation  
God truly satisfies your soul