

SELF-DIAGNOSIS IDOLATRY QUESTIONS

(Adapted from resources by Tim Keller [Gospel In Life, Counterfeit Gods] and David Powlinson [Seeing With New Eyes])

INITIAL QUESTIONS:

Consider your day-dreams – **what do I dream about?**

Look at your nightmares – **what do I most fear losing?**

Pay attention to your extreme emotions – **what stirs my strongest feelings of anger/anxiety?**

Ponder your source of escape – **what do I turn to when things go bad or get difficult?**

Think about your purpose – **what do I need to make life worth living?**

PRACTICAL EXERCISE: (TICK THE STATEMENTS THAT RESONATE WITH YOU)

- “Life only has meaning/I only have worth if I have power and influence over others.” (Power Idolatry)
- “Life only has meaning/I only have worth if I am loved and respected by ____.” (Approval Idolatry)
- “Life only has meaning/I only have worth if I have this kind of pleasure experience, a particular quality of life.” (Comfort idolatry)
- “Life only has meaning/I only have worth if I am able to get mastery over my life in the area of ____.” (Control idolatry)
- “Life only has meaning/I only have worth if people are dependent on me and need me.” (Helping Idolatry)
- “Life only has meaning/I only have worth if someone is there to protect me and keep me safe.” (Dependence idolatry)
- “Life only has meaning/I only have worth if I am completely free from obligations or responsibilities to take care of someone.” (Independence idolatry)
- “Life only has meaning/I only have worth if I am highly productive and getting a lot done.” (Work idolatry)
- “Life only has meaning/I only have worth if I am being recognized for my accomplishments, and I am excelling in my work.” (Achievement idolatry)
- “Life only has meaning/I only have worth if I have a certain level of wealth, financial freedom, and very nice possessions.” (Materialism idolatry)
- “Life only has meaning/I only have worth if I am adhering to my religion’s moral codes and accomplished in its activities.” (Religion idolatry)

- “Life only has meaning/I only have worth if I feel I am totally independent of organized religion and am living by a self-made morality.” (Irreligion idolatry)
- “Life only has meaning/I only have worth if my race and culture is ascendant and recognized as superior.” (Racial/cultural idolatry)
- “Life only has meaning/I only have worth if my children and/or my parents are happy and happy with me.” (Family idolatry)
- “Life only has meaning/I only have worth if Mr. or Ms. “Right” is in love with me.” (Relationship Idolatry)
- “Life only has meaning/I only have worth if I am hurting, in a problem; only then do I feel worthy of love or able to deal with guilt.” (Suffering idolatry)
- “Life only has meaning/I only have worth if my political or social cause is making progress and ascending in influence or power.” (Ideology idolatry)
- “Life only has meaning/I only have worth if I have a particular kind of look or body image.” (Image idolatry)

DEEPER INSIGHTS: MANY IDOLS IN THE PREVIOUS LIST FALL INTO ONE OF THESE FOUR CATEGORIES.

| IF YOU SEEK | YOUR GREATEST NIGHTMARE | PEOPLE AROUND YOU OFTEN FEEL | YOUR PROBLEM EMOTION |
|--|-------------------------|------------------------------|----------------------|
| POWER (success, winning, influence) | Humiliation | Used | Anger |
| APPROVAL (affirmation, love, relationships) | Rejection | Smothered | Cowardice |
| COMFORT (privacy, lack of stress, freedom) | Stress, Demands | Neglected | Boredom |
| CONTROL (self-discipline, certainty, standards) | Uncertainty | Condemned | Worry |

OBSERVATIONS: NOTE ANY THEMES OR THOUGHTS RELATING TO IDOLS IN YOUR LIFE