

UNAFRAID

'BE REAL' Quiz

"And blessed is the one who is not offended by me."

—Matthew 11:6

For those weary of being dragged through the mud, seeking clarity, and determined not to conform to a broken world, engage with this quiz. It's crafted for those who aspire to level up, be a righteous example, and let The Kingdom of God guide them instead of relying on themselves and a flawed world.

The 'Be Real' Quiz is designed to help you assess and identify sources of filth or toxicity in your life, enabling you to address and eliminate them. It's easy to overlook how the media we consume, things we participate in, the food we eat, the places we visit, and the people we surround ourselves with can impact our mindset and overall well-being. In a world of unexpected challenges, it's crucial to be mentally prepared and free from unnecessary distractions or deceit.

Take your time on this. Remember that clarity and ending the belief of lies about ourselves and others are critical to true freedom. For some of the questions, it may be necessary to sit quietly and ask the Holy Spirit to reveal any areas that may be unknown to you.

"These things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God." —1 Corinthians 2:10

Being honest with yourself is crucial since it allows you to identify issues and work towards solutions accurately. Whether you must address a problem or offer praise, your honesty is the first step towards progress.

NOTE:

DO NOT confuse conviction with condemnation. Conviction is a good thing, for it shows us what is wrong and why it is wrong, and then we can rightfully correct it. This is sometimes painful to walk through, but the healing after the walk is priceless. Condemnation, on the other hand, is disapproval with no direction, shame, "you are a failure," etc. We can see in the verses below that a beautiful thing from the Holy Spirit is that He convicts us and shows us the truth and that we should walk in every area of our life, which leads to abundance, freedom, and protection.



"And when he comes, he will convict the world concerning sin and righteousness and judgment:" —John 16:8

On the other hand, the enemy comes to accuse, deceive, belittle, and cause hate, strife, and chaos.

"In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God." —2 Corinthians 4:4

"Then I heard a loud voice shouting across the heavens, "It has come at last — salvation and power and the Kingdom of our God, and the authority of his Christ. For the accuser of our brothers and sisters has been thrown down to earth—the one who accuses them before our God day and night." —Revelation 12:10

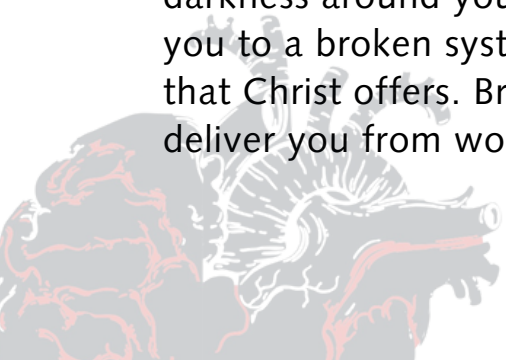
After completing this quiz, you will be able to identify specific areas that require attention to eliminate negativity and impurities.

This is a process, not a one-and-done checkbox. As you navigate these obstacles, you will begin to see things as they truly are, rather than the facade that our earthly selves perceive and what a flawed world considers 'normal.'

"So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls." —James 1:21

Believe in the power of transformation and embrace the true freedom that awaits on the other side of the forging process.

A sincere note: FRIENDS- The enemy seeks to keep you blind to the darkness around you. Staying in what the world deems normal only chains you to a broken system, preventing you from experiencing the true freedom that Christ offers. Break free from this artificial lifestyle and allow Jesus to deliver you from worldly systems and mindsets. IT IS TIME TO BE SET FREE!



The Quiz

(Be REAL with Yourself)

What type of music do you listen to (what kind of mood does it put you in)?

What type of books do you read (does it promote positive learning, or is it for pleasure)?

What type of TV shows/movies do you watch (does it leave you encouraged, or does it drift you to a negative way of thinking)?

What type of podcasts do you listen to (is it for self-improvement or worldly discussions)?

What do you look at, follow, and consume on social media (are you being built up, or are negative thoughts coming from outside influences)?

What is your diet like (are you eating well-balanced meals that give energy, or are you feeling sluggish after you eat)?

Who do you hang out with the most (is your group striving to do better or dabbing in fleshly worldly living)?



Continued...

What places do you frequently go to (when not at home or at work, where do you mostly find yourself)?

What are your hobbies (do they take priority over your family? Do they breed any negativity or cause strife)?

What do you spend most of your time on (work, the office, family, friends, scrolling media)?

If someone were on the outside looking at how you dress, what would they guess about you (What do your clothes portray)?

How do you talk to your friends, family, and colleagues (would you say it is filthy or pure and kind)?

What are your priorities (list them in order, be truthful)?

What thoughts primarily consume you throughout the day (where does your mind take you)?



Continued...

Is there anything that you want to stop doing but need help (any bondages or addictions, way of thinking that you would like to end)?

What “secrets” are you keeping in the dark that you’re afraid to share with others (what are you keeping in the dark and afraid will come to light? Or are there things you’ve told yourself to never mention and hope no one ever finds out about you)?

What area in your life would you like to clean up, or improve (what is the main area in your life that needs a ‘right now’ improvement)?

Is there anyone you need to forgive who has treated you wrong (do you have any resentments or bitterness toward someone who is eating at you)?

What keeps you up at night (what thoughts are preventing your peace)?

If you are what you do and what you do is lost, who are you (if we strip away titles and accomplishments, who are you? What would your family and friends say you are at your core)? Example(s): If you were not a police officer, how would you describe yourself? If you didn’t have a purple belt in jiu-jitsu, who would you say you are? If you were not the CEO of a company, who are you? If your physical physique or athletic talents and accomplishments were taken away, who are you?



After completing the quiz, take some time to sit with the Holy Spirit and discover what you may need to release from your life or what you should embrace. Allow what you wrote down to sink in so clear guidance and steps to take can make themselves known. Reflect on areas in your life that may hinder you or lack righteousness. These dark spots have an impact and need to be redirected onto the right path. Remember, the Lord gently corrects and guides us with love. He understands your journey, so resist any feelings of condemnation that may hinder your healing. We ALL fall short and need a Savior who can lead us to true freedom. Embrace His power to lift you up and set you on His firm foundation.

One effective method, though it might seem childish, is asking yourself: What would Jesus do? Would Jesus approve of this action, and does it glorify Him? If you can't answer these questions with a clear conscience, that indicates an area of your life that needs to be nurtured back to the light. Some of these things you may not have realized were happening, and that is OK. You do not know what you do not know, and God, the Creator, fully understands this.

"Listen to advice and accept discipline, and at the end you will be counted among the wise. Many are the plans in a person's heart, but it is the Lord's purpose that prevails."

—Proverbs 19:20-21



Battlefield (life) ASSETS TO DESTROY THE FLESH, THE WORLD, AND THE ENEMY

Prayer

"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." —Philippians 4:6-7

The Word of God

*"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart."
—Hebrews 4:12*

"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work." —2 Timothy 3:16-17

Your Willingness & Obedience

*"Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool. If you are willing and obedient, you shall eat the good of the land; but if you refuse and rebel, you shall be eaten by the sword; for the mouth of the Lord has spoken."
—Isaiah 1:18-20*

"And if you faithfully obey the voice of the Lord your God, being careful to do all his commandments that I command you today, the Lord your God will set you high above all the nations of the earth. And all these blessings shall come upon you and overtake you, if you obey the voice of the Lord your God." —Deuteronomy 28:1-2



"But he said, "Blessed rather are those who hear the word of God and keep it!" —Luke 11:28

Seeking the Kingdom of God and his righteousness

"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles (non-Jewish) seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you." —Matthew 6:31-33

"God will repay each person according to what they have done. To those who by persistence in doing good seek glory, honor and immortality, he will give eternal life. But for those who are self-seeking and who reject the truth and follow evil, there will be wrath and anger. There will be trouble and distress for every human being who does evil: first for the Jew, then for the Gentile; but glory, honor and peace for everyone who does good: first for the Jew, then for the Gentile. For God does not show favoritism." —Romans 2:6-11

Renewing Your Mind Daily

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." —Romans 12:2

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." —Philippians 4:8

Removing negative influences from your life and replacing them with positives

"Walk with the wise and become wise; associate with fools and get in trouble." —Proverbs 13:20



"Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls. But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves."
—James 1:19-22

"But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do." —Galatians 5:16-17

Take EVERY thought captive to the obedience to Christ

"For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete." —2 Corinthians 10:3-5

"In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;" —Ephesians 6:16

"Submit yourselves therefore to God. Resist the devil, and he will flee from you." —James 4:7

Prayer:

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

—Psalms 139:23-24

