

Spiritual Eye Exam

Helping you see others through the eyes of Christ (Philippians 2:5)



1

Pause & Pray

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you..." (Psalm 139:23-24)
Before responding to a situation, pause and invite the Holy Spirit to reveal hidden assumptions.

2

Spot the Bias

Ask yourself these bias checkpoints:

1. Personal Lens – Am I assuming my culture, background, or experience is "normal" or "best"?
2. Favoritism – Am I favoring those who are like me (James 2:1-4)?
3. Assumptions – Am I filling in the gaps about someone's motives, character, or worth without knowing the full story?
4. Comfort Zone – Am I resisting what challenges me because it's uncomfortable, not because it's unbiblical?
5. Voices Missing – Whose perspective is not being heard, and why?

3

Test Against Scripture

- Does my attitude align with the fruit of the Spirit (Galatians 5:22-23)?
- Am I reflecting Christ's humility (Philippians 2:3-5)?
- Would Jesus respond this way to the person or situation?

4

Reframe with Grace

- Replace the biased thought with a Christ-centered response.
- Example: Instead of "They don't belong here," say "In Christ, we are one body" (1 Corinthians 12:12-27)

5

Act in Love

Make a concrete choice to live differently:

- Listen longer before forming conclusions.
- Ask questions instead of assuming.
- Include others who are overlooked.
- Serve humbly even when it costs you something.