

ROMANS	LIVING BY RELIGION	LIVING BY THE GOSPEL
4	I obey, therefore I'm accepted.	
4	Motivation is based on pride and insecurity.	
4	When I am criticised I am furious or devastated because it is critical that I think of myself as a "good person". Threats to that self-image must be destroyed at all costs.	
5	My self-view swings between two poles. If and when I am living up to my standards, I feel confident, but then I am prone to be proud and unsympathetic to failing people. If and when I am not living up to my standards, I feel insecure, inadequate, and not confident. I feel like a failure.	
5	When circumstances in my life go wrong, I am angry at God or myself, since I believe, that anyone who is good deserves a comfortable life.	
5	My identity and self-worth are based mainly on how hard I work, how moral I am or how much I feel I have achieved. And so I can look down on (even disdain) those I perceive as lazy, immoral or deluded. Or I feel an insecurity or irritation in the face of those I perceive to be doing better than me.	
6	I seek to obey God in order to get things from God.	
6	My prayer life consists largely of petition and only heats up when I am in a time of need. My main purpose in prayer is to control my environment.	
1-8	Since I look to my own pedigree or performance for my spiritual acceptability, my heart manufactures idols. It may be my talents, my moral record, my personal discipline, my social status, etc. They are my functional saviour. I absolutely have to have them so they serve as my main hope, meaning, happiness, security, and significance, regardless of what I say I believe about God.	

LIVING BY THE GOSPEL

I'm accepted, therefore I obey.

Motivation is based on humble gratitude and joyful confidence in Christ.

When I am criticised, I can take it. I struggle, but it is not necessary for me to think of myself as a "good person" because I know that I am a sinner saved by grace. My identity is not built on my record or my performance but on God's love for me in Christ. I can take criticism.

My self-view is not based on a view of myself as a moral achiever. In Christ I am a justified sinner. I know I am so bad he had to die for me. And in Christ I am raised to resurrection life, loved by the Father as much as he loves Jesus himself. This leads me to deeper and deeper humility and confidence at that same time, neither swaggering nor snivelling.

When circumstances in my life go wrong, I struggle but I know my sin has been paid for by Christ on the cross, and that while God may allow this for my training, he will exercise his Fatherly love within my trial.

My identity and self-worth are centred on the one who died for his enemies and who was cut off from his Father for me. I am saved by sheer grace, so I can't look down on those who believe or practise something different from me. It is only by grace that I am what I am. I have no inner need to win arguments. I am just one beggar trying to show other beggars where I've found bread.

I seek to obey God because he is good and kind, and to delight & resemble him is fullness of joy.

My prayer life consists of generous stretches of praise and adoration. My main purpose is fellowship with God and dependence on him as my loving Father who is in control.

I have many good things in my life: family, work, spiritual disciplines, etc. But none of these good things is an ultimate end for me. None of them is something I feel I have to have, so there is a limit to how much anxiety, bitterness, and despondency such things can inflict on me when they are threatened or lost. Because I know that my security and satisfaction are found in the God who has rescued me and works in all circumstances for my good.