

Each day's entry in Whitefield's Diary is in two parts, one page per part. On the first page he listed the specific activities of his day, then he evaluated each on the basis of his fifteen questions. On the second page, according to his biographer, Arnold Dallimore, "He records any unusual activity throughout the day, but above all, gives expression to his inner self. The longings of his soul, a searching of his motives, severe self-reproach for the slightest wrong and bursts of praise to God, are all recorded without inhibition."

Have I ,

1. Been fervent in prayer?
2. Used stated hours of prayer?
3. Used spontaneous prayer each hour?
4. After or before every deliberate conversation or action, considered how it might tend to God's glory?
5. After any pleasure, immediately given thanks?
6. Planned business for the day?
7. Been simple and recollected in everything?
8. Been zealous in undertaking and active in doing what good I could?
9. Been meek, cheerful, affable in everything I said or did?
10. Been proud, vain, unchaste, or envious of others?
11. Recollected in eating and drinking? Thankful? Temperate in sleep?
12. Taken time for giving thanks according to (William) Law's rules?
13. Been diligent in studies?
14. Thought or spoken unkindly of anyone?
15. Confessed all sins?

-Donald S. Whitney's Spiritual Disciplines for the Christian Life (1991)