



CRI ALOUD | COMPANION WORKBOOK

Should Not a People Seek Unto Their God?

7 Biblical Questions for Testing Spiritual Experiences

Source materials prepared by Anthony A. Jones

Face the record. Test by Scripture. Respond only to what is true.

The event and its explanation

Describe one experience in ordinary, factual words. What happened, and what did you directly observe?

On a separate line, record the meaning later assigned to it. Who supplied that explanation? Which details are firsthand? Which come from someone else? Which remain uncertain? The intensity of an experience does not by itself establish the truth of its interpretation.

Who is interpreting it?

Name the teacher, tradition, worldview or authority shaping the explanation, if known. What is the specific claim? What support has been offered? What would you need to check?

Are you being invited to accept an interpretation because of its intensity, novelty or emotional force? Describe the claim without diagnosing its source.

The offer and the next expectation

What is being offered: knowledge, power, healing, identity, belonging, guidance, or something else?

What is expected next: a practice, promise, secrecy, initiation, payment or commitment?

Which expectations were stated explicitly? Which did you infer?

What question should be answered before you take another step?

Read the biblical standard in context

Read Isaiah 8:19-20 and one additional reference from guide page 2 in context.

What is the passage addressing? What does it instruct the reader to do?

How does the specific interpretation you recorded agree or conflict with that instruction?

What remains uncertain? What further study or counsel is needed?

Do not use the worksheet as a method for diagnosing an unseen cause of illness or distress.

Does power settle the question?

Revisit the guide's question about spiritual power. Does the experience itself answer whether the interpretation agrees with Scripture? Explain your answer using the passage you studied.

What evidence would change your present understanding?

What conclusion should you avoid until you know more?

A truthful response

What response does Scripture call you to in relation to the facts you can establish?

Write one next step that seeks God and remains truthful. If a real conflict is established, describe what you need to reject or change without inventing personal guilt.

What pastoral support or qualified professional help would be appropriate?

What should remain an open question rather than become a claim?

Return to the record

Review your first answers after studying the guide. What can you now establish? What remains uncertain? What is one faithful, proportionate next step? Who can help you examine an unresolved question?

My next step:

When I will revisit it:

What I need to verify:

Keep your answers private. This workbook is for biblical education, reflection and discipleship. It does not diagnose a spiritual, medical or mental-health condition. Prayer and biblical study do not replace necessary qualified professional care. Mark uncertainty honestly; do not turn an unanswered question into an accusation.

FROM
DARKNESS
TO
TRUE
LIGHT

A SAFER
BRIGHTER
TOMORROW



*"Your word
is a lamp to my feet
and a light
to my path."*

PSALM 119:105

BIBLICAL SPIRITUAL WARFARE • IDENTITY IN CHRIST • PRAYER • RESTORATION

Continue with CRIALOUD

From Darkness to True Light

Biblical answers. Real questions. A safer tomorrow.

TRUTH
FREEDOM
RESTORATION
A MORE
ABUNDANT LIFE



Website — crialoud.ca



YouTube — youtube.com/@crialoud



Ask Anthony — crialoud.ca/contact/



Instagram — instagram.com/crialoud



TikTok — tiktok.com/@crialoudministry



X — x.com/CRIAloudMission



Facebook — facebook.com/crialoud

Follow. Watch. Learn. Ask. Be Part of the Mission.

Truth • Freedom • Restoration

Truth for today. Hope for tomorrow.

CRI ALOUD | Should Not a People Seek Unto Their God? | Companion Workbook | v0.2

(c) 2026 CRI ALOUD | Prepared by Anthony A. Jones

Biblical teaching and discipleship resources are not substitutes for necessary medical, mental-health, legal, emergency, or other qualified professional care.