

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

1) Do I truly love God?

Mark 12:30-31

John 4:34

John 14:21

John 21:15-17

Psalms 63:1-2

Is my heart profoundly and continually amazed at his grace in accepting me into a personal relationship?

Does God truly have first place in my thoughts, decisions and time?

Do I thirst for God and his Word?

Is my “food” to do the will of God and finish his work?

Specifically, how would he know by my attitudes, thoughts and actions that I love him?

Is it possible that “other loves,”—my work, comfort, knowledge, control over others, recognition by others, security, possessions (or those I want to possess), appearance, dreams or ambitions—are really more significant in my thoughts, decisions, activities, time priorities and planning?

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

2) Are my motives Biblical?

Psalm 139:23-24

Jeremiah 17:9

Proverbs 16:2

1 Corinthians 10:31

In all that I do, is my fundamental motivation to please and glorify God?

Do I regularly examine my motives behind the things I say and do—to see if they are self-centered?

Am I making decisions, involved in activities, saying things and doing good things for the wrong reasons? To feed my ego? To improve or protect my image? To further my personal agenda?

To contribute to one of the “other loves” in the first question? [question from last week – *Is it possible that “other loves,”--my work, comfort, knowledge, control over others, recognition by others, security, possessions (or those I want to possess), appearance, dreams or ambitions—are really more significant in my thoughts, decisions, activities, time priorities and planning?*]

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

3) Am I guarding my heart?

Proverbs 4:23

1 Samuel 16:7

Colossians 3:1-2

Matthew 5:6, 8

Matthew 15:18-20

Philippians 4:6-7

What characterizes my heart? God's supernatural peace, joy, love and hope?

Or a spirit of criticism, superiority, discontent, covetousness, anxiety, lust or anger?

Do I tolerate certain sins of the heart?

Do I accept some sin as normal or inevitable for me?

Is it possible that I am content with superficial obedience that satisfies the moral rules and only fulfills the expectations of other people?

Is becoming holy as God is holy a deep concern in my spirit?

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

4) Is my humility genuine?

Matthew 5:3

1 Peter 5:5-6

Philippians 2:3-4

Psalms 51:17

Romans 12:1

John 15:5

While I rejoice in the position and privileges of belonging to God and his family, am I also conscious of the needs, faults, weaknesses, and spiritual poverty of my soul?

Have I recently experienced the broken and contrite heart that is pleasing to God?

Does the criticism of others destroy my spirit and do I feel that I must defend my actions?

Do I carry resentments because of the way I have been treated?

Do I need the respect, affection and attention of those around me in order to be joyful and peaceful?

Is it normal for me to give the prominent place to others, even when they are not aware of it?

Do I treat those around me with respect, love and attention?

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

5) Is transformation taking place in my heart?

2 Corinthians 3:18

Romans 12:2

Galatians 4:19

1 Peter 1:15-16

2 Peter 1:4-9

Is my heart constantly being changed in the direction of Christ's image?

Am I conscious of specific qualities and virtues that most need to be strengthened in me?

Am I praying for and actively seeking change in those motives, attitudes, thought, ambitions, talk and conduct?

What am I doing to cooperate with God in this process?

Are there virtues which God has strengthened in the last months? What are they?

Is it evident to others that I am learning moderation and control of destructive emotions and speech?

Am I gaining the victory over thoughts of criticism, discontent, impurity and anger? Which of these gives me more problem?

How can I cooperate with the process of change that God wants to make?

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

6) What does my heart say is my true identity?

Ephesians 1:3-14

:3-6

:7-10

:11-12

:13-14

Ephesians 2:10

Romans 8:28 (**Romans 8:26-30**)

Hebrews 4:16

Hebrews 10:19-22

2 Thessalonians 2:13-14

1 Peter 2:9-10

Am I convinced and joyful that God loves me?

Does my mind and heart honestly believe that my true identity is my relationship with God and my new position in Christ (forgiven, a child of God, sanctified, belonging to his family, the Holy Spirit in me, access to God)?

Or do my thoughts, my value and my reputation circle around my work, my home, my car, my appearance, my performance, what I accomplish—especially what others see and admire?

Does my exalted identity in Christ lead me to be more conscious of my spiritual needs of growth and change?

Or do I permit the identity that God has given me by grace to breed indifference and apathy regarding spiritual issues and character change?

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

7) Do I sincerely love my neighbor?

Mark 12:31

Leviticus 19:18

1 Peter 3:8-12

Romans 12:14-18

1 Peter 5:(1-2) 3-6 (7)

Philippians 2: 3-4

Colossians 3:12-16

Do I sincerely love my neighbor—those who live close by, the people in the stores and the offices, the leaders and members of my church and my co-laborers—even when they don't agree with me?

Are my friendships truly focused on others or on fulfilling my needs?

Are my relationships characterized by openness, love, patience, submission, attention to what others say, forgiveness and confession of mistakes, offenses and sins?

Do my relationships draw others to God?

Are there barriers in my relationship with some one because of an attitude or conduct on my part?

Do Christians and others feel that I love them and am available to help them?

Are there non-Christians that are attracted to me and have confidence in me?

Is there someone to whom I give the opportunity to edify my life on a regular basis?

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

8) How is the contentment factor?

Philippians 4:11-13

1 Timothy 6:6-8

Philippians 4:11-13

1 Peter 1:6-8, 9

1 Peter 2:18-24

James 1:2-4

1 Thessalonians 5:16-18

Am I content, thankful, amazed and joyful in the midst of the life, the place, the position, the people, the conditions, the opportunities and the ministry in which God has placed me?

Contentment is evidence that I am submitted to God and accept his perfect will. How do I react to delays, obstacles, testing, hard work, sacrifices and other challenges in my life?

Can I trust God in the midst of affliction, injustices, disappointment and failures?

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

9) What is the measure of my integrity?

in·teg·ri·ty—*noun*

1. adherence to moral and ethical principles; soundness of moral character; honesty.
2. the state of being whole, entire, or undiminished: *to preserve the integrity of the empire.*
3. a sound, unimpaired, or perfect condition: *the integrity of a ship's hull.*

meas·ure - *verb (used with object)*

- to ascertain the extent, dimensions, quantity, capacity, etc., of, esp. by comparison with a standard: *to measure boundaries.*
- to mark off or deal out by way of measurement (often fol. by *off* or *out*): *to measure out two cups of flour.*
- to estimate the relative amount, value, etc., of, by comparison with some standard: *to measure the importance of an issue.*
- to judge or appraise by comparison with something or someone else: *to measure Corneille against Racine.*

Ephesians 4:22-30

Colossians 3:8-15

Galatians 5:19-23

Romans 2:1-8

2 Peter 1:8-11

Do I tolerate an area of disobedience or rebellion against God's will?

Do I ask God to make me sensitive to recognize such a sin in my life?

Are honesty, truthfulness, sexual purity and submission to authority part of the fabric of my character?

Under what conditions am I tempted to compromise them?

Do I teach truths to others that are not genuinely a part of my life experience and my relation with God and others?

Am I more tolerant and patient with myself than with others?

Does my spouse or other close Christian friend judge my walk with God to be authentic and consistent?

Do others, including non-Christians, see evidence of joy, peace love, holiness and hope in my life?

10 QUESTIONS

TO DIAGNOSE MY SPIRITUAL HEALTH

- 10) Do I believe God and live in radical dependence on him?
[or do I live in Inter-dependence on Him and in The Body?]

2 Corinthians 3:5-6

John 15:1-10

Matthew 26:41

Ephesians 4:11-16

1 Corinthians 12:4-11

Colossians 1:25-29

Do I believe that God loves me so much that he can and will make changes in me as I cooperate with him?

When I fail, do I truly believe that he continues to love me and is ready to lift me up, help me and use the experience to mold my heart?

Am I truly convinced of Jesus' words, "apart from me you can do nothing" (that bears fruit for him)?

What is the evidence that I truly depend on God and that my faith is growing? My life of prayer? My contentment in him? Accepting trials? Trusting him who judges righteously? The risks I take in serving him? Not manipulating people and events? Leaving the outcomes to him? New steps of obedience? Peace about the future?

Do I accept God's wisdom and strength that he sends through others?

Do I seek and accept the help and support of others?

Do I really listen to counsel or criticism?

Am I teachable?

Do I learn and seek change—even when it requires confessing an error or accepting differing ideas?