



Every Day
with Jesus

Spiritual

HEALTH CHECK

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It's so easy for us with the pressures of contemporary society to allow the foundational disciplines of the Christian life to slip. The purpose of this Spiritual Health Check is to give you a tool to help you evaluate how these disciplines work out in your own life. Over the page is a spiritual checklist with some statements you are asked to carefully ponder. Ask yourself: 'Is this statement true in my life and experience?' Evaluate your response and score yourself on a scale of 1-5.

Growth in the Christian life comes through awareness. Once we develop that awareness of the spiritual deficiency, we can commit ourselves to change with the help of the Holy Spirit and the application of God's Word. Before you commence the checklist, pray the prayer of the psalmist:

'Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.' Amen.

Psalm 139:23-24

SPIRITUAL CHECKLIST

When you read the statements where it says 'Do I ...?', replace 'I' with your own name; so instead of reading 'Do I ...?' you would try to read it more objectively by saying: 'Does John ...?' Respond to the statements on a scale of 1-5. 1 = No, negative, never, poor, and 5 = Yes, positive, always, good. When it is sometimes yes, sometimes no, you would score yourself 3, however it is best to avoid 3 wherever possible. For your own Bible study there are encouraging verses to read. If you want to, you can add up the score at the end of the exercise.

Code	Statement No.	1-5	Encouragement verses
D	1. Do I consider myself a disciplined person?		Psa. 94:12-13
P	2. Do I have confidence in God's ability to hear and answer prayer?		Matt. 21:22
ST	3. Am I able to manage my time effectively?		Eccl. 8:5-6
SF	4. Do I think that evangelism is important?		Rom. 10:12-15
FO	5. Do I find it easy to forgive others?		Matt. 6:14
PE	6. Am I able to finish a task once I have started it?		2 Tim. 4:7-8
FA	7. Do I understand the purpose of fasting?		Isa. 58:6-8
SO	8. Do I find it easy to relax, rest and take time out from activity?		Jer. 6:16
W	9. Am I able to differentiate between what God does and who God is?		1 Chron. 16:9-12
SF	10. Do I find it easy to share my testimony?		Matt. 10:32
D	11. Do I agree with the statement: 'Godly people are disciplined people'?		Psa. 4:3
SI	12. Can I resist the variety of voices calling for my attention?		Rom. 12:2
D	13. Do I acknowledge the part the Holy Spirit can play as the divine Enabler in self-discipline?		1 Cor. 3:16
SR	14. Do I spend time practising the art of biblical meditation?		Josh. 1:8
SF	15. Have I shared my faith with someone in the last month?		Prov. 11:30
FO	16. Am I willing to recognise and confess my own failures?		1 John 1:9
D	17. Do I participate regularly in godly disciplines of the soul?		1 Tim. 4:8
SR	18. Am I a regular reader of and listener to the Bible?		Rev. 1:3

Code	Statement No.	1-5	Encouragement verses
ST	19. Do I use my talents and make them readily available?		1 Pet. 4:10
PE	20. Am I able to withstand distractions from the task by other things?		Heb. 12:1-2
FA	21. Do I spend more time in the 'upper room' rather than the 'supper room', fasting not feasting?		Luke 12:22-23
SR	22. Am I part of a regular Bible study group?		2 Tim. 2:15
ST	23. Do I handle my material assets well?		Matt. 25:21
FO	24. Am I able to be honest about bitterness and resentment?		Heb. 12:15
P	25. Do I spend time daily in prayer?		Col. 4:2
SI	26. Is the pattern of my life uncomplicated?		1 Pet. 5:7-8
PE	27. Am I able to stick to something without giving up easily?		Phil. 3:12-14
SI	28. Am I content to live a simple lifestyle?		Phil. 4:11-12
SO	29. Do I ever withdraw to a solitary place for communion with God?		Psa. 46:10
W	30. Do I find it easy to worship God?		John 4:24
D	31. Do I find the area of self-discipline something I am willing to embrace?		Phil. 2:12
W	32. Do I find it easy to appreciate the worthiness of God?		Isa. 40:25-26
P	33. Am I willing to give up something else to spend more time in prayer?		Luke 18:1-8
SO	34. Can I function well without the need to always be with people or involved in activity?		Eccl. 3:9-11
FA	35. Have I ever entered into a period of fasting?		Matt. 6:16-18

SCORES

35-49 Reveals honesty - The place God will always meet with us
 50-74 Shows awareness - The beginning of all potential growth
 75-100 Underlying progress - The basis of healthy Christian living
 100-125 Denotes Christian growth - This always leads to fruitfulness
 125-149 Shows Christian maturity - This denotes godly influence
 150-175 Reveals deep spirituality - This displays Christlike character
 175- You must be answering this in heaven

SPIRITUAL DEVELOPMENT

From the previous exercise select the statements where you have scored below 3. Record here statement number/code _____

SR = Scripture Reading	P = Prayer	D = Discipline	W = Worship	SO = Solitude	ST = Stewardship
SF = Sharing Faith	SI = Simplicity	FA = Fasting	FO = Forgiveness	PE = Perseverance	

DISCIPLINE I STRUGGLE WITH	MY ACTION PLAN	IMPLEMENTATION SCHEDULE	PROPOSED OBJECTIVE
List in this column from the above numbers and codes the discipline you need to work on	Write in this column what you plan to do about it	Decide a time to do it; don't be overambitious but realistic	State what your expectations are in this column

There are two dangers with an exercise like this. One is that as we do it we can be too easy on ourselves or, on the other hand, we can be too hard on ourselves. The key is to be honest and to ask the Holy Spirit to speak to us as only He can. The other danger is that when we have completed it, if we feel that we have done well, we allow our spiritual pride to swell and feel

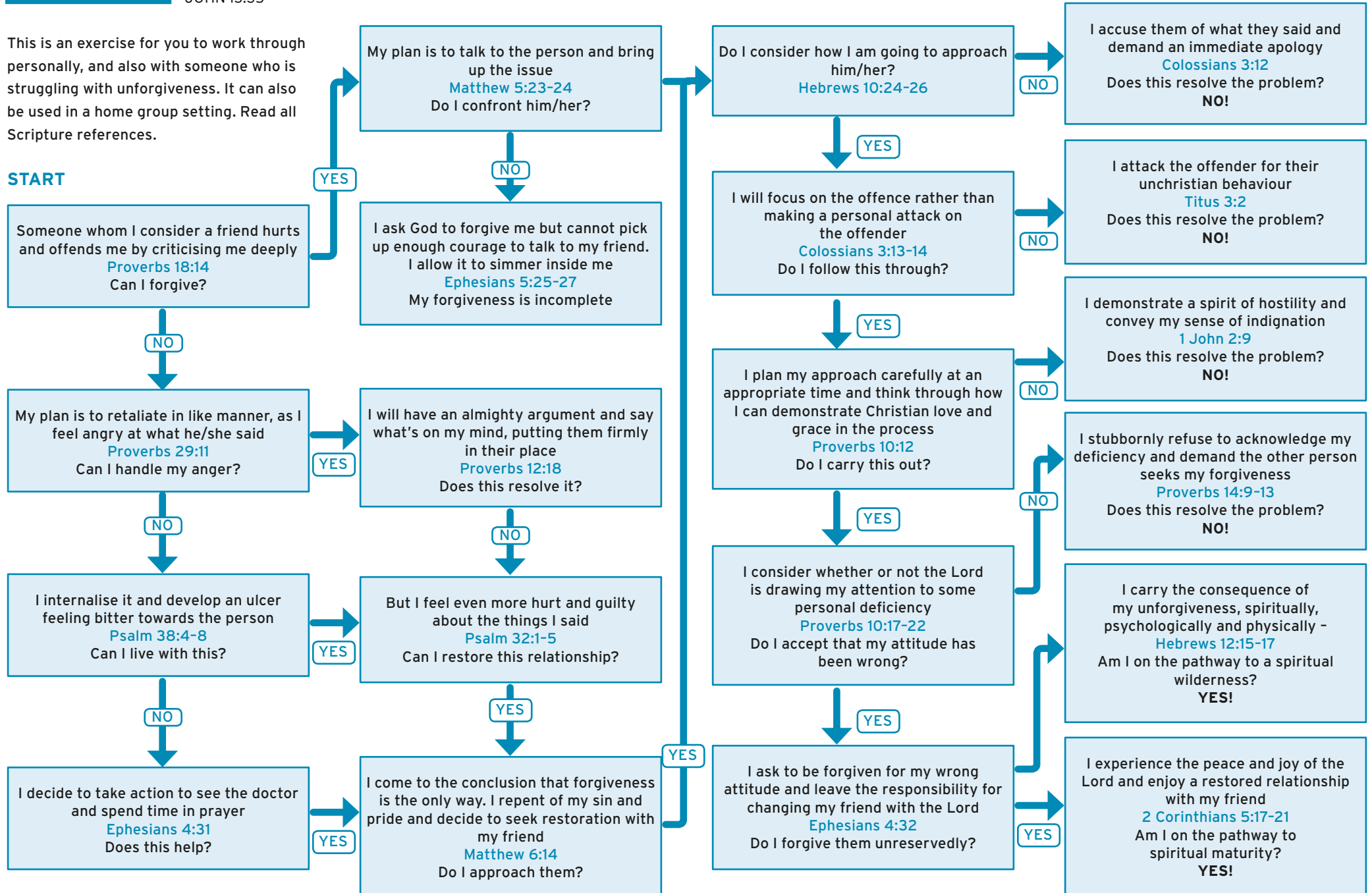
rather smug or, if we feel that we have done badly, we can sink into spiritual despondency. Remember the object of any exercise like this is not to bring condemnation or self-belittlement but to stimulate spiritual growth and development.

PATHWAY TO FORGIVENESS

A KEY DISCIPLINE FOR EFFECTIVE
DEMONSTRATION OF CHRISTIAN LOVE.
JOHN 13:35

This is an exercise for you to work through personally, and also with someone who is struggling with unforgiveness. It can also be used in a home group setting. Read all Scripture references.

START



QUOTABLE QUOTES ON THE EXERCISES OF THE SOUL

DISCIPLINE

'Character is not a single quality but a three dimensional achievement built on discipline, direction and dedication.' Kenneth L. Wilson

SCRIPTURE READING

'No man is uneducated who knows the Bible and no one is wise who is ignorant of its teachings.' Samuel Chadwick

PRAYER

'Before we can pray "Lord thy kingdom come" we must be willing to pray "My kingdom go".'
Alan Redpath

WORSHIP

'We have become so engrossed in the work of the Lord that we have forgotten the Lord of the work.' A.W. Tozer

SOLITUDE

'Be still, and know that I am God ...' Psalm 46:10

STEWARDSHIP

'If there is something you own that you couldn't give away, you don't own it, it owns you.'
Albert Schweitzer

SIMPLICITY

'There is no power on earth that can neutralise the influence of a high, pure, simple and useful life.' Booker T. Washington

SHARING FAITH

'Dost thou see a soul with the image of God in him? Love him, love him. Say to thyself: "This man and I must go to heaven together someday."' John Bunyan

FASTING

'Many Christians are surprised to discover the prominence of fasting in the Bible. Most of us have probably never seriously considered fasting as part of Christian living.' Ronald Dunn

FORGIVENESS

'The only true forgiveness is that which is offered and extended even before the offender has apologised and sought it.' Søren Kierkegaard

PERSEVERANCE

'The man who removed the mountain started by carrying away small stones.' Chinese proverb

'Life is a grindstone and whether it grinds a man down or polishes him up depends on the stuff he is made of.'
Josh Billings

