

Spiritual Check-Up

Sometimes you go to the doctor because you are sick. Sometimes you go just to see how healthy you are. Whatever the reason, nobody likes going to the doctor. Sometimes doctors ask you to do something that makes you feel uncomfortable, e.g., "take off your clothes," "fill up this bottle," "bend over and cough." Not much fun.

On the other hand, it's not much fun to be sick. And, an occasional check-up or physical can help us to keep ourselves healthy. Knowing that doesn't make the visit any more fun, but it does remind you why it's necessary.

You're getting ready to take a test that will provide a check-up of your spiritual life. I promise you that you can keep your clothes on, you won't have to bend over, and you won't have to fill any funny bottles. But, it still may be a little uncomfortable. You may feel the pressure of some probing questions, or you may feel the pain of some areas that you don't like thinking about.

Your honesty is important in this examination. Nobody is going to see your answers. This is to give you a check-up of your life.

Pulse

Are you a Christian?_____ Describe your relationship with Jesus Christ.

On a scale of 1 to 10 (1 = potential axe murderer, 10 = Mother Teresa) how would you rate your relationship with Jesus Christ?_____

Why?

Red Blood Cells: carry the oxygen that prevents anemia and sluggishness

1. Devotional Life

Do you spend any time during the week reading the Bible or praying on your own?_____ How often do you do this?

_____ Would you like to see these times get better?_____

What do you think is keeping these devotions/quiet times from being all they could be?

2. Relationships (that keep the arteries open)

In what way do you feel that you and God have a friendship together?

____ I pass Him in the hallways of my life and I barely wave.

____ Yeah, He knows me and I know Him, but that's all.

____ We talk when we are together but not so much otherwise.

____ I wish we were closer so I'm working on it.

____ I can't wait to talk to Him about everything.

Do you have a church fellowship where you try to regularly take part in Sunday worship? _____

On a scale of 1 to 10 (like above), how do you rate your relationship with your parents right now? _____

On a scale of 1 to 10 (like above), how do you rate your relationship with your friends right now? _____

White Blood Cells: disease fighters for inner spiritual cleansing and renewing

How does your faith in Christ affect your ability to be accepting, loving and forgiving?

How do you deal with feelings of guilt?

____ I don't, who cares.

____ It keeps me up at night.

____ I don't think I can be forgiven.

____ Guilt gets me for a short time until God and I work it out.

Brain Scan: check out your mind

How would you describe your understanding of the Bible? Pick one.

____ Bible? What Bible?

____ Every version I read reads like the King James Version. I don't understand it.

____ I can't ever find anything I need when I need it.

____ I'm okay with the New Testament but the Old Testament is too strange.

____ I think I'm beginning to get more out of the Bible when other people teach or speak from it.

____ I'm a regular Bible whiz kid.

How well do you feel you understand the basics of the gospel? Try to write a simple answer to the following questions?

1. What is sin?
2. What are the effects of sin?
3. How does God deal with our sin?
4. How does God offer us the gift of life with Him?
5. Why does God offer us the gift of life with Him?
6. How do you receive this gift?
7. Who is the Holy Spirit?
8. How does the Holy Spirit fit in all this?
9. Of the following church terms, which ones can you not explain.? Circle.
sanctification justification grace
faith confession repentance

Say “Ahhhh”: a look at the tongue

Would people who know you say that you spend more time

- ___ encouraging people
- ___ competing with other people
- ___ teasing/putting down other people
- ___ ignoring other people?

What are some of the ways you build people up by what you say?

What are the situations in which you are most tempted to tell a lie?

What types of situations trigger in you the temptation to cut someone down either in jest or anger?

Would your friends consider you a person who enjoys giving or receiving gossip?

Reflex Check

How are you responding to some of the people around you who rub you the wrong way?

How do you respond to some of the needs around your friends?

How do you respond to some of the needs in your family?

How do you respond to some of the needs around the world?

How do you tend to respond to failure?

How do you tend to respond to success?

How do you respond to pressure at home or school?

Eyes

What kind of vision do you have for how God might use your future?

What are some of the blindspots in your life that seem to keep getting you in trouble?

What guidelines do you use in trying to think about what kinds of movies and TV shows are healthy for you to watch?

Hands

In what ways are you involved in meeting the needs of others?

What kinds of pressures keep you from working against injustices and other wrongs that you see around you?

How willing are you to turn your financial decisions and choices over to God?

How well is your Christian commitment expressed in your giving to the church?

Hearing

At what times do you feel like you can really hear God speaking to you?

What kind of things keep you from better hearing God's will in your life?

What other voices and sounds in your life might be drowning out what God wants you to hear?

Feet

The Christian life is more of a marathon than a sprint. How would you describe your ability to go for the long haul?

What kind of "weights" keep you from running full speed ahead for God? What is holding you back or tempting you to go off course?

Compared to where you were in your spiritual life one year ago, how would you rate your progress? Mark your spot on the line.

your life 1 year ago
backward

forward



Probing the Heart

What priorities in your life bring you closer to God?

What priorities in your life might move you further away from God?

How are your relationships with friends affected by your commitment to Christ?

How are your relationships with your family affected by your commitment to Christ?

How are your relationships with boys or girls affected by your commitment to Christ?