

10 questions to diagnose your spiritual health

Do You Thirst for God?

Introduction:

A Trip to the Doctor's Office

- Anyone have an annual check-up?
 - What sort of things happen at an annual check-up?
 - Test, lab work, and lots of questions
- Questions help diagnose, Questions help to understand history, Questions help....

Spiritual Diagnosis

- The aim of the book's questions is to help diagnose spiritual health.
 - So the questions focus on key areas of spiritual health
 - Bible study, prayer, forgiving, etc
- ***2 Corinthians 13:5, "Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!"***

- None of us have fully arrived – all are to be continually growing up into Christ and this involves examination.
- ***Ephesians 4:15, “grow up in all things into Him who is the head – Christ.”***

Chapter 1: Do I Thirst for God?

- ***Psalm 63:1, “O God, you are my God; I shall seek You earnestly; My soul thirst for You, my flesh yearns for You, in a dry and weary land where there is no water.”***
 - Have you ever been really thirsty?
 - Maybe after exercise, maybe on a hot day, maybe after eating a lot of bread
 - Have you ever had to wait to satisfy your thirst?
 - You’ve exercised hard and there isn’t any water around.
 - You’ve been outside on a hot day without any water.
 - When you finally get water, what do you do?
 - Drink down a whole glass.
- Here the Psalmist is saying that he thirst for God more than he thirst for water in desert land where there is no water.
 - How is a thirst for God a marker for spiritual health?
 - Has there ever been a person that you couldn’t wait to see?
 - You thought about them throughout the day and you were looking forward to seeing them and spending time with them.
 - That person does something that satisfies our heart
 - This is the kind of thirst we are to have for God.
- What would we surmise about a person that doesn’t have a thirst for God?
 - They don’t know God and don’t know of His goodness.
 - They have been wayward and quenched their thirst.
- Have you ever heard that there’s a God-shaped hole in every heart?
 - Do you think that every person has some sort of thirst for God?
 - “Thou hast made us for Thyself, and our hearts are restless until they find their rest in Thee.” Augustine
 - ***Romans 3:10-11, “as it is written: “None is righteous, no, not one; ¹¹ no one understands; no one seeks for God.***
 - Maybe they have mis-guided desires. They search for love and acceptance in others, not knowing it’s a desire for God.
- So many chase after so many things, thinking it will satisfy, but only God truly satisfies.

- Sin may bring satisfaction for a moment, but it leaves us empty
 - If you drink salt water, it may wet your mouth, but it doesn't satisfy any thirst; in fact, it makes you thirstier, and you keep drinking to the point of sickness.
 - ***Jeremiah 2:12-13, "Be appalled, O heavens, at this; be shocked, be utterly desolate, declares the LORD, ¹³ for my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water.***
 - A broken cistern has cracks, holes, and gaps in it. If you pour water into a broken cistern fast enough, it will hold water for a moment, but ultimately, it will run dry.
 - Only God is the fountain of living water, that truly satisfies.
 - ***John 4:13-14, "Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴ but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."***
 - Do you know what a spring is?
 - It's where water comes up from the ground.
 - But here's the thing about springs. If you put enough dirt on top of the spring, you will eventually get dry ground. You can bury the spring.
 - And the source of the spring can dry up.
 - But Jesus is an eternal spring; He will never dry up. But we can bury His life-giving water beneath a lot of dirt, to the point that we dry up.
 - Ephesians 4:30, "do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption."
 - It is possible for the Christian to grieve the Holy Spirit, to become numb to the voice, presence, and promptings of God.
 - Fortunately, we are sealed for redemption. He will not leave us or forsake us, but we will miss out on so much life if we quench Him.
- A lack of a thirst for God points out that we either don't know God or that we've quenched Him.
 - In both cases, Jesus invites us to Himself to drink of His water.
 - The lost person must place their faith and life in Jesus, turning over control to Him.
 - And the Christian must renew their faith and re-submit everything to Him.
- ***Psalm 107:4-9, "Some wandered in desert wastes, finding no way to a city to dwell in; ⁵ hungry and thirsty, their soul fainted within them. ⁶ Then they cried to the LORD in their trouble, and he delivered them from their distress. ⁷ He led them by a straight way till they reached a city to dwell in. ⁸ Let them thank the LORD for his steadfast love, for his wondrous works to the***

children of man! ⁹ For he satisfies the longing soul, and the hungry soul he fills with good things.”

- Praise the Lord, He satisfies!

- So, what can we do to help our thirst?
 - Just like a pizza commercial can make you hungry for pizza, there are things we can do whet our thirst for God.
 - Develop spiritual disciplines that put God and His goodness in front of you: prayer, bible reading, worship, media, etc.
 - Must also be careful to starve other influences
 - If there are things that feed your flesh, then we must eliminate them