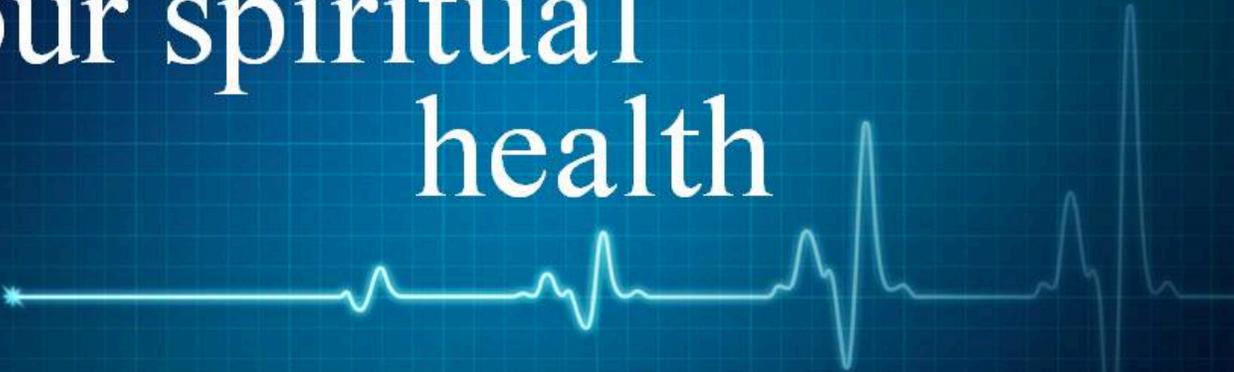


10 questions to diagnose your spiritual health



Do you yearn for heaven

Recap:

- Our aim is spiritual diagnosis, to see how spiritually healthy we are, to see what areas need attention in our lives.
 - So, just as a doctor asks questions to help diagnose physical health, we are asking questions to diagnose our spiritual health.
- Do you remember question 1?
 - Do you thirst for God?
 - How often do you experience a longing for God? Do you want to know Him more?
- Question 2? Are you increasingly governed by God's Word
 - God's word should control and influence our lives
- Question 3: are you more loving
 - Do we have a genuine affection for others and do we express love in tangible ways
- Question 4: are you more sensitive to His presence
 - A growing and maturing Christian is more and more aware of God's presence throughout the day and moments of life, following the leading of the Holy Spirit.
- Question 5: do you have a growing concern for the spiritual and temporal needs of others.

- Question 6: do you delight in the bride of Christ
 - Do you have a genuine joy and affection for the church?
- Question 7: are the spiritual disciplines increasingly important to you?
 - Are you disciplined as to grow in faith and godliness?
- Question 8: do you still grieve over sin?
- Question 9: Are you a quicker forgiver?

Chapter 10: Do you yearn for Heaven and to be with Jesus?

- How often do you think the average Christian thinks about Heaven? What about the non-Christian?
 - I don't think it's all that often, at funerals or with the occasional prompting.
- When someone thinks of Heaven, what do you think they think about?
 - Streets of Gold and luxuries? Flying around on clouds? Being reunited with loved ones? Worship?
- Why do you think that many Christians don't think about Heaven much?
 - Too comfortable on earth? Distracted by worries of life? Poor spiritual health?
- How much we yearn for Heaven and what we anticipate in Heaven are diagnostics of our spiritual health.
 - There are several scriptures that indicate a healthy Christian longs for Heaven, longs to be with Jesus, and longs for our redemption to be complete.
 - ***Romans 8:23, "And not only this, but also we ourselves, having the first fruits of the Spirit, even we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our body."***
 - We have the Spirit now. We can know the fullness of life, but it's still incomplete. There is still something more to long for, to be with the Lord.
 - ***2 Corinthians 5:2, "for indeed in this house we groan, longing to be clothed with our dwelling from Heaven."***
 - ***2 Peter 3:11-12, "Since all these things are to be destroyed in this way, what sort of people ought you to be in holy conduct and godliness, looking for and hastening the coming of the day of God..."***
 - There is a way that we ought (must) live in light of the reality of His Coming. We ought to look forward to His return and work to hasten His coming.
 - Consider this quote from Jonathon Edwards, the great American revivalist in the 1700s.
 - ***"The enjoyment of God is the only happiness with which our souls can be satisfied. To go to Heaven, fully to enjoy God, is infinitely better than the most pleasant accommodations here. Fathers and mothers, husbands, wives, or children, or the company of earthly friends, are but shadows, but God is the***

substance. These are but scattered beams, but God is the sun. These are but streams, but God is the ocean."

- Do you enjoy God more than anything else? If He is your enjoyment than you will long to be fully with Him
- Our Main Scripture Focus is ***Philippians 1:15-26***, where we see 3 truths that will aid in our longing for Heaven and Jesus.
- **Set Your Hope in Heaven**
 - He writes in **v20** that he had an earnest expectation and hope
 - Earnest expectation (apokaradokia from apo = from + kara = the head + dokeo = look, watch) is a picturesque Greek word which literally means to watch with one's head erect or outstretched and so to direct attention, with intense expectation and earnest watching.
 - Apokaradokia was used in Greek writings to describe the alert watchman who peered into the darkness, eagerly looking for the first gleam of the distant beacon which would announce the capture of Troy. Paul's heart attitude here is that of a concentrated, intense, confident waiting or watching which is closely related to the concept of hope.
 - His hope was not on this earth, but it was Christ. He anticipated being delivered from his present circumstance, but that was not his hope. His hope was that Christ would be honored in his life or his death.
 - He did not fear death, as **v21** clearly states – death would be gain for him.
 - How can death be gain? So many are fearful of death, but not Paul, not the healthy Christian – death is gain, because we our hope will be fulfilled.
 - So, we live with our face set toward that hope, we live with eager expectation of it.
- **Set Your Mind Above**
 - In **v23**, he writes about being hard-pressed between 2 options: to depart and be with Christ or to remain and labor for others spiritual knowledge and health.
 - Both are good options, but one trumps the other, to depart and be with Christ is "very much better."
 - What we see is a life operating on Heavenly values, not earthly values.
 - Colossians 3:1-2 clearly tell us to set our minds on things above
 - ***"Therefore, if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth."***
 - Those who have been raised with Christ seek things above, where Christ is. We set our minds, giving it proper focus and making Heavenly values the rule of our life.
- **Set Your Life Apart**
 - In **v16**, he writes about being appointed for the defense of the Gospel.

- This word appointed was often used in military settings, used of a special assignment, such as guard duty or defense of a strategic position - the soldier was placed (set) on duty
 - Paul understood what every Christian must understand, that we are appointed for a life set apart for the Gospel.
 - ***2 Corinthians 5:20, "therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God."***
 - Every Christian is an ambassador for Christ.
 - You have an appointment from God, to be used by Him so that others would come to know Christ and that they would grow in their faith (**v25**).
- Consider what Pastor John Piper said about Heaven
 - Imagine that in Heaven all your wants and wishes would be fulfilled. In Heaven would be all your favorite foods, all your favorite activities, all your favorite people. BUT. Jesus isn't there. Would you still want to go?
 - Are we longing more for the comforts of Heaven than for Jesus
 - That's why Whitney asks, do you yearn for Heaven and to be with Jesus
 - And this is the spiritual health diagnostic
 - ***"For to me, to live is Christ and to die is gain." V21***