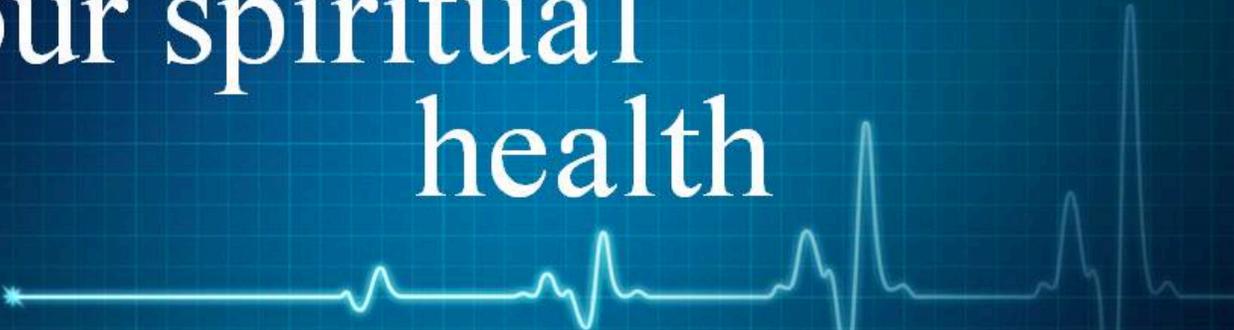


# 10 questions to diagnose your spiritual health



## Are you more loving?

### 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

### Chapter 4: Are you More Sensitive to God's Presence?

- How have you experienced God's Presence?
  - Where His presence seemed so real and present
  - During a worship service, a time of prayer, fasting, Bible study...

- God wants us to be aware and sensitive to His presence
  - Not mysticism but an active awareness
  - The Lord promises His indwelling presence
  - *Jn 14:16-17, “And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.”*
  - *Ephesians 3:14-19, “For this reason I bow my knees before the Father, <sup>15</sup> from whom every family in heaven and on earth is named, <sup>16</sup> that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, <sup>18</sup> may have strength to comprehend with all the saints what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.”*
- So, if the Lord indwells; if the Lord wants us to be actively aware of His presence, then this question is a good spiritual diagnosis
  - Not that we should get goosebumps daily or regularly, but there should be a regular and abiding realization and awareness of His presence
- To increase your sensitivity, remind yourself that God is ever present
  - *Proverbs 15:3, “the eyes of the Lord are in every place, keeping watch on the evil and the good.”*
  - *Jeremiah 23:23-24, “Am I a God at hand, declares the LORD, and not a God far away? <sup>24</sup> Can a man hide himself in secret places so that I cannot see him? declares the LORD. Do I not fill heaven and earth? declares the LORD.”*
  - There is nothing hidden from God (see also Psalm 139:7-12). He knows all; He sees all.
- To increase your sensitivity, focus on walking with the Holy Spirit
  - *“If we live by the Spirit, let us also walk by the Spirit.” Galatians 5:25*
  - I prefer to have Madison hold my hand, when we are out in public, so that she won't get separated. She gets easily distracted by other people and things going on around her. When she's not holding my hand or paying close attention to me, she can easily get separated.
    - Once in a store, I saw her getting distracted and knew she wasn't watching me, so I stepped aside, where she couldn't see me but where I could see her, to see how long it would take her to notice and what she would do. Of course, I quickly revealed myself to her to calm her.

- The Holy Spirit wants to lead us, moment by moment and step by step, that's why it's called a walk, but we have to keep our eyes on Him.
- To increase your sensitivity, seek His presence
  - Look at the first part of **James 4:8**, *“draw near to God, and He will draw near to you.”*
    - When we seek His presence, we will find it.
  - But there are some other things we may need to do to seek His presence
    - As the rest of **verse 8 states**, *“cleanse your hands, you sinners, and purify your hearts, you double-minded.”*
    - Sin will certainly keep you from experiencing His presence.
    - Double-Minded - a term that means you have dueling desires or perspectives
      - Mind is a word for your value system, your principles of life, and how you make decisions and judgments.
      - To be double-minded means that you have competing values, principles, and judgments. One is of the world, of the flesh, and the other is for the Lord and His ways.
        - See also **James 1:5-8**, being double-minded keeps us from God's wisdom and ways.
        - But see **verse 4 – friendship with the world is enmity with God.**
          - Trying to live according to the value systems of the world will put you at odds with God.
          - See **1 John 2:15-17** for what defines the world.
    - We have to clear our mind, our commitment and resolve to live solely and wholeheartedly for the Lord and His ways, or we will miss His presence.
      - Know that you have a real enemy, the devil, that seeks to deceive and devour (**1 Peter 5:8**) you. So we must resist Him and submit to God (**v7**).
- **“Surely the Lord is in this place, and I did not know it.” Genesis 28:16**
  - What causes us to miss the presence of God?
    - We are too easily distracted, giving attention to other things.
    - We don't come to church expecting to meet with God.
    - When we pray or read the Bible, we rush through it.
  - I think if we would make prayer, devotion, worship, fellowship to priority it should be we would be more aware of God's presence and would be more sensitive to it