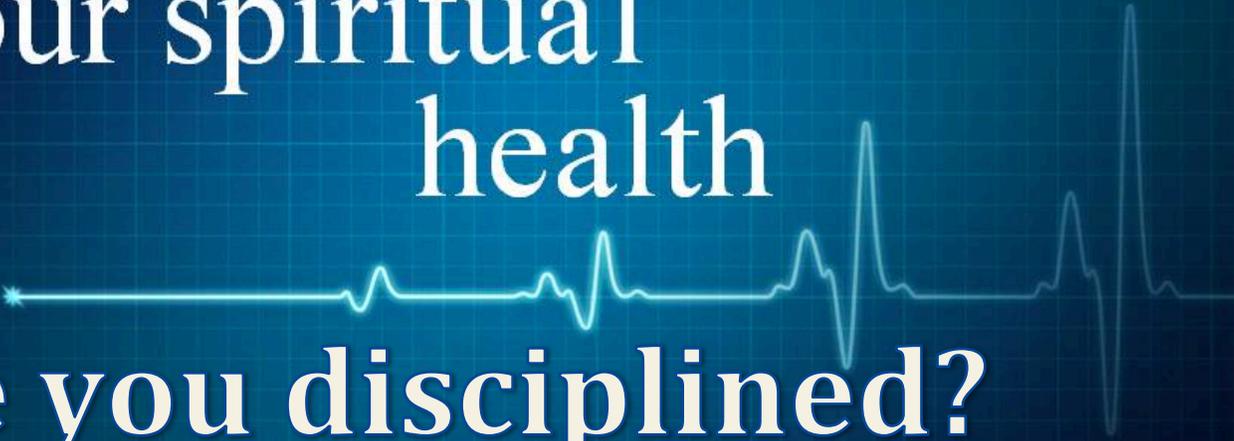


# 10 questions to diagnose your spiritual health



## Are you disciplined?

### 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?

## Chapter 7: Are Spiritual Disciplines Increasingly important to you?

- Whitney shares about building a fire to get heat.
  - In his scenario, the goal is to get a sustained heat, to get the fire to the point that logs can be added so they will burn throughout the night.
  - I believe that God wants us to have a sustained, steady faith
  - And I believe that the spiritual disciplines are what aids in that.
  - Some disciplines are like the kindling that helps get the fire started.
  - Some disciplines are like a poker or blower, stoking the fire and causing flare ups
  - Other disciplines are like adding the logs
- But do we have to do spiritual disciplines?
  - In some ways, no. You have eternal security, you have freedom and liberty in the Lord. Nothing you do or don't do will separate you from the Love of God.
  - But in some ways, yes. You will not have spiritual health without them.
    - ***“Without a disciplined life, you will stagnate as a Christian.” Peter Jeffrey***
  - But we must avoid legalism. Legalism will tell you that you must do spiritual disciplines or duties to earn spiritual favor, whether it's to earn or secure your salvation or whether it's God's blessings and fortune.
    - So there is a wrong way to go about spiritual disciplines.
    - Reading your Bible can be bad if you do it for the wrong reasons or with wrong motivations.
  - Legalism likes to create rules and go beyond the Bible
    - See **1 Timothy 4:1-5**
    - There were some that thought marriage and relationships were earthly pursuits and took one's focus and devotion away from God, and they thought that a strict diet must be followed.
    - All this was under the guise of devotion to God, but in fact in restricted things that can actually be worship to God. For with gratitude and prayer, relationships and even eating can be worshipful.
      - See **1 Corinthians 10:31**
- Spiritual Disciplines are the things that we do regularly and routinely so that we can grow in faith and godliness, that is our right and proper aim. We want to know God more, so we do things that will put us in a position to hear Him, to experience Him, and to learn from Him.
  - Read and Examine **1 Timothy 4:6-10**

- The goal is to be constantly nourished on the words of the faith and sound doctrine.
- Imagine what kind of health you would have if you only ate once a week
  - But many do this spiritually, living Sunday to Sunday spiritually.
  - The Disciplines put us in the place to eat and be nourished constantly.
- The word “discipline” in this passage is a word that spoke to the exercising that athletes do. Think about the training that athletes do.
  - They do strength training; they practice the form and movements; they drill
  - And this bodily discipline profits them for their sport.
  - It gets their body in shape, it helps them master their movements, etc.
  - In the same way, spiritual disciplines profit us for godliness, which profits us greatly, holding promise for the present life and the life to come.
- What kind of spiritual disciplines are there, what must we do to grow in faith and godliness? And how regularly should we do them?
  - Prayer, Bible study, fasting, worship, using spiritual gifts, evangelism, etc.
- This call to be spiritually disciplined is a trustworthy statement that deserves full acceptance. It should be fully accepted and integrated into our lives.
  - And because we get to know God, because we get to have a real relationship with Him, we labor and strive to grow in it.
  - Remember it’s about relationship, not religion.
  - The disciplines are about knowing God and growing in God, not about impressing others or earning spiritual merit badges.
  - Also, these words, labor and strive, are words that mean to give a maximum effort and to work to exhaustion.
    - See also **1 Corinthians 9:24** – run in such a way to win
      - We’re not just out for a casual run, we are running after a goal and we must run as to achieve that goal.
    - Spiritual Disciplines don’t happen accidentally or casually; they happen intentionally and with great focus.
    - The more we invest in our faith, the more we get out of it.