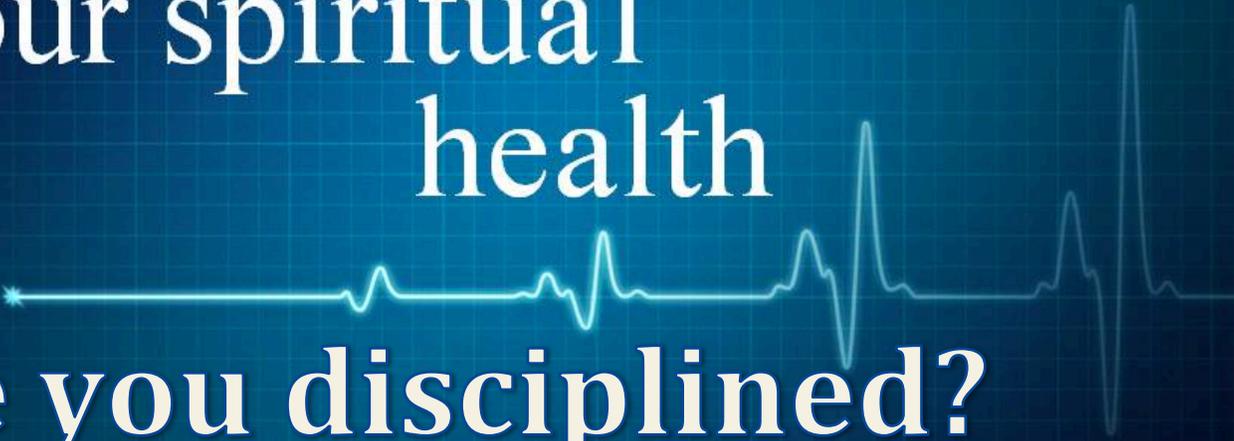


10 questions to diagnose your spiritual health



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?
- Question 7: are the spiritual disciplines increasingly important to you?
 - Are you disciplined as to grow in faith and godliness?

Chapter 8: Do you still grieve over sin?

- You cannot be saved without grieving over sin
 - ***“It is not the absence of sin but the grieving over it which distinguishes the child of God from empty professions.” AW Pink***
 - Jesus said, ***“The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.” – Mark 1:15***
 - Repentance is necessary for salvation, and you cannot have repentance without your sin being confronted and without grieving.
 - Grieve = to feel or show deep and poignant distress or sorrow
 - Repentance recognizes that I have been living wrongly, in rebellion against God and that I must change, I must be made right or I will suffer for my sin.
 - This is no stoic act that, it’s is heartfelt.
 - Our main text is ***Psalm 51, and verse 16-17 states, “For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise.”***
 - Just the act of sacrificing animals was not enough to cover sin and to appease God. God looks inward and sees if there is genuine repentance and grieving over the sin.
- You cannot be spiritually healthy without continually grieving over sin.
 - That’s why the question asks if you “still” grieve over sin.
 - Repentance is not a one-time event. Though your forgiveness is complete in Christ, we are not completely done away with sin until Heaven.
 - Psalm 51:3, “For I know my transgressions, and my sin is ever before me.”
 - Sin is ever before us; we will always wrestle against the flesh and temptation
 - ***In Romans 7, we read where Paul confesses that he still struggles with sin and the flesh, “For the good that I want, I do not do, but I practice the very evil that I do not want” v19***
 - Even the mightiest of saints struggle
 - So we must live in repentance, where we continually ask God to search us and to show us our sin, where we continually grieve over our sin.
 - ***Psalm 139:23-24, “Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.”***
 - So, if we are not still grieving over sin, then we are not living in the light

- Grieving must be accompanied by repentance
 - It's not enough to just feel bad about your sin and still nothing about it.
 - Repentance is not just remorse. It involves remorse, but it is more than that.
 - ***Psalm 51:10-12, "Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation and sustain me with a willing spirit."***
 - David prayed for change. That his sin would be cleansed and that God would renew Him and restore Him, with a willing spirit that walks with God.
 - ***2 Cor. 7:10, "For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death."***
 - Worldly sorrow feels bad but doesn't change, so it results in death. But Godly sorrow leads to repentance and true change.
- Grieving must rely on grace
 - Repentance is not about re-payment. We cannot offer penance to cover our sin. Forgiveness only comes from the Grace of God.
 - ***Psalm 51:1-2, "Be gracious to me, O God, according to Your lovingkindness; according to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin."***
 - His whole appeal is based on the God's Grace, that God is loving, kind, and gracious, not treating us as our sin deserves.
 - ***Psalm 103:10-12, "He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us."***
- If it has been some time since you have grieved over sin, your spiritual health is wanting
 - Not until we go to be with the Lord will be totally free from sin
 - Additionally, we do not just grieve over our sin, but the sin that still reigns in our world, in our community, and in our families.
 - ***"The closer you get to Christ, the more you will hate sin; for nothing is more unlike Christ than sin. Because Jesus hates sin, the more like Him you grow, the more you will grow to hate sin. And the more you hate sin, the more you will grieve whenever you realize that you have embraced that which killed your Savior."*** Whitney
 - ***"The more a true saint loves God... the more he mourns for sin."*** Edwards
- ***"Christ Jesus came into the world to save sinners, of whom I am chief."*** 1 Tim 1:15