

## **SPIRITUAL HEALTH CHECKUP**

We do annual physical checkup even when we feel there is no problem: thus, we find out problem if there is any. So also with spiritual checkup. Self-examination is a must in our spiritual journey.

Humility is the central Christian character: without it even 'love' is an empty word. To do an honest spiritual checkup one needs humility. If one is honest to himself/herself, spiritual checkup is going to be demanding and difficult. And if one is honest to God, self-evaluation can be painful. If not serious do not waste your time on this: you have your own other priorities.

### **Steps:**

1. First Task- Before reading the text below the double line, write out minimum 10 questions you will ask yourself if you were designing a spiritual self-audit or a spiritual checkup for you and your family.
2. Use a notebook you can keep to write out the answers. Write as descriptively as you choose.
3. What you write is between God and you – very personal and confidential reflections. (Be frank and honest to yourself and God. Use private code words if you choose).
4. Do the total in 2-3 sessions, not in one sitting. Each item takes lingering reflection before the Lord.
5. Please, give me some ideas, if you have any, to strengthen this following questionnaire.

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**Have you done your own minimum 10 reflection questions? If not, please do it. Why hurry?**

**1. My Being.** (Question: Is it crucially important for a person brought up in a good Christian family to willfully accept and submit to God through Jesus Christ as Saviour and Lord sometime in his/her life? Child baptism service ends with the admonition, "It is your responsibility to train the child in such a way that he/she will make his/her own declaration of faith in public, 'I renounce Satan and I believe in Jesus Christ', as he/she reaches the age of understanding". Ponder: Have I taken this willful decision, myself?)

**Note:** 'Personal conversion' whether sudden or gradual, (like a boy falling in love with a girl), is a real and powerful experience that defines one's life and gives direction for life with new priorities. Even in those brought up in Christian nurture and live decent lives, the change is tangible and evident.

**My Spiritual Highlights/ My experience of Christ as above** (to use common terms – 'saved'/converted/ born again/received Christ)?

1. My experience of Christ. What is my basic self-identity? -----
2. Commenting on one or two spiritual highlights in my past. How do I stand today in terms of those? -----
3. Evidences for my spouse and children regarding my true faith -----

**2. God's Possible Opinion about Me.** Write down as words of Christ what might be his evaluation of me (As if he recommends me for a new job.)

1. My strengths and talents -----
2. God-given gifts of the Spirit I am using-----
3. Those gifts I think that I am not using-----
4. My weaknesses, and how I might correct where I am lacking -----

**3. My Becoming:** Have I grown/developed in life over the past years?

1. Am I growing spiritually, in my bond with God (not just better head knowledge of the Bible and spiritual issues. Not just more religious activities)? Is my spiritual growth evident for my spouse and children? Be specific.-----
2. My growth in my relationship to spouse and children? Be specific. -----
3. My growth in my relationship to others, Be specific. -----
4. My growth in my service of God? Be specific. -----
5. If I am honest to myself, what are my inner doubts about my faith and life? -----
6. Accountability group, 2-3 people to whom I can be transparent? Advantage of having one-----

**4. My Bond with the Lord:**

1. Do I have an increasing desire to be with the Lord just for the joy of being with him: not the routine time of prayer, worship etc.? -----
2. Are there areas that I hold back from the Lord, any hindrances -----
3. Do I get fed in my soul regularly by my Lord? How do I know? -----
4. How do I make church worship to have lasting benefits? -----

**5. My Spouse and Me**

*Our world, surroundings, friends, jobs – all will change. Finally the only world one will have will be one’s spouse. So be intentional in loving, counting as precious, and nurturing that world.*

1. What premarital advice I will give to those just getting married? How do they apply to me? -----
2. What are the qualities and strengths of my spouse for which I thank God and her? -----
3. What are the hurdles to greater success in my marriage? -----
4. Areas where I have been an example/model, for my spouse -----
5. Areas where I have not been a good example, for my spouse -----
6. What do I intentionally do for the spiritual growth of my spouse? -----
7. In what sense my spouse is not a help for my self-development? -----  
How can I handle it? -----
8. Differences with my spouse. Can I frankly share with her? Why not? -----
9. Emotional satisfaction/delight is equally important as sexual pleasure. If applied to us -----
10. Do we agree to disagree sometimes, discarding silly differences? Do we use our differences as strength? Specific examples -----
11. Do I and my spouse have united voice as to affairs of the family and children -----
12. Do I ever put down my spouse before others and our children? -----
13. Am I intentional in loving my spouse, not taking him/her for granted.-----  
How do I express my love? -----
14. 1 Cor 13:4-7. If these descriptions of love are applied to me, where do I fall short? -----
15. Areas I need to work with my spouse to strengthen our married life -----
16. Do we make goals for us together keeping some Big Picture in view: -----

**6. My Larger Family--Children. Relatives**

Parents are God’s partners in bringing up children. Children belong to God – Parents are stewards of them for God. “Children are a heritage from the LORD, offspring a reward from him.” (Psalm 127:3)

1. How do I measure the spiritual health of my family? List areas. -----
2. What are the biblical/faith principles to guide me in bringing up children? -----

3. In family prayer do we use mind and heart. Do we discuss lessons for each day? -----
4. Word of God as the center of family as in Deut 6. Practical ways of doing it? -----
5. How do I make sure that each child made a willful choice for Christ, and is 'saved'? -----
6. Am I sincere and transparent in my communication, verbal or nonverbal, in the family? -----
7. Do my children have Christ's two priorities (below, #12) as their life's priorities. How? -----  
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8. Areas where I have been an example/model:
  1. For my children -----
  2. For my relatives -----
9. Areas where I have not been a good example
  1. For my children -----
  2. For my relatives. -----
10. Lopsided parenting.
  1. Confused priorities. Am I concerned about children's development in the areas of social skills and spiritual growth just as I am for their physical and academic growth?
  2. Do I make each child feel very special, avoiding any favoritism? -----
11. What are the social and moral values I want to instill in my children? List. ---- -----
12. What can I do to maintain better physical health together as a family? -----
13. My relationship with my in-laws: anything that does not please Christ? -----
14. My relationship with relatives. Any grudge? Is my love for each sincere? -----
15. Does my home cherish an atmosphere of joy and positive attitude? My role in this? ----
16. Does my home maintain an attitude of gratitude to God and others always? My role? -----

**7. My Prayer Life.** What is prayer for me? More than a routine habit?

1. Time set apart for privately praying. How much on an average day/week? -----
2. God-consciousness. Seeing everything, everyone through the eyes of Christ -----
3. Feeling the intimacy with the Lord -----
4. A retreat and quietness of heart even amidst busyness of life -----
5. His working on me for his sake throughout my waking hours, How? -----

**8. The Bible and Me**

1. The B.I.B.L.E. In what sense is 'that's a book for me'- Ponder on each of the following. "for teaching, for reproof, for correction, for training in righteousness" (2 Tim 3:16)? -----
2. What systematic method of studying the Bible do I have (outside of reading it for devotion and comforting thoughts)? -----  
(See: Other documents: 100 *Precious Bible Verses*, *Favorite Bible Passages*, *Bible Study Method*, )

**9. My Service** - Evidences that I obey the commandment to "go", show light, "Be my witness".

1. How does my love for God translate into day to day life - in choices, attitudes, actions? -----
2. What specifically did I do for God recently, during the last 7 days? -----
3. Do I have a continuous intention to bring people to Christ witnessing appropriately and sensitively, through words, letters? When was the last time I did that? -----
4. Do I pray for a few relatives, friends, colleagues by name that they come to know the Lord, and follow up in some appropriate way? -----
5. Do I give sacrificially. "Their extreme poverty welled up in generosity" (2 Cor 8:2) -----
6. Do I have a continuous mind-set, "Lord, make me a channel of your love and concern that people come under your lordship".-----

**10. In Society at large and Miscellaneous**

- 1. Do my colleagues and outsiders see me as a follower of Christ? How? -----
- 2. Do people see me as a strong but a humble person? Is my humility authentic? -----
- 3. My Attitude to my work (Eph 6:5-7. Even to slaves, "Serve wholeheartedly as if you were serving the Lord"): Am I grateful for my work? Do I have satisfaction? -----
- 4. What do I do to develop my mind and general knowledge? -----
- 5. Best care of my body, "the temple of the Holy Spirit". What do I do? -----

**11. My Priorities.** (Please, take much time for thinking prayerfully and making goals.)

From my 'being in Christ' to 'becoming in Christ'.  
God made me and called me for more than what I am now.

- 1. List different areas of the physical, the mental, family, society, profession and the spiritual.
- 2. In each area, my weaknesses and where I need to change are -----
- 3. To develop each area. List select priority goals. Practical New Steps
- 4. If Jesus asks me, "What do you want me to do for you?" (Mark 10:51), what will I say

**12. My Commitment**

It seems like in Gal 5:22, the fruit of the Spirit is explained in terms of three sets of three qualities each (linked together as in one fruit - love). Meditate 2-3 minutes on each.

God-based: love, joy, peace  
 Outward: patience, kindness, generosity  
 Inward: faithfulness, humility, self-control

Two priorities that the Lord gave us – 'Love the Lord with all your heart, soul, mind and strength--with all you have got', and 'Love your neighbor as yourself'. The last thing Jesus asked Peter after all that he taught him for three years is the central question in spiritual life for us all, that is, "Do you love me?"

**Write out in full:** (Writing will strengthen your resolve)

- 1. My commitment to strengthen my love for the Lord -----
- 2. My commitment to strengthen my love for my spouse -----
- 3. My commitment to strengthen my love for my family -----
- 4. My commitment to strengthen my love for my 'neighbor' -----
- 5. My specific commitments relating to any of the above sections, especially those in #11 above  
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Anything else I want to record for future reference -----

Name: ----- (This is a confidential document--between God and you.)  
Date: -----