

Intentional - HEALTHY CHRISTIAN GROWTH - Your Spiritual Check-Up

Adapted from "Healthy Christian Growth" by Sinclair Ferguson, Banner of Truth

YOUR SCORE

109-162
Be on guard
 55-108
Keep going
 1-54
Get busy !

Are YOU a healthy and growing Christian? Before a physician diagnoses your condition you are asked a series of questions and take diagnostic tests. Use this check-up below to help you analyze your spiritual health and indicate specific areas of your Christian life for immediate and longer-term attention. Ask God to give you honest clarity to respond - and write down actual examples of how you are growing. *Then, pray to live by the Spirit's power - **intentionally** - as you trust & obey, day by day = Gal 5:16-25; Rom 8:1-30; Rom 15:13; 2 Tim 1:14, &c*

1. SPIRITUAL GOALS - Eph 4:13-16; Col 3:10

Have I really understood that "Christ-likeness" is the goal of Christian growth and that God is determined to produce His life in me?.....
Is this MY personal goal too?.....

Some
Mostly... times... Rarely

3.....2.....1
 3.....2.....1

2. NOURISHMENT - 1 Pet 1:22 -2:3

Am I being nourished on a healthy diet of Biblical teaching?.....
Do I want to hear the Scriptures taught and to obey them?.....
 Am I eager to study the Bible myself?.....
Have I taken sensible steps to ensure my spiritual nourishment like I have to ensure my physical nourishment?.....

3.....2.....1
 3.....2.....1
 3.....2.....1
 3.....2.....1

3. LIVING BY EVERY WORD from God's mouth - Matt 4:4

Do I read the Bible regularly?.....
In light of 2 TIM 3:16-17, do I receive its teaching as God's own Word?.....
 And also remember what its purpose is - and apply it to my life?.....
*-Teaching: What does this passage teach? (verse, chapter, book) - God & His character, man & his sin, Christ & His work, ministry of the Spirit, the Christian life, the purposes of God, fellowship of the church, the need of the world, &c.
 -Rebuking: Is God showing me specific sin in my life to be confessed & repented?
 -Correcting: How does this text help make me more what God intends me to be?
 -Training: What to learn about my responsibilities & the resources God gives me?*

3.....2.....1
 3.....2.....1
 3.....2.....1

4. EXERCISE - Col 3:9b-17; Rom 12:1-2

Am I increasingly devoted to the public worship of God?.....
Does my joy and participation in His public praise increase?.....
 In my regular private worship too?.....

3.....2.....1
 3.....2.....1
 3.....2.....1

5. SERVICE - Rom 12:3-13

Have I a reliable assessment of the spiritual gifts Christ has given to me in order to bring His blessings to others?.....
Do I know what these gifts are and where and how to use them?.....
 Am I strengthening them in order to serve others better?.....
Do I use my gifts while avoiding my own self-advancement in the church?.....
 Are my time, talents, financial resources and possessions all at His service?.....

3.....2.....1
 3.....2.....1
 3.....2.....1
 3.....2.....1
 3.....2.....1

6. WITNESS - 2 Tim 1:8

Does my life shine as His light for the world?.....
Is my life like preserving & seasoning salt in my home and family, and where I work or study, and where I live and play?.....
 Do I pray for and take opportunities to speak out for Christ?.....

3.....2.....1
 3.....2.....1
 3.....2.....1

7. FELLOWSHIP - Heb 10:22-25

Have I <u>committed</u> myself to and fitted into a Bible-teaching church?.....	3.....	2.....	1
<i>Am I aware of the things in my own life and personality that may make it difficult for other Christians to worship and serve alongside me?.....</i>	3.....	2.....	1
Am I <u>actively</u> seeking God's grace to deal with my shortcomings?.....	3.....	2.....	1
<i>Am I <u>overcoming</u> a life dominated by pride or selfishness?.....</i>	3.....	2.....	1
Am I <u>overcoming</u> a shyness that may be unwillingness to admit my needs?.....	3.....	2.....	1
Do I count my fellow Christians <u>more important</u> than myself?.....	3.....	2.....	1
Am I actively engaged in <u>serving</u> fellow believers?.....	3.....	2.....	1
Do I appreciate the gifts of <u>others</u> and thank God for His grace in their lives?.....	3.....	2.....	1
Do I <u>overcome my pride</u> that wants to allow only certain Christians to help me, or to be instruments of God's blessing to me?.....	3.....	2.....	1

8. PROVIDENCE - Phil 4:4-9

Do I <u>cope</u> well with trials and difficulties, by God's grace?.....	3.....	2.....	1
<i>Do I <u>trust</u> God to work everything together for good to fulfill His purpose?.....</i>	3.....	2.....	1
Do I <u>grow</u> under pressure because I rely on Christ and know that His purpose is to transform and bless me through difficult circumstances?.....	3.....	2.....	1
Do I <u>stand strong</u> in His strength instead of collapsing in my self-reliance?.....	3.....	2.....	1
Do I <u>learn</u> thru dark providences instead of simply being relieved when over?....	3.....	2.....	1

9. CHARACTER DEVELOPMENT - 2 Pet 1:1-13

Am I becoming, by God's grace, a <u>purser, gentler</u> person?.....	3.....	2.....	1
<i>Would Jesus describe me as "<u>blessed</u>" in terms of Matt 5:1-12?.....</i>	3.....	2.....	1

10. OBEDIENCE - Titus 2:12; Jude 1:20-25

Do I <u>love</u> God's commandments and have a settled pro-active attitude to <u>oppose</u> anything that hinders God's work in my life?.....	3.....	2.....	1
<i>In my needs, am I <u>being delivered</u> from covetousness, envy, greed?.....</i>	3.....	2.....	1
In my desires, am I <u>master of</u> possessions & money rather than mastered by?.....	3.....	2.....	1
<i>Do I consider <u>all</u> my talents, time & treasure as <u>belonging</u> to Christ?.....</i>	3.....	2.....	1
Do I find it increasingly possible to live <u>without particular</u> possessions?.....	3.....	2.....	1

11. ATTITUDE TOWARD SIN - Eph 4:17-24

Am I daily seeking to ' <u>put to death</u> ' the sin that remains in my heart and life?.....	3.....	2.....	1
<i>Do I seek daily to '<u>put on</u>' the graces of Jesus Christ?.....</i>	3.....	2.....	1

12. SPIRITUAL WARFARE - Eph 6:10-20

Do I believe in the <u>activity</u> of Satan, without being obsessed by his power?.....	3.....	2.....	1
<i>Do I know what <u>tactics</u> the enemy usually uses in MY life?.....</i>	3.....	2.....	1
And Biblical <u>resources</u> that help me to keep standing when he attacks?.....	3.....	2.....	1
<i>Am I on my <u>guard</u> against Satan?.....</i>	3.....	2.....	1

13. CHRISTIAN GROWTH - Col 1:9-11; Col 2:4-10

Am I really <u>growing</u> as a Christian?.....	3.....	2.....	1
<i>In my <u>church</u> fellowship?.....</i>	3.....	2.....	1
In my <u>family</u> life?.....	3.....	2.....	1
<i>In my <u>daily</u> activities and witness?.....</i>	3.....	2.....	1
In my <u>private</u> time and activities?.....	3.....	2.....	1
<i>Am I daily <u>relying</u> on the Holy Spirit's power to do all the above?.....</i>	3.....	2.....	1

14. REALLY ??... Would <u>other people</u> give similar answers about me?.....	3.....	2.....	1
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YOUR SCORE