

- **A Spiritual Life Check-up**

Discovering spiritual illness must precede the cure.

As your pastor, I am responsible for your spiritual health in much the same way as your doctor is responsible for your physical health. Both of us must be allowed the privilege of helping you. Often, unless a disease so overcomes us that our doctor or pastor is made painfully aware of it, there is no regular time when I can sit down with you and discuss the health of your spiritual life.

therefore I am requesting an appointment with you. I am requesting that you do the following 'lab work' not as a test, but as a tool for diagnosis, so that we might know your 'blood count' and decide together on a proper diet and exercise programme that will bring about your best spiritual health.

Since pastors (or doctors) can help only if we allow them, this is entirely voluntary, but I am suggesting that you:

1. Set aside an hour of uninterrupted time in which to thoughtfully answer these questions.
2. Keep your answers only to yourself, to be shared with me and God alone.
3. Make an appointment with me for a one-hour spiritual check-up.
4. Get your 'lab work' answers to me a week in advance for my preparation.
5. Prayerfully and openly meet with me, trusting God to use this experience for you.

I. Blood Type: Are you now a Christian?.....
Comment on your answer:.....

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Have you been baptized? When?
..... Where?

II. Red Blood Calls (oxygen carriers that prevent anaemia)

A. Devotional life

1. How meaningful is Sunday morning worship to you?

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2. How meaningful is private worship to you?.

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3. Do you feel you are becoming more acquainted with God? In what ways?.....

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4. Is meditation a part of your spiritual walk?
Describe

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B. Intellectual life

1. Are your doubts and questions being answered?
..... If yes, how?.....

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2. Do you feel you know the Bible? What
help do you need?

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3. Do you understand basic concepts of theology -
justification, regeneration, sanctification, gifts of the
Spirit, etc? What help do you
need?.....

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4. In what areas of intellectual life (explaining your faith;
theology; practical application; Bible knowledge; body
life; etc.) are you strong, and in which are you weak?

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III. White Blood Cells (disease fighters for inner spiritual cleansing and renewing)

A. Do you feel you are a more accepting, forgiving, loving person than you have been?.....

Expand:.....

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B. Do you feel you are stronger against temptation (to be impatient, angry, greedy , lustful, etc.)?.....

Expand:

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C. Do you feel your self-esteem is healthy?

Expand:

D. Do you see yourself becoming more pure in motive, thoughts, and lifestyle?

Expand:.....

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E. Do you find yourself usually encouraging others or competing with others?.....

Expand:.....

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F. Do you occasionally tear another person down in jest or in anger?

What triggers this?

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G. How is the Holy Spirit helping you become whole?.....

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IV. Platelets (blood clatters that stanch the wounds of living in a hurting world)

A. Have you found someone to help bear the burdens of life? Expand:.....

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B. Do you find you can share your inner joys, hopes, and dreams? Expand:

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C. When someone in jest or in anger tears you down, how do you handle it?.....

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D. When you fail, what happens within you?.....

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E. When you succeed, what happens within you?.....

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V. Blood Pressure (hypertension and exercise)

A. Are you able to turn your finances over to God and tithe, trusting him to supply?.....

Expand:
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B. Are you able to turn your vocation over to God to use you how and where he wants?.....

Expand:
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C. Are you learning to let go of the desire for things? Expand:.....

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D. Are you able to exercise your gifts within the body of Christ?

What do you see as your gift(s)?.....

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E. Are you able to explain to others in the community why you are a Christian?

Any problems here?.....

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F. How much are you concerned for those who are less fortunate, wanting to share with them the gospel and the helping hand?.....

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G. How concerned are you with injustices and other social evils?

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VI. Tired Blood (from imbalanced spiritual diet)

A. Is your life balanced? How do you deal with pressure? Do you have regular time for family recreation, personal growth, etc?

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B. Do you feel you have a balance of worship, study, and service to stay in shape?.....

Expand:

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