

EVALUATING OUR SPIRITUAL HEALTH



EVALUATING OUR SPIRITUAL HEALTH



**The beginning of each year brings
into focus our need to reflect
PAST? / PRESENT? / FUTURE?
WHAT? / WHO? / WHERE? / HOW?**

10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30

15 16 17 18 19 20 21
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12 13 14 15 16 17 18
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17 18 19 20 21 22 23
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31

EVALUATING OUR SPIRITUAL HEALTH

WHY GO TO A DOCTOR?

We know we are sick or not feeling well — We want answers, we want help!

We recognize the importance of routine checkups! (Even when we feel well)



EVALUATING OUR SPIRITUAL HEALTH

WHY GO TO A DOCTOR?

Which is more important - our physical health or spiritual health?



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Matthew 9:12–13 (NKJV)

¹² When Jesus heard *that*, He said to them, “Those who are well have no need of a physician, but those who are sick. ¹³ But go and learn what *this* means: ‘*I desire mercy and not sacrifice.*’ For I did not come to call the righteous, but sinners, to repentance.”

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- **Must Examine Ourselves!**
(2 Cor. 13:5)
- **External Indicators,**
“you will know them by their fruits” (Mat 7:20)
- **God knows our hearts!** (1 Samuel 16:7; Ps 139:23; Heb 4:13; Ecc 12:14)
- **God will judge according to our works!** (Rom. 2:5-11; 2 Cor. 5:10; Rev. 20:12, 13)

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Our Weight?

- Weighed in the balances & found wanting - Dan 5:26-28
- “Take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, ...” Luke 21:34

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Our Weight?

- “let us lay aside every weight, and the sin which so easily ensnares us ...” Heb 12:1-3
- “As newborn babes, desire the pure milk of the word, that you may grow thereby, ...” 1 Pet 2:2

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Our Temperature?



- 15 “I know your works, that you are neither cold nor hot. I could wish you were cold or hot. 16 So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth. ...” Rev 3:14-22
- 12 “And because lawlessness will abound, the love of many will grow cold. 13 But he who endures to the end shall be saved. ...”
Mat 24:12,13

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Our Temperature?

Titus 2:11–14 (NKJV)

¹¹ For the grace of God that brings salvation has appeared to all men, ¹² teaching us that, **denying ungodliness and worldly lusts, we should live soberly, righteously, and godly** in the present age, ¹³ **looking** for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, ¹⁴ who **gave Himself for us**, that He might **redeem** us from every lawless deed and **purify** for Himself *His* own special people, **zealous for good works**.

Ac. 9:36. Ep. 2:10. 1 Ti. 6:18. He. 10:24. 1 Pe. 2:12.



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Our Eyes?

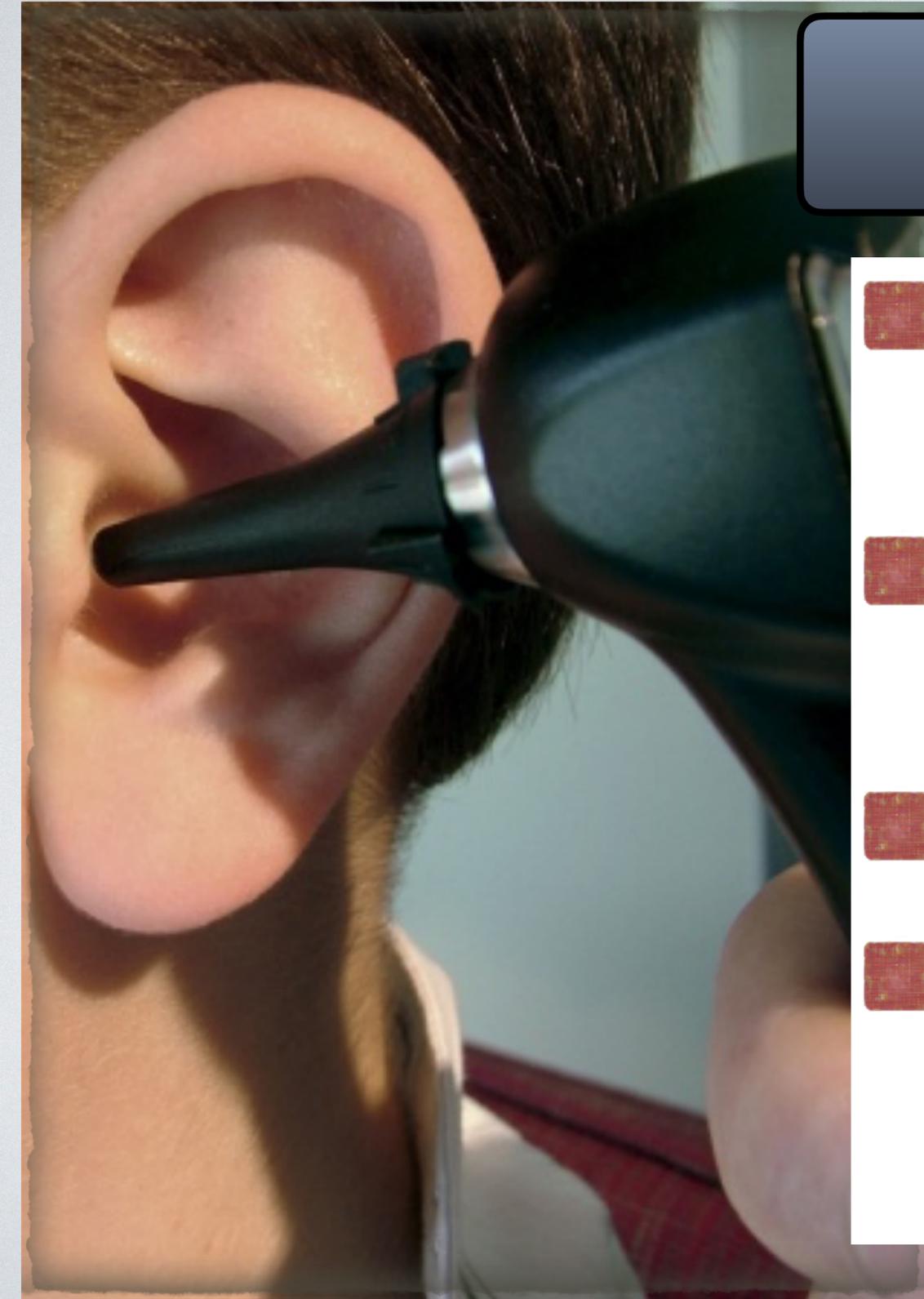


- Eyes full of sin (2 Pet 2:14; 1 Jn 2:16; Mat 13:15,16)
- Our spiritual understanding (Mat 13:16; Ps 119:105; Eph 1:18)
- Our focus (Mat 6:22,23; Prov. 4:25)
- Seeing by faith (Heb 11:1; 12:1,2; 2 Cor 4:18)

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Our Ears?

- “Hard of hearing ...” (Mat 13:13-15; Jn 8:43; 2 Tim 4:4; Heb 5:11)
- Selective hearing (2 Tim 4:2-4; Acts 17:21)
- “Take heed what you hear ...” (Mk 4:24)
- Willingness & desire to hear, (understand & obey) the truth (Act 13:7; 17:11,12; Rom 10:14-17)



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Our Tongue?



- An indicator of spiritual health (James 1:26; Pro 21:23)
- VERY dangerous (Ja 3:1-12)
- To be, & CAN BE used for good:
 - ▶ Pro 18:21 "... death & life ..."
 - ▶ Preach, teach, encourage (1 Pet 4:11; Acts 8:4; 2 Tim 4:2-4; Eph 4:15; Heb 10:25)
 - ▶ Praise & thanks to God (Heb 13:15; Col 3:17)

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Our Tongue?



James 3:10–12 (NKJV)

¹⁰ Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. ¹¹ Does a spring send forth fresh *water* and bitter from the same opening? ¹² Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.

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Our Tongue?



Matthew 12:33–37 (NKJV)

³³ “Either make the tree good and its fruit good, or else make the tree bad and its fruit bad; for a tree is known by *its* fruit. ³⁴ Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks.

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Our Tongue?



Matthew 12:33–37 (NKJV)

³⁵ A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. ³⁶ But I say to you that for every idle word men may speak, they will give account of it in the day of judgment.

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Our Tongue?



Matthew 12:33–37 (NKJV)
37 For by your words you will be justified, and by your words you will be condemned.”

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Our Heart?



- What about our blood pressure? (Mat. 6:25-33; Phil. 4:6)
- Function? Affects breathing and energy levels (Heb. 6:11,12)
- Surgery to correct blood flow (Rom. 2:29; Col. 2:11-13)
- The seat of our affections - the mind & will (Prov 4:23; 23:7)

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Our Heart?



- Loving God with all our heart, soul, mind & strength (Mark 12:29-31)
- Believing & obeying from the heart (Rom 10:10; 6:16-18; Heb 10:22; Eph 6:6; Jn 14:21; 1 Jn 5:3)
- Hearts must be pure (Mat 5:8; 2 Tim 2:22; 1 Pet 1:22,23; i.e., undivided - Mat 6:19-24)

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Known By Our Fruits

- Attendance? _____
- Personal Bible Study? _____
- Private Prayer? _____
- Giving? _____
- The Mind of Christ? _____
- Growing Faith? _____
- Proper use of tongue? _____
- Loving neighbor? _____
- Evangelism? _____

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Dangers To Our Health

- Worldliness (James 4:4)
- Perversion Of Truth (Gal. 1:6-9)
- Worldly Wisdom (James 3:13-18)
- Hypocrisy & Pretense (Mt 23:28)
- Love Of The World (1 Jn 2:15-17)
- Murmuring, Complaining, & Gossiping (1 Tim 5:13)



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Dangers To Our Health

Weeds just grow!

**Godly Attitudes
Must be developed!**

Pride
Vengeance
Jealousy
Envy
Evil Suspicions
Anger
Bitterness



Humility,
Meekness,
Mercy,
Kindness,
Longsuffering;
Forbearing,
Forgiving



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Our Weight?

Our Temperature?

Our Eyes?

Our Ears?

Our Tongue?

Our Heart?

Known By Our Fruits



EVALUATING OUR SPIRITUAL HEALTH

Jesus is the Great Physician

Hear Him? Believe Him? Trust & Obey Him? Or will we die in our sins?

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Luke 5:29–31 (NKJV)

²⁹ Then Levi gave Him a great feast in his own house. And there were a great number of tax collectors and others who sat down with them. ³⁰

And their scribes and the Pharisees complained against His disciples, saying, “Why do You eat and drink with tax collectors and sinners?” ³¹ Jesus answered and said to them, “Those who are well have no need of a physician, but those who are sick.