

## Our Spiritual Health – How Healthy are We?

3<sup>rd</sup> John 1:2; Psalm 1

If we were of the same health physically as we are spiritually, how healthy would we be physically?

Hebrews 6:9

### 1. The Examination of Our Spiritual Health

a. There's the question of \_\_\_\_\_: Do we possess the basic symptoms of Spiritual \_\_\_\_\_?

(1) Do we have a growing \_\_\_\_\_?

1<sup>st</sup> Peter 2:1-3; Matthew 5:6

(2) Do we have a growing \_\_\_\_\_?

>For Christ?

Philippians 1:8-9; Ephesians 6:24

>For fellow Christians?

2<sup>nd</sup> Thessalonians 1:3

(3) Do we have a growing \_\_\_\_\_?

>Allegiance to Christ and His gospel?

Galatians 1:6-10

>Allegiance to the Church and its calling?

2<sup>nd</sup> Peter 3:17-18

b. There's the question of \_\_\_\_\_: Do we practice the Biblical steps of Spiritual \_\_\_\_\_?

Colossians 2:6-7

(1) Is there the practice of \_\_\_\_\_ [concentrating, thinking, pondering] of the Word?

Joshua 1:8; Philippians 4:8

(2) Is there the experience of \_\_\_\_\_ [learning, grasping, connecting the dots] of the Word?

Hebrews 5:12-14; Philippians 1:9-11

(3) Is there the discipline of \_\_\_\_\_ [obedience, follow-through, to carry out] of the Word?

James 1:22-25

Psalm 1

Nourishment

Discernment

Development