

Spiritual Check Up

(save or print to your PC)

Is where you're going where you want to be when you get there?

1. What has changed in your life:

Habits: External/Physical & Habits: Internal/Heart

2. Describe any areas of *Transformation* – not just change

3. What or where have you surrendered something or someone to God's will, not yours, and stepped through a gate?

4. Where is Self still firmly in charge in your life – and you will not let go?

5. Where have you “Bumped the Trajectory” of your life upward?

6. Where have you specifically said “No” so as to simplify your life?

7. Where/with whom has God used you to shine the Light into a life?

8. Have you plateaued anywhere in your life: Body – Mind - Spirit?

9. Are you living with more of the Holy Spirit power – specifically?

10. To what degree is every commandment, everything you read and hear from God “Good News” – even when it might not appear to be to you?

If You've Got a Problem, You're the Problem **(C- or A+ Life: It's Your Choice)**

1. Marriage:
 - a. Is your wife glowing?
 - b. Does she feel that you adore her? . . . cherish her?
 - c. Have you said "I was wrong - Will you please forgive me?" lately?
 - d. Have you had a romantic date lately?
 - e. Where is her emotional bank account?
Where is your emotional bank account?
 - f. When given the choice between being right and being kind, when have you chosen to be kind?
 - g. Are you viewing her in a 'light most favorable to her'?

2. Family:
 - a. Are you spending one-on-one time with each of your children?
 - b. Have you told your daughter how beautiful and how special she is?
 - c. Have you told each child how proud you are of him/her, just because of whom he/she is, not bc of a specific accomplishment?
 - d. How are you honoring your parents?
 - e. Have you communicated your love to your parents and siblings?
 - f. When given the choice between being right and being kind, when have you chosen to be kind?

3. Work:
 - a. What are your hours: Start time / finish time?
 - b. Are you asking/allowing God to assist you in your work? – How?
 - c. Where have you done all you can do, but then abandoned the outcome to God?
 - d. When are you arriving home, and what is your frame of mind?
 - e. Are there any new females or new feelings toward a female?
 - f. Are there any new females or new feelings toward a female?

4. Spiritual:
 - a. Daily time alone with God? (Are a. and b. becoming more intimate?)
 - b. Scripture reading – what are you reading?
 - c. Scripture memorization? – because you *want* to?
 - d. Giving financially? Your attitude & your heart about giving?
 - e. Where are you on: God's sovereignty – a God-saturated world?
Authority of scripture / its *application* to your life?
Jesus' role in the details of your day to day life?
Trust: "Thank you now, Lord, before I see how you work it out?"
Hope: Confident Expectation
Sabbath: Setting it apart?
 - f. Have you discerned God's will in a tangible way?
 - g. Have you heard God speak to you in a tangible way?
 - h. Have you felt God's presence in a tangible way?

God never speaks to us in dramatic ways, but in ways that are easy to misunderstand. Then we say, "I wonder if that is God's voice?" Isaiah said that the Lord spoke to him "with a strong hand," that is, by the pressure of his circumstances. Without the sovereign hand of God Himself, nothing touches our lives. Do we discern His hand at work, or do we see things as mere occurrences?

Get into the habit of saying, "Speak, Lord," and life will become a romance. Every time circumstances press in on you, say, "Speak, Lord," and make time to listen. Chastening is more than a means of

discipline— it is meant to bring me to the point of saying, "Speak, Lord." Think back to a time when God spoke to you. Do you remember what He said? As we listen, our ears become more sensitive, and like Jesus, we will hear God all the time. **Oswald Chambers January 30**