

10 Questions to Diagnose Your Spiritual Health

(Donald S. Whitney)

How is your spiritual health? We can easily self-deceive or ignore the state of our souls. These questions are designed to help a disciple of Jesus to evaluate his or her spiritual health. Answer honestly. Pay attention to where you are convicted or unhealthy, and allow the Spirit to transform you.

1. Do you thirst for God?
2. Are you governed increasingly by God's Word?
3. Are you more loving?
4. Are you more sensitive to God's presence?
5. Do you have a growing concern for the spiritual and temporal needs of others?
6. Do you delight in the bride of Christ?
7. Are the spiritual disciplines increasingly important to you?
8. Do you still grieve over sin?
9. Are you a quicker forgiver?
10. Do you yearn for heaven and to be with Jesus?