



6:30pm Bible Study: Pastor Chip Luter

Wednesday, August 16, 2023

## 10 Questions To Diagnose Your Spiritual Health by Donald Whitney (Part II)

### Questions To Diagnose Your Spiritual Health

#### 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?

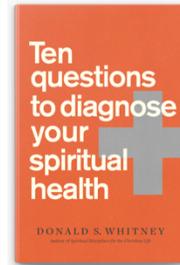
#### 5.) Do You Have A Growing Concern For The Spiritual And Temporal Needs Of Others?

#### 6.) Do You Delight In The Bride of Christ?

- "The closer you are to the Lord, the closer you will be to other believers." – Peter Jeffrey
- Pro. 30:18-19; Eph. 5:25-27; Psa. 16:3
- Do you delight in her willingly? Do you delight in her company (1 Cor. 3:16; 2 Cor. 6:16; Eph. 2:22)? Do you delight in her activity?
- How do you express your delight in the bride of Christ?
  - Grow to see the bride of Christ and her work more as Jesus does.
  - Demonstrate your delight in the bride of Christ in ways that will make a real difference.

#### 7.) Are The Spiritual Disciplines Increasingly Important To You?

- "Without a disciplined life you will stagnate as a Christian." – Peter Jeffrey
- What are the spiritual disciplines? The spiritual disciplines are the God-ordained means by which we bring ourselves before God, experience Him, and are changed into Christlikeness." (Pg. 92-93)
  - Personal: private reading and meditating on scripture, individual prayer, fasting, solitude, and the keeping of a spiritual journal. Congregational: congregational worship, corporate prayer, the Lord's Supper, and fellowship.
  - Many can be done both alone and with the church (Ex. Studying the bible, ministry service, and evangelism).
  - For more information on these disciplines, here are two resources that can be considered: *Spiritual Disciplines of The Christian Life* by Donald Whitney and *Celebration of Discipline* by Richard Foster
- What should I do about the spiritual disciplines?
  - Devote yourself more to the pursuit of Christlikeness and the enjoyment of God through the spiritual disciplines than to the pursuit of efficiency and the completion of to-do lists.
  - Resist the temptation to believe in microwave spirituality or shortcut Christlikeness.
  - Stoke your spiritual life with at least one perceptible poke.



## 8.) Do You Still Grieve Over Sin?

- "I am convinced that the first step towards attaining a higher standard of holiness is to realize more fully the amazing sinfulness of sin." – J.C. Ryle
- The closer you get to Christ, the more you will hate sin; for nothing is more unlike Christ than sin (1 Tim. 1:15).
- The Right and Wrong Way to Grieve Over Sin - 2 Cor. 7:8-11
  - Wrong Way: Esau - Heb. 12:16-17 (For context: Gen. 25:27-34; 27:36-38)
  - Right Way: King David - Psa. 51
- What should I do if I do not grieve over sin?
  - Make sure you understand the gospel of the New Testament.
  - Ask God to show you the reality of your sin.
  - Pray slowly through Psalm 51, making it your own heartfelt prayer.
  - Meditate on the fact that it was your sin that nailed the holy, sinless One from Heaven to the cross.
  - Preach the Gospel to yourself every day.
- So, what's the balance we should have when it comes to grieving over sin, but not losing hope in our growth in Christ? I'm not where I ought to be but thank God, I'm not what I used to be.

## 9.) Are You A Quicker Forgiver?

- "The unforgiving spirit...is the number one killer of spiritual life." – James Coulter
- Real Christians want to forgive. (Matt. 6:14-15; Mark 11:25-26; Luke 6:37)
- A forgiving spirit characterizes those who have been forgiven.
- Jesus' Parable on Forgiveness - Matt. 18:21-35
- Ready to Forgive Versus Extending Forgiveness - Luke 23:34; Acts 7:60
  - What Christians should always do, as Jesus exemplified in His prayer, is be ready to forgive. And then, when forgiveness is sought, forgiveness can be extended.
- Forgive and forget?
  - Jer. 31:34 - This passage doesn't mean that God literally forgets our sins. It means that when God forgives us, He will not remember our sins against us anymore. He will never bring them up again.
  - Luke 17:3-4
- "Everyone thinks forgiveness is a lovely idea, until he has something to forgive." – C.S. Lewis
- Are you ready to forgive? Do you need to initiate the process of forgiveness with anyone? Do you love forgiveness?

## 10.) Do You Yearn For Heaven And To Be With Jesus?

- "You may judge of a man by what he groans after." – C.H. Spurgeon
- Growing Christians are groaning Christians (Rom. 8:22-23).
- Growing Christians groan for holiness.
- Growing Christians groan for holiness in heaven more than anything (Phi. 1:21-23).
- Groaning Christians are growing Christians.
  - They set their minds on things above (Col. 3:1-2).
  - Groaning Christians purify themselves in anticipation of seeing the Pure One (1 John 3:1-3).