

A SPIRITUAL CHECK-UP



Some people find it helpful to go for a medical 'check-up' from time to time. This sheet is a guideline for a personal spiritual 'check-up'. Alone with the Lord, who is the Divine Physician, we can individually - slowly and quietly – bring to Him our lives for His healing.

In the world

*Do I speak the truth?
Am I honest in all my ways?
Am I gentle, understanding and forgiving?
Are my words and thoughts pure?
Am I ever ashamed of my faith - of Jesus Christ Himself?*

At Home

*Am I thoughtful, courteous, grateful and good humoured?
Do I speak unkindly and hurtfully of others?
Do I ever express jealousy, even hatefulness of others?
Am I bitter or resentful?
Do I give enough attention to the real needs of my family?
Am I over-possessive and do I make my children my idol?
Is Christ the centre of my home life?*

In my personal life

*Do I find time each day to listen quietly to God in prayer?
Do I share with him all my joys and sadnesses, all my decisions?
Do I give Him all my fears and worries and doubts?
Do I read and pray my Bible every day?*

In the family of God

*Do I love to share with my brothers and sisters in Christ,
in worship, prayer and fellowship?
Do I prepare myself before going to worship?
Is my chief purpose to give or to get?
Am I deeply loyal to the family of God?
Do I pray fervently and regularly for all the people in my church?
Do I really love them and care for them?
Do I go out of my way to welcome visitors and strangers?
Am I prepared to take real responsibility in the life of my church?*

In my service and ministry

*How much of my life is really given to serving others –
not just my family and friends?
Am I giving time to the young or old, to the lonely, sick or sad?
Am I making a positive contribution to the life
of the community where I live?
Do I open my home to others in Christian love?
Am I witnessing to the Lord, to others, in word and deed?
Am I praying for and serving others each day of my life?*

My Gifts

*How much do I give my talents, my possessions
and my experience to the Lord?
How much money do I spend for my own pleasure
and how much do I give for God's work and for others?
How generous am I with my time, talents and possessions?
Do I really believe Christ gave all for me?
How much time do I devote each week to specifically Christian work?*

My Spiritual Growth

*Does the Holy Spirit dwell in me?
Is my knowledge and love of the Lord growing?
Am I at peace with God, with others, with myself?
Am I loving, long-suffering, kind, joyful?
Am I selfish, greedy, thoughtless, intolerant?
Do I forgive those who wrong me?
Am I slow to criticise and quick to praise?
Am I growing in faith?*

A Prayer

Lord help me to be honest before You, to lay my life before You. Help me to know that you hold me in Your hands, that You knew me in my mother's womb, that You call me by name. Take away all my pride, my anger, my laziness, my unkindness, my bitterness. Fill me now with your great love. Give me faith and hope in abundance. Heal me Lord and I shall be healed.

Maranatha Prayer

God has created me to do Him some definite service:
He has committed some work to me
which He has not committed to another.
I have my mission - I may never know it in this life,
but I shall be told it in the next.
I am a link in a chain, a bond of connection between person.
He has not created
me for naught. I shall do good: I shall do His work.
I shall be an angel of peace,
a preacher of truth in my own place while not intending it –
if I do but keep His commandments.
Therefore, I will trust Him. Whatever, wherever I am,
I can never be thrown away.
If I am in sickness, my sickness may serve Him,
in perplexity, my perplexity, may serve Him.
He does nothing in vain.
He knows what He is about.
He may take away my friends;
He may throw me among strangers.
He may make me feel desolate,
make my spirits sink,
hide my future from me –
still He knows what He is about.

John Henry Newman