

WHAT DOES THE BIBLE SAY ABOUT SPIRITUAL HEALTH?

Am I Spiritually Healthy?

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. [2] Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:1-2 ESV)

Take a Diagnostic Exam (Romans 12:9-21)

- **Am I increasing in my love of God? (v.9, 11, 12)**
- **Am I increasing in my hatred of sin? (v.9)**
- **Am I increasing in holy living? (v.9)**
- **Am I increasing in my love of others? (v.10,14-18)**
- **Am I increasing in the fruits of God's Spirit? (v.12, 21)**
- **Am I increasing in generosity to God & others? (v.13,21)**
- **Am I increasing in forgiveness? (v.18-20)**

Let love be genuine. Abhor what is evil; hold fast to what is good. [10] Love one another with brotherly affection. Outdo one another in showing honor. [11] Do not be slothful in zeal, be fervent in spirit, serve the Lord. [12] Rejoice in hope, be patient in tribulation, be constant in prayer. [13] Contribute to the needs of the saints and seek to show hospitality. [14] Bless those who persecute you; bless and do not curse them. [15] Rejoice with those who rejoice, weep with those who weep. [16] Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. [17] Repay no one evil for evil, but give thought to do what is honorable in the sight of all. [18] If possible, so far as it depends on you, live peaceably with all. [19] Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." [20] To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." [21] Do not be overcome by evil, but overcome evil with good. (Romans 12:9-21)

How to Increase in Spiritual Health

1. **Fulfill your purpose with the body of Christ**
 - (Romans 12:3-8, 1 Corinthians 12, Acts 2:42-47)
 - Having gifts that differ according to the grace given to us, let us use them... (Romans 12:6)
2. **Take Individual Responsibility** - let the Holy Spirit grow and use you in God's good work through His church
3. **Intentionally Fellowship** – develop caring and committed relationships
4. **Humbly Serve** – share towards each other in times of need & reach outside the church to show Christ's love in a tangible way
5. **Passionately Worship** – ascribe glory to God and enjoy His presence!
6. **Courageously Evangelize** - lovingly connect people to Christ by intentionally sharing the Gospel message
7. **Constantly Pray** – speak with God personally, regularly, and for one another
8. **Teach Yourself & Others** – personally and corporately study God's Word