

# “The Marks for a Healthy Christ-follower”

9/4-9/5, 2010

Study Questions designed for you, your family, friends or small group

How do you know if you are healthy? Like right now, how do you know? Before this week’s message, how did you measure your spiritual health? What did you learn?

It’s safe to say Jesus was spiritually the healthiest person whoever lived. Think about Jesus and list the qualities that made Him so.

Read the following Scriptures and rate your health in that area with 1 being low and 10 being high:

Read Philippians 4:4-7 and rate yourself on the anxiety scale with peace being low.

If you are becoming more anxious, take Peter’s advice in 1 Peter 5:7 and give God your worries as you pray with thanksgiving.

1 2 3 4 5 6 7 8 9 10

Read 2 Timothy 3:14-17 and I Thessalonians 5:17 and rate how you are doing with the Word and Prayer. Are you in the Word and is the Word in you? Are you leaning on God in prayer?

1 2 3 4 5 6 7 8 9 10

Read Ephesians 4:29-32 and Colossians 4:6 and rate how you are doing with the tongue and forgiveness.

1 2 3 4 5 6 7 8 9 10

Read Mark 12:30-31; Colossians 3:23; Hebrews 4:12 and rate your heart’s condition.

1 2 3 4 5 6 7 8 9 10

Rate how you are doing with exercise; sharing your faith, serving, giving to God, others, and prayer.

1 2 3 4 5 6 7 8 9 10

Rate your diet. What do you put into your heart, mind, and soul?

1 2 3 4 5 6 7 8 9 10

Rate how connected you are to God’s people.

1 2 3 4 5 6 7 8 9 10

Rate how you are doing in the area of rest; stopping work, worshiping with God’s people, and doing good to others.

1 2 3 4 5 6 7 8 9 10

Are there any “cancer cells” (attitudes, etc.) growing in your life? Ask God to help you write a personal prescription for spiritual health with no more than three things on it. Write the words - It’s all GRACE on it.. Use 2 Peter 3:18 as a basis for prayer.- *“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.”*

Resource: Ten Questions to Diagnose Your Spiritual Health,  
Donald S. Whitney, NavPress