

Spiritual Health Check

When the apostle John wrote to his dear friend, Gaius, he rejoiced that Gaius' soul was “getting along well” (3 John 2). How did he know?

Others had reported to John that Gaius was “walking in the truth” (3 John 3); in other words, the truth of the gospel was determining how Gaius lived. His life was not static.

It involved action/movement, and that action was in line with the gospel. It included loving fellowship with other believers and playing his part in the advance of the gospel.

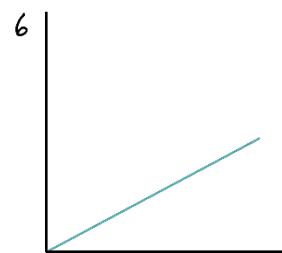
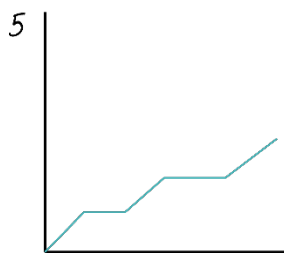
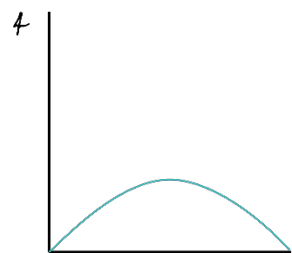
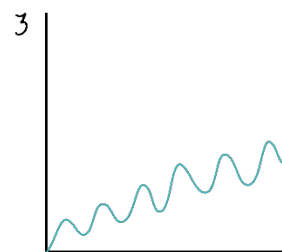
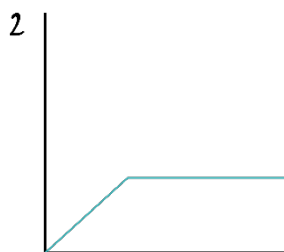
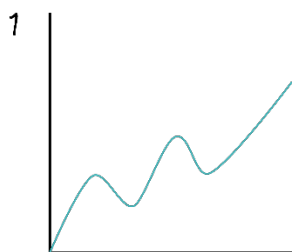
This spiritual health check, based on 3 John, provides an opportunity to discuss three areas of spiritual health:

- A growing relationship with Jesus.
- Sharing with and serving others in the local church.
- A life lived for Jesus in daily life.

Growing in relationship with Jesus

General growth

Which graph best describes your relationship with Jesus in the last three months?



Quiet time

Which words best describe your time both in personal Bible reading and in prayer?

Enjoyable	Hard work
Aimless	Irregular
Habitual	Lazy
A failure	Struggle to understand
Valuable	Other?

Listening to God's Word as it is preached

Which words best describe your time listening to God's word preached?

Comforting	Challenging
Practical	Over my head
Irrelevant to my life	Heart-warming
Other?	

Sharing with and serving others in the local

Fellowship

What opportunities do you have for regular fellowship?

Which individual or individuals encourage you most to follow Jesus?

What words would you use to describe your fellowship with others?

Beneficial	Hard work
Encouraging	Challenging
Mutual	Draining
Heart-warming	Other?

Serving

What opportunities do you have to use your gifts to serve in church?

What words best describe the opportunities you have?

Challenging	Encouraging
Rewarding	Requiring sacrifice
Tiring	Enjoyable
Stressful	Time-consuming
A failure	Other?

Are there areas in which you would like to serve?

What gifts do you think Jesus has given to you to serve his body?

How does a concern for world mission show itself in your life?

Living for Jesus in daily life

Following the Lord Jesus impacts every area of life.

In which areas of your life have you experienced that impact recently?

Home/family	Relationships
Work	Money
Planning for the future	Leisure time
Rest	Other?

What temptations do you struggle with most?

What opportunities do you have in daily life to bear witness to the Lord Jesus?