

10-Point Checklist for Spiritual Health

Each of these are a characteristic of the Holy Spirit's active presence in our daily activities. Let's look at a 10-point checklist and ask some diagnostic questions to make sure we're healthy.

1. **Love**

Question: Am I motivated to do for others as Christ has done for me, or am I giving in order to receive something in return?

2. **Joy**

Question: Am I experiencing a joy of life on a regular basis, or is my happiness dependent on things going smoothly in my day?

3. **Peace**

Question: Do I find myself frazzled by the crashing waves of turmoil in my life, or am I experiencing "the peace that passes all comprehension" (Philippians 4:6-7)

4. **Patience**

Question: Am I easily set off when things go wrong or people irritate me, or am I able to keep a godly perspective in the face of life's irritations?

5. **Kindness**

Question: Is it my goal to serve others with kindness, or am I too focused on my own needs, desires, or problems to let the goodness of God overflow to others?

6. **Goodness**

Question: Does my life reflect the holiness of God, and do I desire to see others experience God at a deep level in their own lives?

7. **Faithfulness**

Question: Are there areas of hypocrisy and indifference toward others in my

life, or is my life characterized by faith in Christ and faithfulness to those around me?

8. **Gentleness**

Question: Do I come across to others as brash and headstrong, or am I allowing the grace of God to flow through me to others?

9. **Self-control**

Question: Are my fleshly desires controlling my life, or am I allowing the Spirit to direct me to the things that please God and serve others?

10. **Walk by the Spirit**

Question: Am I actively depending on the Holy Spirit to guide me in God's ways so I don't get wrapped up in myself? If not, am I willing to confess to God that His ways are better than mine, and that I need the Spirit's guidance to live above the fray?

Author Unknown