

## **Spiritual Health — Is My Love For God's Word Increasing?**

**January 15, 2023**

Good morning CrossWinds! If you are like me, you ate too many Christmas cookies this Christmas. You ate too much ham, sweet potatoes, and other holiday goodies! At this time of year, I am afraid to step on the scale. I look forward to Christmas, but I also look forward to January. It may be cold, but at least I can get my life and food back into a healthy routine. For me, that means eating oatmeal and eggs for breakfast. It means tuna plus an apple with peanut butter for lunch. It means lean protein like venison for dinner plus a salad. January is also a time to head back to the gym for exercise. January is a time to get healthy. Does anyone else look forward to getting back to their healthy routines after the Christmas season?

In January, as many of us trying to get our bodies back in shape, Pastor Jordan and I thought it would be good to teach a series not on physical health but on spiritual health. What does it look like to get in good spiritual shape?

If most Christians were asked what spiritual health even looks like, I think they would struggle to come up with a good definition. That is simply because most Christians have not taken the time to think about what it means to be spiritually healthy. Having a healthy Christian is a lot more than winning a game of Bible trivia. Just as physical health involves more than exercise, there is more to spiritual health than Bible information.

A few years ago, a friend of mine named Gary DeBock, a pastor at Big Rapids EFC, in Big Rapids, Michigan came up with a great definition of spiritual

health. I am going to use a version of it in this series. He said a healthy Christian has 6 “W’s” in their life.

What does a healthy Christian look like?

**Word** — A healthy Christian knows God through the applied word of God under the direction and empowerment of the Holy Spirit.

**Worship** — A healthy Christian manifests a lifestyle of worship and prayer based on close daily communion with God.

**Warmth** — A healthy Christian engages in meaningful life-on-life relationships that reflect the love of God and leave people impacted and changed.

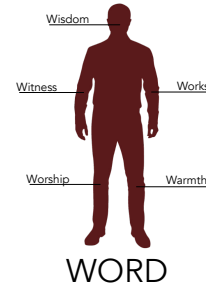
**Witness** — A healthy Christian lives under the commission of Christ to win and grow disciples, integrating outreach into all aspects of life.

**Works** — A healthy Christian builds up the body of Christ through their spiritual gifts and passions.

**Wisdom** — A healthy Christian manages their skills, money, and time putting them under the Lordship of Jesus.

In this six-week series, we will take one week to look at each of these qualities. This morning, are looking at the first of these qualities, that is the foundation upon which our relationship with God is built. It is the Word of God. A healthy Christian will have the word of God consistently running through their life. The Bible says we are born again by the Word of God. It is God’s Word that tells us about Jesus. It is also God’s word that matures us in Jesus. Let’s look at what the Word of God does in our life.

## What Does A Healthy Christian Look Like?



## Why is the Word of God important for spiritual health?

What is the most valuable object in the world? Is it the Mona Lisa, Michelangelo's irreplaceable painting? How about the gold in Fort Knox? Would Fort Knox be the most valuable object in the world? How about a skyscraper in New York?

Even if something is irreplaceable, like the Mona Lisa, or filled with gold, like Fort Knox, its value drops to zero if you offer it to someone who doesn't have the basics of life. If you offer a bar of gold to a starving man who will die in a matter of hours if he doesn't eat food, he doesn't care about the gold. The most important things in life are not the most expensive but the everyday essentials, such as food and water.

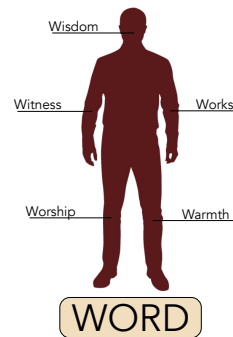
I would submit to you that the most valuable item on earth is a common item, but it is an item that is essential for us to know God and be saved. It is the Bible. Without the Bible, we wouldn't have spiritual life.

In Matthew 4:4, Jesus tells us that just as bread is essential to sustain physical life, the Bible is like bread. It is what sustains our life with God.

**But he answered, "It is written, " 'Man shall not live by bread alone, but by every word that comes from the mouth of God.' " Matthew 4:4 (ESV)**

Without food and water, our bodies will die physically. Without the word of God, we will shrivel spiritually. This is why a healthy Christian life begins with the Bible. It is why at CrossWinds, we keep our finger in the text. I want to take a few minutes to explain why the Bible is so important to spiritual health. After that, we

## What Does A Healthy Christian Look Like?



will look at how we can get more of the Bible in our life. Lastly, we will give you a spiritual health check-up form to help you diagnose the state of your spiritual health in the Bible.

**Bible study is necessary to know the truth in a world of lies and deception.**

If you have been following the Twitter files that Elon Musk is releasing, you are beginning to understand just how much the media and our government manipulate information. They are very concerned that we don't hear the truth, but instead, that we only know what they want us to know. Today, it is very hard to know the truth. It is very hard to find out what is right. The good news is that God has given us the truth in a world filled with error and spin. It is found in the Bible.

Sanctify them in the truth; [your word is truth](#). John 17:17 (ESV)

The way we can know the truth about the problems in this world is through the Bible. The Bible tells us that the problem is sin. The answer is Jesus. The only way for us to know the truth about marriage, relationships, transgender, the reality of the unseen spiritual world around us, the problems within us, and what happens in the face of death is through the Bible. The Bible tells us it is the truth in a world filled with speculation and deception.

[The sum of your word is truth](#),... Psalm 119:160 (ESV)

The Bible calls itself the sum of the truth. This is an accounting term. If you take a column of numbers and add them together, if one of them is wrong, the sum will be wrong. The Psalmist says that if we were to add all the different parts of the Bible together, they would sum up to the truth. That means it is not just

parts of the Bible that are without error, but all of the Bible is without error because when all of the Bible is added together, it still equals pure truth.

...this you have heard before in the word of the truth, the gospel Colossians 1:5 (ESV)

The Bible describes the gospel, the good news of what Jesus has done for us, as the truth. Remember that many people in the first century thought the idea of Jesus rising from the dead was an error. It was a lie. Dead people don't rise. The church they thought was built on the wishful thinking of deceived people. To many, it seemed that Jesus dying in our place for our sins, then rising from the grave to conquer death, was a complete fantasy. Yet, the Bible describes that message as the truth.

If you are a teenager and your friends at school think you are nuts because you believe the Bible and trusted in Jesus as the one to save you from your sins, realize you are not alone. That was the same reaction many people in the first century experienced when they told others about Jesus. This is why Paul describes the resurrection of Jesus as the truth. It isn't a shame or a lie. He wanted the Colossians to know that the resurrection was not a fantasy but a fact they could trust.

Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth. 2 Timothy 2:15 (ESV)

The Bible consistently describes itself as the word of truth. The only way Christians can be healthy is by constantly exposing themselves to the truth, not lies and deception. Tonight, if you knew a certain news station was always broadcasting the news based on their agenda instead of the facts, would you listen to them? If you knew a certain station lied to you and only told you what

they wanted you to hear, why would you spend all kinds of time listening to it? If you listened to lies long enough, eventually, you would start believing them and trusting them.

Folks, I cannot recommend a new outlet that will always tell the truth and report without spin based on their agenda. I can recommend a book that will always tell you the truth. That is the Bible. This is why healthy Christians regularly expose themselves to the truth and recalibrate their lives around the truth.

### **Bible study is essential for spiritual growth.**

The New Testament frequently says we are “born again.” It also says we are born into the family of God. That implies that when we become Christians, we begin as spiritual babies. Like all babies, we need to grow. The Bible is the primary means God uses to mature us, change us, and make us more like Jesus.

Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— 1 Peter 2:2 (ESV)

Peter says we are to long for pure spiritual milk to grow in our salvation. The word of God is pure spiritual milk that grows us up. Just like a baby longs for milk so it can grow and mature, if you are a new Christian, love to read the word of God, so you will grow in Jesus. Just as neglecting to feed a baby enough milk will lead to it not growing properly, if a Christian isn't feeding on the word of God, they also will not grow properly.

Your words were found, and I ate them, and your words became to me a joy and the delight of my heart,... Jeremiah 15:16 (ESV)

Jeremiah describes God's Word as food. The word of God is not terrible food, like raw oysters or uncooked liver. It is good food. It is tasty food. It is

refreshing food. Not only does the Bible grow us in Jesus, but it is a joy and delight to consume.

I often go to Jersey Mike's for lunch. I probably go to Jersey Mike's far too many times. On cold days, I love their hot sandwiches. I am cold. They are hot. They are fresh. They are tasty. They taste so good to eat. I recommend the number 56. Hold the jalapeños and add extra vegetables. That is exquisite. A delight to the taste buds.

When I am having my Jersey Mike's sandwich, it reminds me of the Bible. Just as Jersey Mike's is good and tasty food, the Bible is good for us, and it is a joy to read, a delight to consume.

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. Colossians 2:6–7 (ESV)

Paul describes the Christian as a tree. It begins life as a seedling, but it needs to put down roots, be built up, and be established. That is just like a Christian. They need to be rooted, built up, and established in Jesus. How does that take place? Through the Bible. The more we understand the Bible, the more rooted, established, and built up we are in our relationship with Jesus.

Look what Paul said to the elders of Ephesus when he left them.

And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. Acts 20:32 (ESV)

When Paul left the church in Ephesus, he commended the Ephesians to the word of God. That is how they would be built up in Paul's absence. The word of God would mature them.

Babies are wonderful to have around the house, but they are not much help. If twenty years after a baby is born, you are still changing their diapers, something is wrong. They have not matured. The same is true for Christians. Christians need to grow. They need to mature. That is how they become useful for Christ. The fastest way for a Christian to grow is by the Word of God.

**Bible study is essential for victory over sin.**

Are you having a hard time finding victory over sin and temptations in your life? One of the reasons finding victory over sin is hard is that we fight against sin with the wrong weapon. The most powerful weapon against sinful temptation is the Word of God. It is the Word of God that we regularly consume in our minds and commit to our memories that God uses to help us in battle.

[I have stored up your word in my heart, that I might not sin against you. Psalm 119:11 \(ESV\)](#)

When we memorize important Bible verses, the Holy Spirit brings the right verse to mind when we face different temptations. Having studied the Bible for years, when I am faced with a temptation, or I am talking to a person struggling with a temptation, I find Bible verses coming to mind to help me know God's will in that moment. Those verses help me turn away from sin and counsel those struggling with sin.

Recently I was talking with someone who visited our local strip club. As I talked with them, God brought a portion of this verse to mind.

[The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness... Matthew 6:22–23 \(ESV\)](#)



In this verse, Jesus reminds us to be careful about what we allow ourselves to look at. If we are looking at things we shouldn't look at, it will fill not just our eyes, but our entire life with darkness. If we are looking at things that are healthy and good, it will fill our entire life with light. Looking at naked women in a strip club is not innocent fun. Those images burn themselves into your mind and fill your entire life with darkness. You can't look at people the same. The Bible reminds us that it matters what we look at.

...I write to you, young men, because you are strong, and the word of God abides in you, and you have overcome the evil one. 1 John 2:14 (ESV)

In the letter of 1 John, John writes to young men who are strong. These are young men that have not fallen to the temptations the devil sent their way. What made these young men strong? What gave them victory over temptation? It was the word of God that abides in them.

The more of God's Word that we get in our life, the more victory we will experience over sin, temptations, and the devil's schemes. This is why it is essential for anyone who wants to be a healthy Christian to continually read, memorize, and think about the Word of God.

**Bible study is essential to serve God effectively.**

The Bible teaches us how to do God's work God's way.

Moses was a central figure in the Old Testament. He was a larger-than-life character. God used him to bring the plagues to Egypt. He led Israel through the Red Sea. He led Israel in many battles. God gave Moses the Ten Commandments on Mt. Sinai, and when he came down from Mt. Sinai, his face

glowed from God's presence. How many people can say their faces glowed from spending so much time with God? Moses led Israel for over 40 years.

How would you feel if you were appointed to take Moses' place after he died? Would you feel inadequate? Would you feel there was no way you could measure up? I think all of us would feel that is a job we couldn't take.

Joshua was appointed by God to take Moses' place after he died. Look what God told Joshua he should do to be a successful leader. It wasn't taking a management 101 class at the local community college. It wasn't listening to Dave Ramsey podcasts. It was getting the Bible in his life every day.

[This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Joshua 1:8 \(ESV\)](#)

Success in Joshua's massively challenging position of leadership would come from his reading, studying, meditating on, and obeying God's word. If Joshua was careful to saturate his life with the Bible, God guaranteed his success.

If Joshua saturating his mind in the Bible was the key to success in his life, imagine what would happen in our lives if we committed ourselves to reading, learning, and obeying God's Word. The Bible will make us better fathers, better mothers, better husbands, better wives, better bosses, better employees, and better friends.

When we look at the Bible, we find that Paul had several young proteges he was bringing up to be church leaders after he was gone. Young Timothy and

Titus were two of them. When Paul wrote to Timothy, he told him what would make him a successful young pastor.

If you put these things before the brothers, you will be a good servant of Christ Jesus, being trained in the words of the faith and of the good doctrine that you have followed. 1 Timothy 4:6 (ESV)

Having been trained in the words of the faith, that is, the word of God, he was to put the word of God before the people of God. That would make him a good servant of Jesus, a good pastor.

The secret to effectiveness, not just in the church, but in life is to be consistently taking in and thinking about the Word of God.

**Bible study is essential for happiness.**

In the evening, I often watch the news with my father before I head to bed. Many times I have asked him how he can watch the news and go to sleep. The news is too depressing. It is too upsetting. It is bad news after more bad news. It is usually people getting away with sin rather than being served justice.

There are so many things in life that are depressing right now. Inflation, a new version of COVID, and the war in Ukraine. That is just the beginning. Even the weather report is depressing. Sometimes I feel like I need an antidepressant just to watch the news.

If that is you, the good news is that I have an antidepressant that you can take today. There is no prescription needed. You don't need to visit Todd Gerking at the pharmacy to obtain it. It is offered to everyone, and it is guaranteed to work. It is the Word of God. Look what the Bible says it does for us.

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. Psalm 1:1–2 (ESV)

Psalm 1 begins with the word blessed. Blessed is a good word, but it is an old word. It is not a word we use today, so most of us are not exactly sure what it means. If we look up this word in Hebrew, we see it can also be translated as happy. Do you see what the Bible promises will make us happy? It is avoiding sin and delighting ourselves in the Bible. It is meditating on the Bible day and night.

If you want to be happy, read the Bible. Don't read it because you have to but because you want to. Delight yourself in it. Enjoy it and remember it. The more we enjoy reading our Bible and remembering what we read, the happier we will be.

When you encounter a sad Christian, a depressed Christian, or a miserable Christian, the first thing to check is the consistency of their Bible study. If we neglect the word of God, we will be unhappy.

Look how the Bible describes what it does in our life.

The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. Psalm 19:7–9 (ESV)

God's word revives the soul. Have you been depressed? Have you ever felt overwhelmed? Are you discouraged? Are you filled with anxiety? Open God's Word. It will revive your soul.

God's word makes the simple wise. Have you ever thought of yourself as a simple person? Do you wish you were smarter? Do you wish you were wiser? I

always feel that way. The good news is that reading and meditating on God's word gives us an intelligence boost. It makes us wise instead of simple.

God's word brings joy to the heart. This is what we read about in Psalm 1. Studying God's word brings us joy. It makes us happy. It is spiritual Prozac.

God's word enlightens the eyes. I wear glasses. As my eyes grow older, I have a harder time seeing. Without my glasses, I can't read a computer screen or a book. In addition, I noticed that I can't see things in the dark as well as I did before. When I was younger, I could easily see in the dark. Cindy would ask me to turn on a light so I could see, but I didn't need to turn on the lights. Now, things are different. Even with the lights on in the garage, I can't find the grease joints on the snow blower. I need extra light so I can see what I am doing.

This reminds me of the Bible. The psalmist says the Bible enlightens our eyes. When we read the Bible, it is like somebody turning the light on in our life. We can see situations clearly. We can see people clearly and understand their motivations. God's word is the flashlight that enlightens the eyes of our hearts so we can make the right decisions in life.

**Bible study is essential to be an effective counselor.**

This past Wednesday night, AWANA had the drive-in movie night for kids. I was in the gym with the little kids watching a cartoon version of the Joseph story. The best part was that I could sit next to Cindy. It felt like a date to the drive-in movie. We even held hands.

At the end of the movie, Cindy leaned over and said, “Right here at the end, I wish they put Genesis 50:20 on the screen. That is one of the big lessons of Joseph’s life.” Are you familiar with that verse? Let me read it to you.

As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today. Genesis 50:20 (ESV)

Joseph’s brothers sold him to be a slave in Egypt from the evil in their hearts. God was bigger than their evil plans. God turned their evil plans around. God used their evil plans as the way Joseph would end up in Egypt so he could save many lives.

What an incredible bit of insight into the way God works. People may do evil or terrible things to us, but the evil they intend to use against us is turned around by God, and it becomes part of God’s good plans for our lives. That is something we must tell ourselves when life falls apart.

When I went through hard times in my life and people did some very hurtful things to me, and my family, Cindy and I kept going back to Genesis 50:20. God’s word reminded us that no matter what evil people did against us, it could not destroy any good that God planned to do through us. Genesis 50:20 was a great encouragement to us in those dark days.

When I talk to others who face tough times in their life, I share Genesis 50:20 with them. This is what the Bible wants us to do. We are to comfort others with the comfort we have received from God.

...who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:4 (ESV)

The primary way God gives us hope in hard times is not through other people. It is through God's word. The best way we can counsel other people and give them hope in hard times is not by sharing our sympathies. It is by sharing words from the Bible that were a comfort to us in our dark days. This means the more time we spend in the Word of God, letting God's Word comfort us, the more we will be better equipped to encourage others.

**Bible study is essential for the conviction of sin.**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. 2 Timothy 3:16–17 (ESV)

This is a great verse. It reminds us that all of the Bible is profitable to us. Some of it is harder to understand, but all is good for us. One of the things the Bible does for us is it shows us our sins and directs us to do what is right.

Have you ever had the experience of reading the Bible, and perhaps you are reading about forgiveness, and suddenly you realize you are harboring a grudge? The Bible reveals our sins. The Holy Spirit lets us feel conviction. We are reminded that we need to make a phone call. We need to apologize. We need to reach out and make things right.

Folks rarely does God use things other than his word to reveal areas of sin in our life. If we neglect the word, we will fail to see our sin. We will continuously live in our sins. We won't repent of our sins. This is one of the reasons we must be in God's word regularly.

## **Bible study is loved by genuine Christians.**

Some people feel that occasional contact with the Bible is sufficient. It is not sufficient. When I was in my first job as a youth pastor, I was in my early twenties. I served as a youth pastor in a small Mennonite Church. Can you picture me as a Mennonite? I will let you imagine that for a while.

I was in the home of one of the students. Her father was a youth leader. His job was reconditioning and selling heart defibrillators. He rebuilt them in his basement. To the engineering side of my mind, that sounded fun. One night, I joined him in the basement to watch him work. We started talking about the Bible. As a seminary student, I was sharing what I was learning and how important it was to read the Bible. He laughed and said, "I haven't read the Bible in years. I heard the stories when I was a kid. Why do I need to read them again." At the time, I wasn't sure what to say. I just stared in disbelief. Genuine Christians don't avoid the Bible. They love their Bibles. Look what the Bible says about this.

...for I find my delight in your commandments, which I love. Psalm 119:47 (ESV)

I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes. Psalm 119:48 (ESV)

Therefore I love your commandments above gold, above fine gold. Psalm 119:127 (ESV)

If we had to choose between having the Bible or winning the lottery, it would be better to have a Bible than win the lottery. The Bible brings more pleasure and joy than any amount of riches.

The Bible tells us we can recognize non-Christians and fake Christians because they have no love for the Bible.



...and with all wicked deception for those who are perishing, because they refused to love the truth and so be saved. 2 Thessalonians 2:10 (ESV)

Are you indifferent to God's Word or do you love it?

### **How can I make Bible study part of my life?**

Now that we discussed why the Word of God is the foundation for a healthy Christian life let's talk about how we can get more of God's Word into our life.

#### **Schedule time for the Bible.**

We make a plan for everything. We make a plan for when we will pay our bills. We make a plan for when we will go to bed. We make a plan for when we will be on vacation. We make a plan for when we will eat. We need to make a plan for when we will read the Bible.

I realize making time for the Bible is hard to put into our lives but I have a few thoughts on that topic.

We make time for what is important to us. We make time for what needs to get done for us to survive. Do we make time to eat? Yes, we do. Do we make time to sleep? Of course, we do. If we subconsciously think Bible reading is optional to our life, we won't make time for it. If we see Bible reading as essential to our spiritual life, we will make time for it in our schedule.

When my kids were younger, I was sometimes a hard father. I tended to be blunt. When I asked my kids to take care of their chores, and they told me they were too busy, I would say, everyone makes time for what is important to them. We always do what we want to do. If something isn't important to us, we

will struggle to find time for it. If it is important to us, we will always make time for it.

When it comes to finding time to read the Bible, we often need to have an honest conversation without ourselves. Is the reason I can't find time to read the Bible because I don't want to read the Bible? I need to be honest with myself about the motivations in my heart. I will always find time to do what I genuinely want to do.

### **Have a plan for reading the Bible.**

When I go to the gym, one of the worst things to do is walk in with no plan. If I don't have a plan, some days I will work hard, but other days, I will attempt one exercise and then run to the hot tub before breaking a sweat. I need to have a plan. I need to set a goal, or I won't get much done.

On January 1, Pastor Jordan challenged us to be part of the church-wide Take-Up-And-Read Bible reading plan. Anyone can join it. It is 5 chapters of the New Testament five days a week to read the New Testament in a year. You can also read 6 chapters of the Old Testament six days a week to read the entire Old Testament in three years. On the church app, you will see a group called Take Up And Read 2023. You can join that group, and in the resource section, you will find all the Bible reading cards for the year. It is a modest plan. It is an achievable plan, but the important part is that it is a plan.

### **Read the Bible repetitiously.**

The problem with a regular Bible reading is we sometimes read the chapter so quickly that we forget what we read. Does anybody have that problem

or is it just me? The way to solve that problem is to read repetitiously. That forces our brains to analyze what we read. It forces us to learn what we read.

Sometimes we need to read a chapter two or three times before it begins to sink into our heads. Repetition is the mother of all learning. If we want to learn something, we need to go over it again and again.

I read about a Bible reading plan used by John MacArthur. It is audacious. Before he preaches a book of the Bible, he reads it 30 times. If it is a long book of the Bible, he divides it into smaller chunks, but he reads it repetitiously to make sure he learns it before he preaches it.

### **Study Bible topics.**

One of the great things we can do today is use the electronic Bibles on our phones or computer. There are many free Bible programs that can help us find Bible verses and topics. For example, if you want to see what the Bible says about forgiveness, you can use a Bible app to search for all the times the Bible uses the word forgiveness and see what it says about the topic. You can search for the word anger and see what the Bible says about that topic too.

### **Memorize the Bible.**

Some of you know I am part of an iron man group. It is a small group. I am one of four guys that meet weekly at the church. We hold one another accountable to memorizing one verse of the Bible of our choosing each week. We text that verse to the group during the week and then do our best to recite it from memory to one another when we meet. Are we perfect about this? No. We just keep trying because we learn more of the Bible this way than if we were on

our own. If you need an iron man group, talk to a friend at church and see if you can start one.

### Teach the Bible.

The best way to force yourself to study the Bible is to teach the Bible. If you want to help force yourself to learn God’s Word, get involved in teaching God’s Word. You don’t have to teach adults. Get involved in teaching children. It will help you grow in the Bible.

### What is the next step I need to take to get more of the Bible in my life?

In your handouts, I have a self-evaluation form. Today, take the time to go over the evaluation and be honest about where you are and what it will take to get more of God’s Word in your life. Then take the next step of maturity.

Maybe for you, it is just making time in your schedule. Maybe it is making a plan. Maybe it is reading repetitiously. Maybe it is memorizing some Bible verses. Maybe it is teaching kids. Whatever it is, take the next step. Get more of God’s Word in your life. You will never regret it

## SPIRITUAL HEALTH

*Week One: Is My Love For God’s Word Increasing?*

**By the Spirit’s help...**

I acknowledge the importance of this area for spiritual health.	I occasionally live out this area of spiritual health.	I am beginning to integrate this in my spiritual rhythms.	I integrate this area of spiritual health in my life on a daily basis.	I help others pursue spiritual health through modeling and teaching.
I am aware of the value of God’s Word and want to know how the Bible applies to particular situations in my life.	I am under the teaching of others, I am willing to be corrected by Scripture, and I am considering how the Bible applies to my life.	I regularly read the Bible. I study the Bible with others. I am learning how to rightly interpret the Bible. I avoid being caught up in “useless” controversies (Titus 3:9).	I aggressively study the Bible and am able to explain basic biblical theology. I have a tender heart that asks the Spirit to enable me to rightly hear and respond to the Bible.	I am able and willing to teach others the key truths and story of the Bible. I am teaching others the skills and passion needed to integrate the Word into their daily lives.

**Directions:** *On your own, review each category. Intentionally pray that God would guide you in understanding your true spiritual state in this area. Which column is most true of you? After answering, ask someone else (a close friend, spouse, sibling, or even a child) to answer this question about you. Do your answers agree? How might God be calling you to make progress in this area?*



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