

# 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 am aware of the value of God's Word and want to know how the Bible applies to particular situations in my life.

**I occasionally live out this area of spiritual health.**

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 am beginning to integrate this in my spiritual rhythms.**

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 integrate this area of spiritual health in my life on a daily basis.**

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 help others pursue spiritual health through modeling and teaching.**

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?