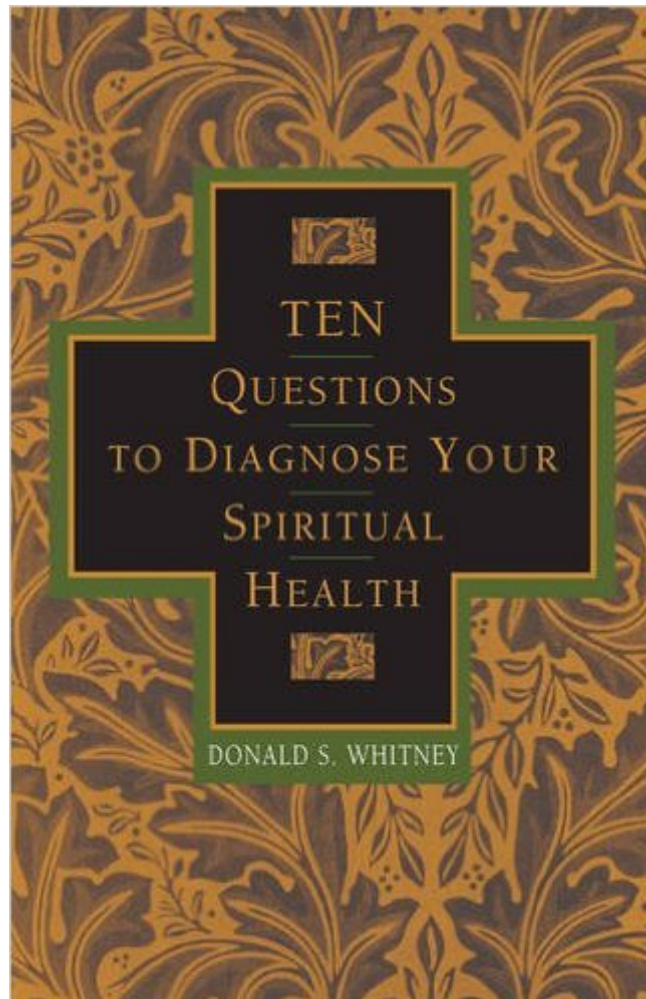


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# Ten Questions To Diagnose Your Spiritual Health



## Synopsis

Are you spiritually healthy or just spiritually busy? This book's 10 probing questions will help you look beyond your spiritual activity to assess the true state of your spiritual health and help you on your journey of spiritual transformation. See how the spiritual disciplines—including prayer, worship, and meditation—can take your spiritual health from fair to excellent.

## Book Information

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As believers, we often fall prey to the assumption that those who are busiest, are most spiritual. We look at the people in our churches who are involved in all the committees and are at every meeting and assume that they are the ones with the greatest measure of spiritual health. But do you think that is the measure God uses? Or does he have a different set of criteria by which He judges spiritual health? This short but powerful book examines the Bible's teaching on this matter. As one might expect by the title, *Ten Questions To Diagnose Your Spiritual Health*, this book presents the reader with ten criteria that can point towards spiritual health. The crux of the matter, the theme that flows throughout the book, is this: is your character becoming more like Christ's? Here are the ten questions the reader faces: 1. Do you thirst for God? 2. Are you governed increasingly by God's Word? 3. Are you more loving? 4. Are you more sensitive to God's presence? 5. Do you have a growing concern for the spiritual and temporal needs of others? 6. Do you delight in the bride of Christ? 7. Are the spiritual disciplines increasingly important to you? 8. Do you still grieve over sin? 9. Are you a quicker forgiver? 10. Do you yearn for heaven and to be with Jesus? Each of the

questions is approached and evaluated in the light of Scripture and in a way consistent with Reformed theology. In the introduction Whitney writes "In our day, as in theirs [the Puritans], the timeless process of discerning one's spiritual health involves questions and tests.

The number of books that Christians in general (and the Puritans in particular) have written on assessing one's spiritual health are numerous. The subject of examining one's faith is scarcely written about compared with the last four centuries. Some of the classics (to name a few) from the 17th and 18th century are 'Religious Affections'-Jonathan Edwards, 'Spiritual Refining'-Anthony Burgess, 'The Parable of the Ten Virgins'-Thomas Shepard and 'The Touchstone of Sincerity'-Thomas Brooks. A couple of the books written closer to our present day that broach the same subject are: 'The Distinguishing Traits of Christian Character'-Gardiner Spring and 'Profiting from the Word'-A.W. Pink. There is a need for modern books that make such attempts and Donald Whitney's 'Ten Questions...' helps fill that need. Some think that such books lead to excessive (or morbid) introspection, and that may be a danger for some. However the far greater danger in the 21st century is the lack of sufficient attention given to the state of one's soul. Given the Biblical exhortations to heed this important duty it seems to be ignored in many Christian circles in our day. It is a healthy practice to consider one's spiritual health and the questions asked and examined by Pastor Whitney are not only excellent questions, but much wisdom and gentleness is displayed. In Chap. 5, the question being 'Do you have a growing concern for the Spiritual and Temporal needs of Others?' Christians are sometimes unbalanced in seeking to meet the Spiritual needs while overlooking the temporal needs. Thus Pastor Whitney writes on p. 71 "To say in effect, I love you so much and am so concerned about you that I want to give you the words of eternal life, but I don't care enough to address your basic and pressing physical need, is a denial of my supposed concern.

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