



Week 3: Spiritual Assessment

The thing I love about traveling along my health journey is that it's not wasteful. Every single lesson and character quality that I need for success, I also need for success in other areas! I find that they all bleed into one another, so doing well in one journey in life only helps another!

Our spiritual life is no different. As a matter of fact, everything that I need in order to be successful in life is written out by the Master Teacher! The years that I've spent traveling this journey, and traveling it with others, I've been able to find some interesting connections between the spiritual and physical life. Here are a few areas that will provide some insight further into your journey. Start your assessment out with this prayer!

Prayer: Father, we know that You have so much to teach us about our spiritual lives. Help us to understand ourselves more as we examine these important qualities and how they bleed into many areas! Amen

Faith:

Are you persistent in prayer, even when you don't see the answers right away?

Do you walk by faith, or by site?

Do you question if God will work for your good even when the situation seems unclear?

"Now faith is being sure of what we hope for and certain of what we do not see." Hebrews 11:1

♥ "The mirror shows you today. Faith shows you tomorrow." It's a quote I put up a while back on my facebook page and I really think it describes so much of where many of us are! Are you walking by faith, understanding that when you put the time in and trust in the God who loves and cares for you, that it will all work out? Physically, if you are putting in the time, and doing the right things, have faith that in time, it will pay off! If you find yourself struggling in this area spiritually, then you also may struggle with this area physically.

Perseverance:

Are you faithful in your quiet times with God, putting them a priority above the other tasks of the day?

Are you faithful in prayer even when you don't see the answers right away?

When you hit a roadblock spiritually, do you assume that's how it's supposed to be, or do you seek wise counsel and read more to improve?

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us" Hebrews 12:1

♥ If I find anything in life, it's that folks are not very persistent! We are so good at starting "races" but never finishing them! We start new bible studies, or say we are going to pray for someone every day, only to find that our plans are thwarted after 3 hours! Are you persevering in these times? I also find that many times we quit the race because we get side tracked or confused. That technique I want for parenting isn't working, or my marriage still isn't going as I had planned. Do you just sit there and accept it, or are you persistent in digging deep and finding out what DOES work? Remember, you never know what is around the corner! How many times do you think we've quit before we've hit the big answer ?!

Self-Control:

How is self-control demonstrated in your life in:

- emotions
- temptations
- treasures
- time

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23

♥ Self-control hits more areas than just what we put in our mouths! We have to control every area of our lives, including emotions, temptations, treasures, and time. Are you able to say "no" to things in life that you don't need. Are you able to control yourself when you really want to go to an extreme? If "self-control" is a theme in your life that is rough for you, then don't be surprised if it's a rough one for you physically too!

Contentedness:

Can you say that you are content in all circumstances, even when things aren't going the way you had it planned?

Do you look at all the things given to you in this world as a gift to steward, not as your own, but to bring glory to God?

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength. Philippians 4:12-13

♥ If you struggle in life with defeat and discontentedness when things aren't going as planned, then chances are, this thinking crosses over to your physical life. Do you understand that God has given us the chance to honor Him with all the gifts He's given us in our lives, including our physical health? What an awesome way to rethink our situations!

Motivation:

What drives you to walk deeper in your faith? (Ex: to receive an answer to prayer? More happiness? Christ's love?)

Do you ever think about the day you meet Jesus face to face and what His response will be to your life?

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14

♥ Perhaps the one thing I hear from people most in their health journey is that they don't have motivation, or they had the motivation and then it dropped off. Many ask me where I get mine to live a disciplined life for such a long time. The honest truth is my faith. Because I know that I have to give an account for what God has given me in my life, I want to work hard and present this gift to Him! I also am motivated by Christ's love for me. He has done so much for me that I want to use what He's given me in turn for His glory. This one thing keeps me going and going as I want to be a "good and faithful servant!" If you are struggling with physical motivation, (or any motivation) then go back to the start. Look towards the heavenly goal instead of the earthly and you'll find the key!