

Spiritual Health & Activity– Self-Checkup

The Purpose of the Self-Checkup

2 Corinthians 13:5

⁵ Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you? — unless indeed you are disqualified.

Self-Checkup Option 1:

With this option you may do this self-examination anonymously. It does not require any personal information.

To be able to receive support and feedback, you will need to go to our website and do Option 2.

Part 1: Daily Time with God

Matthew 6

³¹ “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

1. I read the Scriptures daily for at least 10 minutes:
 - Rarely or never
 - Once or twice per week
 - Three or more times per week
2. In addition to reading, I search the Scripture daily for at least 10 minutes:
 - Rarely or never
 - Once or twice per week
 - Three or more times per week
3. I have a daily time in Prayer for at least 10 minutes:
 - Rarely or never
 - Once or twice per week
 - Three or more times per week

Summary

1. How important is Prayer and Knowing the Scriptures to you?
 - Extremely important
 - I never think about them
 - They are important, but my time and thoughts are consumed by other things
2. What do you need to do about your daily time with God?
 - Nothing
 - I need to discipline myself more
 - I am doing okay

Part 2: The One and Only "True Gospel"

Galatians 1

⁶ I marvel that you are turning away so soon from Him who called you in the grace of Christ, to a different gospel, ⁷ which is not another; but there are some who trouble you and want to pervert the gospel of Christ. ⁸ But even if we, or an angel from heaven, preach any other gospel to you than what we have preached to you, let him be accursed. ⁹ As we have said before, so now I say again, if anyone preaches any other gospel to you than what you have received, let him be accursed.

¹⁰ For do I now persuade men, or God? Or do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ.

1. How serious does the above passage of Scripture sound to you?
 - Somewhat serious
 - Not serious at all
 - Extremely serious
2. How many "True Gospels" are there?
 - I am not sure
 - Many
 - Only One
3. What will happen to anyone, even an angel from heaven who preaches another gospel?
 - I am not sure
 - Nothing
 - They will be accursed or condemned

2nd Corinthians 11

² For I am jealous for you with godly jealousy. For I have betrothed you to one husband, that I may present you as a chaste virgin to Christ. ³ But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ. ⁴ For if he who comes preaches another Jesus whom we have not preached, or if you receive a different spirit which you have not received, or a different gospel which you have not accepted—you may well put up with it!

1. How many "False Gospels" are there?
 - One
 - I am not sure
 - Many
 - None
2. How serious does the above passage of Scriptures sound to you?
 - Somewhat serious
 - Not serious at all
 - Extremely serious

Summary

How is your knowledge and understanding of the "One and Only True Gospel?"

- Thankfully, I have searched the Scriptures and learned these truths
- I am okay because it is not that important to me
- I need to do a thorough examination of the scriptures about the True Gospel

Part 3: You Must be "Born Again"

John 3

¹ There was a man of the Pharisees named Nicodemus, a ruler of the Jews. ² This man came to Jesus by night and said to Him, "Rabbi, we know that You are a teacher come from God; for no one can do these signs that You do unless God is with him."

³ Jesus answered and said to him, "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God." ⁴ Nicodemus said to Him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?"

⁵ Jesus answered, "Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. ⁶ That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

1. What must happen for a person to be able to "See," or "Enter" the "Kingdom of God?"
 - I am not sure
 - They must go to Sunday School
 - They must Tithe
 - They must be "Born Again"
2. In what two ways must a person be born if they are to enter the "Kingdom of God?"
 - I am not sure
 - They must be born in America
 - They must be born as a Catholic
 - They must be born of the water and the Spirit
3. At what age can a person be "Born Again?"
 - As an infant
 - When they are old
 - It does not matter as long as they are old enough to make a personal decision and truly receive Jesus into their heart
4. Have you been "Born Again?" If so, do you know exactly when?
 - I am not sure
 - Definitely yes
 - Not yet
5. How serious does the above passage of Scriptures sound to you?
 - Somewhat serious
 - Not serious at all
 - Extremely serious

Summary

How confident are you, that you have been born again and will make it to heaven?

- I have concerns about making it to heaven
- My walk with Jesus is stable and constant

Part 4: Faith in Jesus

Isaiah 9

⁶ For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder.

And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.

⁷ Of the increase of His government and peace There will be no end, Upon the throne of David and over His kingdom, To order it and establish it with judgment and justice From that time forward, even forever.

The zeal of the LORD of hosts will perform this.

1. Who is Jesus?
 - I am not sure
 - Just a prophet
 - Just a good man
 - He is the Mighty God, the Everlasting Father
2. How long will Jesus rule upon the throne of David?
 - Eternity is a myth
 - I am not sure
3. Of the increase of His government and peace There will be no end. Who will make this happen?
 - The zeal of the Lord of hosts will perform this.
 - There is no God. It will not happen
 - I am not sure

John 3

¹⁷ For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. ¹⁸ "He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God. ¹⁹ And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil."

1. Does God require you to believe in and trust Jesus in order for you to be saved from your sins?
 - I am not sure
 - Yes, He does
 - No, He does not
2. If a person refuses to believe in Jesus, what has already happened?
 - Nothing because God loves them unconditionally
 - They are already condemned
 - I do not know

John 14

⁷ "If you had known Me, you would have known My Father also; and from now on you know Him and have seen Him." ⁸ Philip said to Him, "Lord, show us the Father, and it is sufficient for us."

⁹ Jesus said to him, "Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father; so how can you say, 'Show us the Father'? ¹⁰ Do you not believe that I am in the Father, and the Father in Me?"

The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works. ¹¹ Believe Me that I am in the Father and the Father in Me, or else believe Me for the sake of the works themselves.

1. According to Jesus, if a person has seen Him, who else have they seen?
 - Nobody
 - He who has seen Me has seen the Father
2. Who did Jesus say that He was in? And who did He say was in Him?
 - Believe Me that I am in the Father and the Father in Me
 - Nobody
 - I am not sure

Summary

How is your faith in Jesus?

- My faith has been constant for a long period of time
- I still have my ups and downs
- I have more downs than ups

Part 5: Repentance of your sins

Acts 2

³⁶ "Therefore let all the house of Israel know assuredly that God has made this Jesus, whom you crucified, both Lord and Christ." ⁷ Now when they heard this, they were cut to the heart, and said to Peter and the rest of the apostles, "Men and brethren, what shall we do?"

³⁸ Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.

1. Who did Peter say that the Jews had crucified?
 - I am not sure
 - This Jesus, whom you crucified, is both the Lord and Christ
 - They had only crucified another man
2. When Peter said this, what happened to their hearts?
 - Now when they heard this, they were cut to the heart
 - Nothing
 - I am not sure
3. When they asked "What must we do," what two things did Peter say that they must do to have their sins forgiven?
 - I am not sure
 - Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins"
 - Nothing

Acts 20

¹⁷ From Miletus he sent to Ephesus and called for the elders of the church. ¹⁸ And when they had come to him, he said to them: "You know, from the first day that I came to Asia, in what manner I always lived among you, ¹⁹ serving the Lord with all humility, with many tears and trials which happened to me by the plotting of the Jews; ²⁰ how I kept back nothing that was helpful, but proclaimed it to you, and taught you publicly and from house to house, ²¹ testifying to Jews, and also to Greeks, repentance toward God and faith toward our Lord Jesus Christ.

1. What had Paul previously taught the Ephesians?
 - I am not sure
 - Repentance toward God and faith toward the Lord Jesus Christ

Galatians 5

¹⁹ Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.

1. Do you have an accurate understanding of each of the "Works of the Flesh" that are listed above?
 - No, I do not
 - Yes, I do
 - Somewhat, but I need to learn more
2. If a person practices any of the "Works of the Flesh," what will happen to them?
 - I am not sure
 - Nothing because God loves them unconditionally
 - They will not inherit the kingdom of God

Summary

1. If a person refuses to repent of their sins, where will they spend eternity?
 - I am not sure
 - Hell
 - Heaven
 - Purgatory
 - They will no longer exist
2. If a person gets the question of "Repentance" wrong, how serious could it be?
 - I am not sure
 - Not serious at all
 - Extremely serious
3. Have you repented of all the "Works of the Flesh," (your evil thoughts, malicious words, and sinful actions)?
 - No, I need to surrender to Jesus so that this can happen
 - Yes, I have repented and am not practicing any of the above sins

Part 6: Confessing Jesus before men

Matthew 10

³² “Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven. ³³ But whoever denies Me before men, him I will also deny before My Father who is in heaven.

1. If you confess Jesus before men, what will He do?
 - I am not sure
 - He will confess me before His Father in Heaven
 - Nothing
2. If you deny Jesus before men, what will He do?
 - I am not sure
 - He will deny me before His Father in Heaven
 - Nothing
3. In order to be a True Disciple of Jesus, is it necessary to Repent and be Baptized?
 - Yes, it is
 - I am not sure
 - No, it is not

Summary

Have you confessed Jesus before men through water baptism?

- Yes, I have
- Not yet

Part 7: True Disciples of Jesus

Matthew 28

¹⁸ And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. ¹⁹ Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

1. What authority has been given to Jesus?
 - None
 - Limited authority
 - All authority in heaven and on earth
2. What did Jesus command His disciples to do?
 - Go to church
 - Be good people
 - Tithe
 - Go and make disciples of all nations
3. For a person to become a disciple of Jesus, what is the first thing they must do?
 - Go to church
 - Tithe
 - Be a good person
 - Get baptized in the name of the Father and of the Son and of the Holy Spirit
4. After they have been baptized and are "Born Again," what must they learn?
 - The 10 Commandments
 - Catechism
 - The Apostles Creed
 - To obey all that Jesus has commanded us to do
5. In order to be a True Disciple of Jesus, is it necessary to Repent and be Baptized?
 - I am not sure
 - Yes, it is
 - No, it is not
6. Where are disciples told to make other disciples?
 - Nowhere
 - Everywhere
 - I am not sure
7. When will the command to make disciples be finished?
 - Never
 - It already has been finished
 - At the end of the age when Jesus returns
8. If a person refuses to be baptized and obey Jesus, can they be a "True Disciple of Jesus?"
 - It does not matter
 - Yes, they can
 - No they cannot
9. How important is it to you to be his "True Disciple?"
 - Not at all
 - Kind of important
 - Being His disciple is the most important issue in my life

Summary

1. Have you been baptized in water after making a personal decision to trust and obey Jesus?
 - Not yet
 - Yes, I have
 - Now that I know what baptism is, I need to be baptized again
2. If a person refuses to believe in Jesus, be born again, repent of their sins, or confess Jesus before men, where will they spend eternity?
 - I am not sure
 - Hell
 - Heaven
 - Purgatory
 - They will no longer exist

Part 8: True Fellowship with Jesus and Other True Disciples

1 John 1

¹ That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, concerning the Word of life— ² the life was manifested, and we have seen, and bear witness, and declare to you that eternal life which was with the Father and was manifested to us— ³ that which we have seen and heard we declare to you, that you also may have fellowship with us; and truly our fellowship *is* with the Father and with His Son Jesus Christ. ⁴ And these things we write to you that your joy may be full.

1. Do you need Fellowship and Spiritual Encouragement from other "True Disciples?"
 - No, I am okay on my own
 - Yes, I humbly admit I need others
 - I probably need it, but other things are more important to me
2. How often do you meet with other True Disciples for Scripture study, prayer and fellowship?
 - Rarely or never
 - Once per week
 - More than once per week
3. Is it possible to go to church every week, or even every day, and never experience "True Fellowship" with other Disciples?
 - I am not sure
 - Yes, it is
 - No it is not
4. Do you desire to be warned by other Disciples when you are in Doctrinal Error?
 - No, I don't need others to tell me what to believe
 - Yes, I want other disciples to warn me
5. If you are sinning but are not aware of it, do you want others to let you know?
 - No, I don't need others to tell me how to live
 - Yes, I want other disciples to let me know

Summary

- I have accountability with other True Disciples on a regular basis
- No, I am okay on my own
 - Yes, I am committed to accountability with other disciples

Part 9: Guarding Yourself

1 Peter 1

⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

1. Do you Guard Your Eyes from Sexual Temptation?

- Rarely or never
- Usually
- Almost always
- Always

Acts 20

²⁷ For I have not shunned to declare to you the whole counsel of God. ²⁸ Therefore take heed to yourselves and to all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of God which He purchased with His own blood. ²⁹ For I know this, that after my departure savage wolves will come in among you, not sparing the flock. ³⁰ Also from among yourselves men will rise up, speaking perverse things, to draw away the disciples after themselves. ³¹ Therefore watch, and remember that for three years I did not cease to warn everyone night and day with tears.

1. Do you know how to detect wolves, false teachers and false prophets?

- I am not sure
- No, I do not
- Yes, I do

2. Are you on guard against wolves, false teachers and false prophets?

- I am not sure
- No, I am not
- Yes, I am

Matthew 15

¹ Then the scribes and Pharisees who were from Jerusalem came to Jesus, saying, ² “Why do Your disciples transgress the tradition of the elders? For they do not wash their hands when they eat bread.”

³ He answered and said to them, “Why do you also transgress the commandment of God because of your tradition? ⁴ For God commanded, saying, ‘Honor your father and your mother’; and, ‘He who curses father or mother, let him be put to death.’ ⁵ But you say, ‘Whoever says to his father or mother, “Whatever profit you might have received from me is a gift to God” — ⁶ then he need not honor his father or mother.’ Thus you have made the commandment of God of no effect by your tradition. ⁷ Hypocrites! Well did Isaiah prophesy about you, saying: ⁸ ‘These people draw near to Me with their mouth, And honor Me with their lips, But their heart is far from Me.

⁹ And in vain they worship Me, Teaching as doctrines the commandments of men.’ ”

1. If you refuse to obey the Traditions, Doctrines, and Commandments of men, does that mean that you are rebellious?
 - I am not sure
 - No it does not
 - Yes, it does
 - I do not understand the question
3. Does God require you to be a member of a denomination or church organization?
 - I am not sure
 - Yes, He does
 - No, He does not
4. Does God require you to Tithe (give at least 10% of your income to a church organization or denomination)?
 - I am not sure
 - Yes, He does
 - No, He does not

Summary

Can you grow to Spiritual Maturity without the help of a professional clergyman?

- I am not sure
- No, I cannot
- Yes, I can

Part 10: Evangelizing and Making Disciples

Matthew 9

³⁵ Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people. ³⁶ But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. ³⁷ Then He said to His disciples, “The harvest truly is plentiful, but the laborers are few. ³⁸ Therefore pray the Lord of the harvest to send out laborers into His harvest.”

1. How often do you pray for lost people?
 - Rarely or never
 - Once per month
 - Once per week
 - More than once per week
 - I never think about it

Matthew 28

¹⁸ And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. ¹⁹ Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen.

1. How often do you proclaim the Gospel to lost people?
 - Rarely or never
 - Once per month
 - Once per week
 - More than once per week
 - I never think about it
2. How often do you Distribute Gospel Media? (Distributing media, i.e. Printed Materials, DVDs, Social Media, etc.)?
 - Rarely or never
 - Once per month
 - Once per week
 - More than once per week
 - I never think about it
3. How often do you Distribute Disciple Making Media? (Distributing media, i.e. Printed Materials, DVDs, Social Media, etc.)?
 - Rarely or never
 - Once per month
 - Once per week
 - More than once per week
 - I never think about it

Summary

What do you want to do about this?

- I want to discipline myself more
- Nothing, I don't care about lost people