

Spiritual Health Check

“Art thou in health, my brother?” (2 Samuel 20:9). Joab was not really interested in Amasa’s health when he asked him that question. He was rather using it as a cover up for his evil motives. On the other hand, when Elisha (through his servant) asked the Shunammite woman **“Is it well with thee?”** (2 Kings 4:26) he was genuinely interested in her well-being. Motives aside, these questions reveal the need for regular checks of not only our physical conditions but also of the Spiritual.

Health Checks is common phenomenon in today’s world, and is regularly carried out in many areas such as (a) Physical Health Check, (b) Business Health Check, (c) Financial Health Check, (d) Medical Health Check, (e) Vehicle Health Check [also known as MOT or Road Worthiness Test], (f) Computer [or Information Technology] Health Check, etc.

The outcomes from these tests are often very beneficial in detecting and rectifying on time underlying defects that are not immediately obvious to the ordinary eyes; but have potentials for serious problems later on. Similarly, thorough Spiritual Health Checks can help a Christian who may be thinking s/he is okay to discover and rectify deficiencies that could ruin his / her life in time and eternity. This is what Paul implied in the admonition **“Wherefore let him that thinketh he standeth take heed lest he fall”** (I Corinthians 10:12).

The quest for quick riches, success and achieving significance has lured many well meaning Christians to cut corners and become unfaithful to the very Bible principles they ardently expound. Indiscriminate application of secular leadership techniques and business strategies to church administration has

undermined true spirituality making many to **“... profess that they know God, but in works they deny Him...”** (Titus 1:16). Many who started very well now resort to the use of carnal methods, human philosophy, flattery and manipulations (often disguised as wisdom) to control the minds of people so as to win their support for progress (Colossians 2:8). At the same time they create rigid ritualistic spiritual atmosphere that give followers false sense of confidence and bigotry. Imperceptibly, errors similar to those in Church History during the dark ages, prior to the reformation, are being repeated – and many seem either not to be aware of the dangers or lack the confidence and courage to take a stand for truth and righteousness.

Winston Churchill, a former U.K. prime minister once admonished **“Never give in, never give in, never, never, never, never – in nothing, great or small, large or petty – never give in except to convictions of honour and good sense”**. This quality, which enabled Martin Luther to bring reformation, is grossly lacking from many professed Christians who are more interested in their “belly” and self glory (Philippians 3:19) than genuinely promoting the course of Christ. Consequently, Christianity is often discredited in some places as **“... the name of God is blasphemed among the gentiles through you...”** (i.e. such Christians) (Romans 2:24). Francis Bacon rightly pointed out that: **“He that gives good advice builds with one hand. He that gives good counsel and example builds with both, but he that gives good admonition and bad example, builds with one hand and pulls down with the other”**.

A comprehensive Spiritual Health Check would normally cover all aspects of Christian living than can be dealt with in a leaflet of this size. Therefore, only one area – of honesty, integrity,



transparency, truthfulness, forthrightness, etc is dealt with here. A person that fails in this area will inevitably fail in many others.

Consider Jesus' command **"But let your communication be, Yea, yea, Nay, nay: for whatsoever is more than these cometh of evil"** (Matthew 5:37). Ponder on these. Are you not guilty of "whatsoever is more than these cometh of evil" whenever:

1. you say things that others will have to excavate many layers of half truths, cover ups, falsehood and deception, before they can ever get near to the real truth behind it?
2. you say what is not true either to avoid embarrassment or to get gain, favour, or advantage?
3. your rendering of accounts create false impressions making others to reach the conclusion you want, which is not the real truth (just like Joseph's brethren presented his blood stained coat to the father making the father to conclude that Joseph has been killed by wild beasts)? This is acting lies!
4. your presentation results in **"... the voice is Jacob's voice, but the hands are the hands of Esau"** (Genesis 27:22)?
5. you say one thing and mean another or use manipulation and flattery under the guise of "diplomacy" and "wisdom".
6. what you say is not the truth from the heart?
7. you do not live out by example, the thunder and fires of Christian virtues you preach and expect others to practice?

There are more similar questions that can be asked. The health check works best if you honestly frame your own questions which reflect your personal circumstances.

Now consider God's standards for making heaven from these:
 ⇒ **Revelation 21:8** **"... and all liars, shall have their part in the lake which burneth with fire... which is the second death"**.



⇒ **Psalms 24:3-4** **"Who shall ascend into the hill of the LORD? or who shall stand in his holy place? He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully."**

⇒ **Psalms 15:1-4** **"LORD, who shall abide in thy tabernacle? who shall dwell in thy holy hill? He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart. He that backbiteth not with his tongue, He that sweareth to his own hurt, and changeth not."**

In this age when truth is made relative to personalities and circumstances (rather than absolute as in the Bible), you need to be careful not to become deceptive while claiming to be Christians. God commands **"...Be ye holy for I am holy"** (I Peter 1:16); **"Follow peace with all men, and holiness, without which no man shall see the Lord"** (Hebrews 12:14). You cannot be holy (or even a Christian for that matter) if you do not practice basic honesty.

After completing the health check for this area, you can repeat the process for other areas of Christian living such as love, obedience, moral values, commitment, spirituality, etc.



Your spiritual welfare is our concern. For further help, please contact:

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