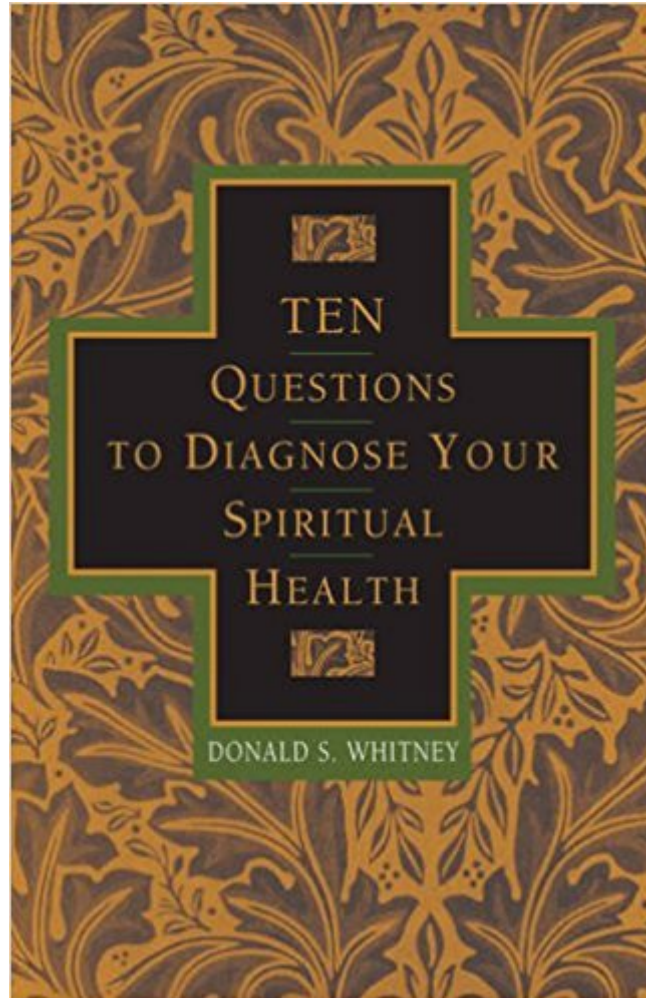


The book was found

# 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

Series: TrueColors

Paperback: 112 pages

Publisher: NavPress; 1st Edition edition (May 2001)

Language: English

ISBN-10: 1576830969

ISBN-13: 978-1576830963

Product Dimensions: 5.5 x 0.5 x 8.3 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (45 customer reviews)

Best Sellers Rank: #34,970 in Books (See Top 100 in Books) #11 in Books > Religion & Spirituality > Religious Studies > Education #783 in Books > Christian Books & Bibles > Christian Living > Spiritual Growth

## Customer Reviews

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.

[Download to continue reading...](#)

Ten Questions to Diagnose Your Spiritual Health Heal Your Self: How to Diagnose the Real Cause of your Pain and Recover Full Health Naturally 3 Crucial Questions about Spiritual Warfare (Three Crucial Questions) How God Makes Men: Ten Epic Stories. Ten Proven Principles. One Huge Promise for Your Life. How to Diagnose and Fix Everything Electronic 180 Days of Practice: 180 Days of Reading for Third Grade (Practice, Assess, Diagnose) 180 Days of Practice: 180 Days of Reading for Kindergarten (Practice, Assess, Diagnose) Why Did He Stop Calling? Diagnose Why Men Grow Distant, Don't Commit, and Lose Interest - 14 Ways To Never Chase Again (Bring Out The Sass) The Chronic Cough Enigma: How to recognize, diagnose and treat neurogenic and reflux

related cough 180 Days of Practice: 180 Days of Reading for Sixth Grade (Practice, Assess, Diagnose) 180 Days of Practice: 180 Days of Reading for Second Grade (Practice, Assess, Diagnose) The Ten Cash Commentary:: The General Issue Ten Cash Coins of the Republic of China Gypsy Wedding Dreams: Ten dresses. Ten Dreams. All the secrets revealed. Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever The Dealmaker's Ten Commandments: Ten Essential Tools for Business Forged in the Trenches of Hollywood The Genesis of Justice: Ten Stories of Biblical Injustice that Led to the Ten Commandments and Modern Morality and Law Perfect the Text: Volume Ten, 6th Edition (Career Step Medical Transcription Program Companion) (Volume Ten) The Zen of Oz: Ten Spiritual Lessons from Over the Rainbow Ten Questions: A Sociological Perspective

[Dmca](#)