

Ten Questions to Diagnose Your Spiritual Health
By Donald Whitney

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 that 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. In the introduction Whitney writes, "My purpose in writing these pages is to act as a physician of the soul - to ask questions and suggest spiritual tests that can, by the help of the Holy Spirit, enable you to self-diagnose your spiritual health."

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