

YOUR 2023 ANNUAL CHECKUP

010123A

INTRODUCTION

1. Annual tradition. Check vital signs.
2. 1T4:7-8 *discipline* = 'gymnasium' - regimen of exercises

1st: How Is Your Spiritual Heart? - Conscience

1. Prov 4:23 1st priority -> *issues of life*. Intellect, affections, will - all operate according to conscience: [1T 1:5]. *Pure, good, sincere - love*
2. Moral direction of life lived - residence of your "God" or idol. Ez 20:16. *Heart goes after*. Calvin: heart is "idol factory."
3. Assess your use of time. Use of time shows the *issues of life*.

2nd: How Are Your Spiritual Lungs? - Prayer Life

1. If you are born again, you breathe: pray - Rm 8:14-15& 26-27.
2. Lord sent Ananias to Saul: *behold, he is praying* [A 9:11]. How did Daniel's enemies know where to find him [Dan 6]? What of you? Col 4:2.

3rd: How Is Your Spiritual Digestive System? - Bible Intake

1. If you're spiritually alive & healthy, you hunger for Word of God. Dt 8:3
 - i. 1 Pt 2:2 simile for living Xn life [Job 23:12]
 - ii. We get too busy - Lk 10:41-42, 39.
 - iii. Read & listen - [Rv 1:3; *he who has ear to hear*]. Listening is hard work! How can you know if someone has listened to what you've said?
2. God gave you a book. *Have you not read?*

4th: How Are Your Spiritual Muscles? - Service

1. We're liable to take in more spiritual calories than we burn up - Jms 1:22
2. Not only general obedience, but service, spiritual gifts 1C 12:14-20
3. Service requires sacrifice - 2C 12:15; 1Jn 4:10-11.
4. Order your own conscience.
 - i. *She has done what she could* [Mrk 14:7].
 - ii. Love asks "Would you not give more?" Hb 12:1-3

5th: How Are Your Spiritual Vocal Chords? - Personal Proclamation

1. 1 Pt 2:9 & 3:15 you are here to witness
2. Your own faith is fortified regardless of response.
3. No greater thrill than to be used by Holy Spirit for the eternal good of a fellow sinner. [Col 4:5-6].

Applic #1: An Appeal to be a Healthy Christian

1. Ps 139:23-24? How are your vital signs? [2C4:16]

Applic #2: An Appeal To Be A Christian

1. Maybe you realize you have no spiritual vital signs - you're spiritually dead. You don't need a doctor, you need a Savior. Do not merely enter a new year, turn in repentance & faith to Christ & enter the kingdom of God!