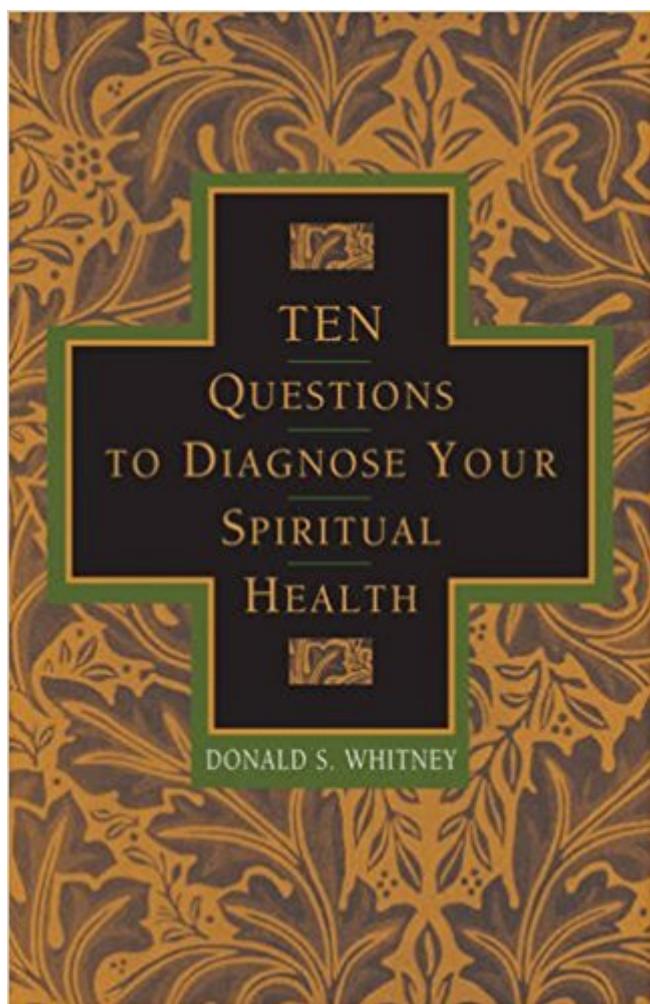


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# Ten Questions To Diagnose Your Spiritual Health



## Synopsis

Are you spiritually healthy or just spiritually busy? This book asks 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: 4.5 out of 5 stars 50 customer reviews

Best Sellers Rank: #60,369 in Books (See Top 100 in Books) #22 in Books > Religion &

Spirituality > Religious Studies > Education #1096 in Books > Christian Books & Bibles >

Christian Living > Spiritual Growth

## Customer Reviews

Christians today are busier than ever before, doing the "spiritual" work they feel called to out of devotion for God. But are these earnest followers of Christ actually living their faith in a manner that is pleasing to Christ? Whitney (Spiritual Disciplines for the Christian Life; How Can I Be Sure I'm a Christian?) effectively challenges this "busy hands, empty heart" epidemic. Whitney poses intensely introspective questions to aid Christians as they gauge their own level of spiritual health. Do they have a driving thirst for God, as well as behavior dictated by God's holy standards? How loving to others and sensitive to the Holy Spirit are they? Do they experience genuine grief over personal sin and a willingness to forgive repeat offenders? Whitney also discusses the spiritual disciplines of prayer, fasting, meditating upon Scripture, taking communion and fellowship with others of like faith, showing readers how to transform these often automatic enterprises into faith-building activities. He advises Christians to spend more energy enjoying God and developing a Christlike nature, rather than accomplishing ever-accelerating goals. He notes that seekers must be acutely aware that following Christ is a lifetime commitment and that they should resist the temptation to seek "spiritual"

shortcuts to intimacy with God. This timely text is full of gentle admonitions to unearth deeply entrenched habits and dig for the treasure found only in a carefully honed relationship with God. Copyright 2001 Cahners Business Information, Inc.

"...An updated version of some of Johnathan Edwards' best work, this book poses the questions we need to ponder..." -- Mark Dever, Pastor, Capital Hill Baptist Church, author of Nine Marks of a Healthy Church"...For believers who long for Revival, these are questions to which we'll regularly return. What a tool...!" -- Ron Owens, author of Return to Worship and They Could Not Stop the Music; Music and Worship Consultant for the International Mission Board, SBC"...the questions the he supplies for this assessment not only help us examine our spiritual health, but...impart divine nutrition..." -- Bryan Chapell, Ph.D., President - Covenant Theological Seminary, Author of Christ-centered Preaching

Healthy people understand that regular physical checkups are a normal part of life. A trained physician is able to diagnose physical problems - high blood pressure, cholesterol, various diseases and a host of physical maladies. Diagnosing one's spiritual health is also an important part of life. Don Whitney's book, Ten Questions to Diagnose Your Spiritual Health presents a framework for spiritual health - a check list to gauge spiritual vitality. The questions include: 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 quick forgiver? 10. Do you yearn for heaven and to be with Jesus? These powerful questions provide a basis to determine spiritual health. With the skill of a physician, Dr. Whitney has uncovered crucial questions that reveal weaknesses and sinful patterns in one's spiritual life. Whitney's work should be celebrated and used in personal discipleship. Highly recommended!

Ten Questions to Diagnose Your Spiritual Health, by Donald S. Whitney is a book that I frankly cannot remember exactly how I came to possess. I can say that it is the first book that I read on my recently acquired Kindle which was a gift. (Imagine having the blessing of serving as your son's Best Man in his wedding and getting a present on top of that!) Thanks, Ross, I am loving the Kindle. Irrespective of how I got this book, I am glad that I did. But that needs to be clarified a bit. Because about a third or so of the way through the book, I was not so certain. This book is not new. Its

copyright is dated 2001. The author, Don Whitney, is a pastor and seminary professor in the Southern Baptist tradition although it was clear to me that his is a Reformed Baptist background. He attended Law School for a time at the University of Arkansas before following a call to the ministry. As the title suggests, Whitney poses 10 questions that any believer ought to be asking him/herself to diagnose their spiritual health. Those 10 questions, which also serve as the chapter headings, are: Do you thirst for God? Are you governed increasingly by God's Word? Are you more loving? Are you more sensitive to God's presence? Do you have a growing concern for the spiritual and temporal needs of others? Do you delight in the Bride of Christ? Are the spiritual disciplines increasingly important to you? Do you still grieve over sin? Are you a quicker forgiver? Do you yearn for heaven and to be with Jesus? At the outset of this review, I mentioned that for the first third or so of the book, I was finding that there was nothing particularly challenging in what I was reading. That ought to have been a cue to me that my pride and arrogance was getting in the way of very useful instruction. Thankfully, the Holy Spirit gave me a good nudge because while the book is not a difficult read, nor is it particularly long (141 pages in the paperback version) it really is gently packed with some extraordinarily penetrating challenges, provided you are willing to accept the examination of your spiritual health. Many of the answers I had to these questions were not ones I like, so the real benefit to this book will be not the questions, but rather the response I have to the answers. Just as we ought to respond in serious ways to the make the changes in our physical lives when we our doctors diagnose that we are gaining a bit too much weight and need a combination of changes in our diets and exercise regimine, there ought to be a serious response to the results of our spiritual diagnosis that flows from Whitney's 10 questions. Therein will be the benefit as we realize the benefits of our Progressive Sanctification. While I read this book individually, I suspect that it could be useful for paired, or small group study, particularly in the context of the formation of accountability. Definitely a book worth reading.

I bought Whitney's "10 Questions" for a study we were doing in a Sunday School class, but I plan to continue to use it for discipleship for years to come. I have used a variety of materials for discipleship, but one of the things that sets this book apart is that it does not limit discipleship to a mere "checking off of boxes" -- which is always a danger -- but rather it focuses on heart attitudes. It does not neglect some of the concrete spiritual disciplines, like prayer, Bible reading, and church fellowship, but seeks to go further and get the person to examine their heart; thus some of the chapter titles such as: "Do you delight in the Bride of Christ?" not just "Are you going to church?", etc. I am highlighting and underlining quotes and concepts all through the book, and plan to use it

repeatedly. I highly recommend it!

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