

## Four-Point Personal Check-up

Without check-ups, health can deteriorate. We need to periodically examine our lives from 4 vantage points. This list of questions can be used for personal reflection, in accountability/encouragement relationships with another person, or in a team setting to evaluate your life on a regular basis.

### **1: Quality Spiritual Life:**

1. How have you experienced God this week? (Do you sense His presence and peace?)
2. Has reading God's Word been meaningful? (Why, why not? What is God telling you?)
3. Are you enjoying prayer? Describe your prayers? (What specifically are you praying for?)
4. How have you been tempted this week? How did you respond? (If Satan were to try to invalidate your ministry, how might he do it?)
5. Do you have any unconfessed sin in your life?
6. Are you walking in the Spirit, and growing in Christ? (Give a specific example)
7. How was your worship this week? (Was your faith strengthened? How did God speak specifically?)
8. How have you spent time with non-believers this week? (Personally shared your faith? In what ways? How can you improve?)
9. What are you most thankful to God for this week? (Name two specific things)

### **2. Balanced Work Life:**

1. How are things going on the job? (Relationships, workload, stress, problems, CPM progress)
2. Are you spending the right amount of time with work? (Too much, too little, adjustments needed?)
3. What are the specific tasks facing you right now that you consider incomplete?
4. What challenges will you be facing? (In the coming week? Month?)
5. How are you managing time spent at the computer? (Too much? Are you with people enough?)
6. What have you done to relax or play?
7. Are you getting times with a good friend of the same gender? (When? How often?)

### **3. Active Home Life:**

1. What would your best friend/spouse say about you? (State of mind, state of spirit, energy level)
2. Where are you financially right now? (Debts, saving, sharing, stewardship, anxiety?)
3. How is it going with your wife? (Attitudes, time, blessings, disappointments, progress)
4. How is it going with your children? (Quantity/quality of time, values, education, spiritually)
5. How are relationships with extended family (Any communications needed? Any stresses?)
6. What have you done for someone else this week? (Service, encouragement, the poor, etc.)

### **4. Healthy Personal Life:**

1. Are your priorities in the right order?
2. Are you taking good care of your physical body? (Exercising? Eating right?)
3. Are you sleeping well, and getting enough sleep?
4. Are you reading/learning in order to stretch, grow, or be informed? (What specifically?)
5. Are there any unresolved conflicts in your circle of relationships? (Any action needed?)
6. Are you defeated in any part of your life? Do you have any fears at this present time? What are you wrestling with in your thought life?
7. Is your moral and ethical behavior what it should be? (Anything in the shadows?)
8. How is your sexual perspective? (Temptation, fantasies, entertainment)
9. Have you demonstrated a good attitude this week? (Have you been critical, irritable, grumbling, self-pitying, self-justifying?)
10. Are you honest in all your acts and words, trustworthy, and keeping confidences?