

Next Steps Personal Checkup

The Means of Grace

The "means of grace" are the practical ways that a Christian continues to seek God and grow in Him. As various means of grace are incorporated as a regular part of our lives, God says that through these things we will grow in our relationship with Him as we seek His grace. God understands how easy it is for these basics to slip through the cracks in our lives (Joshua 1:8; Luke 18:1; Colossians 3:16; 1 Thessalonians 5:17; Hebrews 10:25; 13:2, 16). He is a tender and gracious Father who knows that "we are dust" (Psalm 103:14), so please don't interpret any of these questions as a guilt trip or an attempt to embarrass you for your spiritual struggles. God is merciful with our struggles, yet He exhorts us to continue pursuing the means of grace because they are essential and life-giving.

Have you been adequately meditating on God's Word each day?

What is your attitude toward the Word right now? (enjoying it; a little bored; confused by it; etc.)

How have you been meditating on God's Word? (church attendance; personal Bible reading; one-to-one Bible reading; Bible listening; audio or video sermons; attending Bible studies; etc.)

Have you been setting aside time to seek the Lord alone in prayer each day?

Are you praying for a healthy range of requests? (yourself, your church family, the lost, etc.?)

What is your attitude toward prayer right now? (enjoying it; struggling with it; just a duty; eager for it; etc.)

Have you been praying for and seeking opportunities to share the gospel?

Have you been consistent in gathering with your church family:

- for the preaching of the Word?
- for the Lord's Supper?
- for prayer?
- for relationships of encouragement and accountability?
- to actively serve others?
- to receive shepherding from your pastors?

Are there others in your church family who are involved in discipling you?

Are you seeking to build relationships in which you can disciple others?

Personal Spiritual Health

Do you desire to love God and live for Him right now?

Has your heart been desiring to fight sin and faithfully obey God?

Have you been struggling with repeated failure in common areas of temptation?

What words would you use to describe your most frequent mental and emotional experiences right now? (anxious; grateful; angry; joyful; discouraged; etc.)

Consider the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Which of those things are encouraging to you because you see them growing in your life, and which are concerning?

What are the most encouraging relationships in your life right now?

What relationships are struggling?

Next Steps

What are your first thoughts about what the Next Steps might be for you at this point?

Now that you've completed this checkup, continue to the "Next Steps Toward God" section.