

Body Temperature

THE VITALS OF A DISCIPLE

How can I evaluate my spiritual health?

What vital stats should I monitor, and how do they affect my spiritual health and growth?

Pulse (Heartbeat): _____

Pain: _____

Body Temperature: _____

Circulation (Blood Pressure): _____

Breath (Respiration): _____

Endurance (Oxygen Saturation): _____

Vision: _____

1 Timothy 4:16 Keep a close watch on how you live and on your teaching. Stay true to what is right for the sake of your own salvation and the salvation of those who hear you. (NLT)

Doctor Will _____

What is my spiritual body temperature? _____

How can we evaluate these vitals?

S _____

O _____

A _____

P _____

S _____

Do I have an _____ desire to spend time with God?

- How much time do I spend with God?
- Has that time increased over the last year?

Do I have a _____ for deeper truths found in the Bible?

- Am I searching to know God more?
- Am I seeking wisdom and learning spiritual principles?

Do I have a _____ to learn and teach others?

- Am I actively seeking to grow in my faith?
- Am I helping others grow in their faith?

Do I see a _____ in grace and forgiveness?

- Am I holding onto resentment, grudges, and anger?
- Am I living in peace, love, and with hope?

Do I have a _____ to obey God's commands?

- Am I submitting to God's direction?
- Am I becoming more obedient to God's Word?

Do I see _____ of spiritual growth?

- Am I seeing fruit in my life?
- Do others close to me see fruit in my life?

O _____

James 1:21 So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls. **22** But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. **23** For if you listen to the word and don't obey, it is like glancing at your face in a mirror. **24** You see yourself, walk away, and forget what you look like. **25** But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it. **26** If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. (NLT)

1 John 2:3 And we can be sure that we know him if we obey his commandments. **4** If someone claims, "I know God," but doesn't obey God's commandments, that person is a liar and is not living in the truth. **5** But those who obey God's word truly show how completely they love him. That is how we know we are living in him. **6** Those who say they live in God should live their lives as Jesus did. (NLT)

_____ **Statistics**

_____ **Statistics**

- Prayer _____

- Prayer _____

"The immediate purpose of prayer is the accomplishing of God's will on earth; the ultimate purpose of prayer is the eternal glory of God."

- Warren Wiersbe (Pastor, Bible teacher, author, and speaker)

- Prayer _____

A _____

Matthew 6:5 "When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. **6** But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. **7** "When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. **8** Don't be like them, for your Father knows exactly what you need even before you ask him! **9** Pray like this: Our Father in heaven, may your name be kept holy. **10** May your Kingdom come soon. May your will be done on earth, as it is in heaven. **11** Give us today the food we need, **12** and forgive us our sins, as we have forgiven those who sin against us. **13** And don't let us yield to temptation, but rescue us from the evil one. [For yours is the kingdom and the power and the glory forever. Amen.] **14** "If you forgive those who sin against you,

your heavenly Father will forgive you. **15** But if you refuse to forgive others, your Father will not forgive your sins. **16** "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. **17** But when you fast, comb your hair and wash your face. **18** Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you." (NLT)

Prayer Drives _____

James 5:13 Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises. **14** Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. **15** Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven. **16** Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. (NLT)

Philippians 4:5 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (NLT)

Prayer Drives _____

Psalms 42:1 As the deer longs for streams of water, so I long for you, O God. (NLT)

Revelation 3:15 "I know all the things you do, that you are neither hot nor cold. I wish that you were one or the other! **16** But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth!" (NLT)

2 Timothy 1:6 This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. (NLT)

Prayer Drives _____

Revelation 2:4 "But I have this complaint against you. You don't love me or each other as you did at first! [*You have lost your first love.*] **5** Look how far you have fallen! Turn back to me and do the works you did at first. If you don't repent, I will come and remove your lampstand from its place among the churches." (NLT)

1 John 2:15 Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. **16** For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world. (NLT)

Matthew 24:12 "Sin will be rampant everywhere, and the love of many will grow cold." (NLT)

James 4:4 You adulterers! Don't you realize that friendship with the world makes you an enemy of God? I say it again: If you want to be a friend of the world, you make yourself an enemy of God. (NLT)

Prayer Drives _____

Acts 3:19 Now repent of your sins and turn to God, so that your sins may be wiped away. *(NLT)*

Psalms 51:12 Restore to me the joy of your salvation, and make me willing to obey you. *(NLT)*

P _____

Psalms 97:1 The Lord is king! Let the earth rejoice! Let the farthest coastlands be glad. **2** Dark clouds surround him. Righteousness and justice are the foundation of his throne. **3** Fire spreads ahead of him and burns up all his foes. **4** His lightning flashes out across the world. The earth sees and trembles. **5** The mountains melt like wax before the Lord, before the Lord of all the earth. *(NLT)*

Psalms 97:6 The heavens proclaim his righteousness; every nation sees his glory. **7** Those who worship idols are disgraced—all who brag about their worthless gods—for every god must bow to him. *(NLT)*

Psalms 97:8 Jerusalem [*Zion*] has heard and rejoiced, and all the towns of Judah are glad because of your justice, O Lord! **9** For you, O Lord, are supreme over all the earth; you are exalted far above all gods. *(NLT)*

Psalms 97:10 You who love the Lord, hate evil! He protects the lives of his godly people and rescues them from the power of the wicked. **11** Light shines on the godly, and joy on those whose hearts are right. **12** May all who are godly rejoice in the Lord and praise his holy name! *(NLT)*
