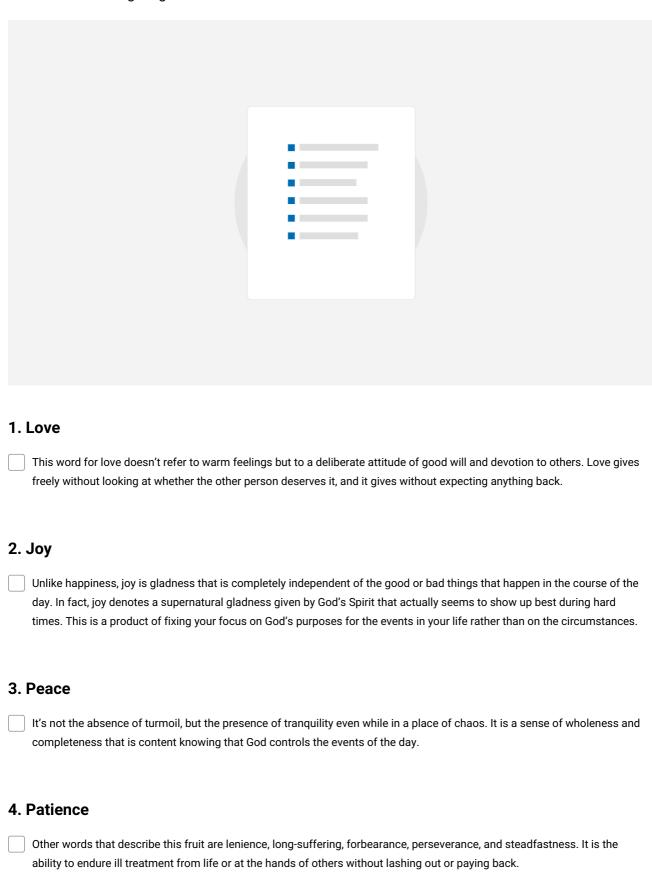
10-point checklist for spiritual health

Every one of us needs an occasional visit to the doctor for a checkup to make sure everything is working alright and that we don't have an unknown serious internal condition.



5. Kindness

overflows. It's also the absence of malice.
6. Goodness
While kindness is the soft side of good, goodness reflects the character of God. Goodness in you desires to see goodness in others and is not beyond confronting or even rebuking (as Jesus did with the money changers in the temple) for that to happen.
7. Faithfulness
A faithful man is one with real integrity. He's someone others can look to as an example, and someone who is truly devoted to others and to Christ. Our natural self always wants to be in charge, but Spirit-controlled faithfulness is evident in the life of a man who seeks good for others and glory for God.
8. Gentleness
Meekness is not weakness. Gentleness is not without power, it just chooses to defer to others. It forgives others, corrects with kindness, and lives in tranquility.
9. Self-control
Our fleshly desires, Scripture tells us, are continually at odds with God's Spirit and always want to be in charge. Self-control is literally releasing our grip on the fleshly desires, choosing instead to be controlled by the Holy Spirit. It is power focused in the right place.
10. Walk by the Spirit
While not a fruit of the Spirit, the final item on the checkup produces all nine qualities listed above. When we follow the Spirit's lead instead of being led by our self-focused desires, He produces the fruit. But even when we don't walk by the Spirit, He is the very one who convicts us that things are not in proper order in our liver and Share Free Checklists
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